

HALF IRONMAN DISTANCE

16 WEEK PROGRAMME INTERMEDIATE

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run			Swim	REST DAY	Swim	Bike
	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 20 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>			<p>Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 750m L2</p> <p>Cool Down : 200 f/c L1 TOTAL: 1300m</p>		<p>Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 4 x 200 L3 (R40) 4 x 50 p L3 (R30) 4x 100 L 2 (R 15)</p> <p>Cool Down : 100 o/c L1 TOTAL: 1850m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 20 miles flat ride L2</p> <p>Cool Down : 10 min spin L1</p>

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Gym	
	<p>Warm Up : 200 f/c L1 (R60) 6 x 25 build L2 - L3 (R30)</p> <p>Main Set : Drills 25 drill 25 f/c L2 - L3 doggy - fists - FNT - polo catch up-single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20)</p> <p>Cool Down : 200 p L1 TOTAL: 1450m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L2</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 15 miles flat ride L2</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 10 min L 2 10 min L1 repeat x 2 run on grass</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Main Set : Tri4u Strength and Conditioning Programme</p>	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run			Swim	REST DAY	Swim	Bike
	Warm Up : 5min jog L1 and dynamic stretching Main Set : 20 min L1 Cool Down : 5 min jog L1 and static stretching			Warm Up : 200 f/c L1 Main Set : 8 x 100 f/c L3 (R 40) 2 x 200 p L2 (R 20) 4x 25 f/c L3, (R30) Cool Down : 50 o/c L1 TOTAL: 1550m		Warm Up : 100 f/c L1 (R20) 8 x 25k L2 (R10)) Main Set : 1 x 400 L3 (R 20) 2 x 200 L3 (R 20) 4 x 100 L3 (R 20) Cool Down : 100 f/c L1 TOTAL: 1600m	Warm Up : 10 min spin L1 Main Set : 35 miles hilly ride L2 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run		Gym	
	Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30) Main Set : 4 x 200 L3 (R40) 1 x 400p L2 9R40) 2 x 100 L 2 (R 25) Cool Down : 100 o/c L1 TOTAL: 1850m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L2- L3 grass/park stay relaxed Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 25 miles undulating ride L2 - L3 Concentrate on gear selection and hydration Cool Down : 10 min spin L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 15 min L1 10 min L2 10 min L3 Build speed note levels Cool Down : 5 min jog L1 and static stretching		Main Set : Tri4u Strength and Conditioning Programme	

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run		Swim		REST DAY	Swim	Bike
	<p>Warm Up : 5 min jog L1 and dynamic stretching</p> <p>Main Set : 15 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30)</p> <p>Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20)</p> <p>Cool Down : 200 p L1</p> <p>TOTAL: 1650m</p>			<p>Warm Up : 400 f/c L1 (R20) 8 x 25 k L2 - L3 (R30)</p> <p>Main Set : 5 x 200 L3 (R20) 4 x 100 p L3 (R15)</p> <p>Cool Down : 100 o/c L1</p> <p>TOTAL: 2100m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 30 miles hilly ride L2 - L3</p> <p>Concentrate on gear selection and hydration</p> <p>Cool Down : 10 min spin L1</p>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Bike	
	<p>Warm Up : 2 x 100 o/c L1 (R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 3 x 200 L3 (R30) 3 x 100 p L3 (R30) 8 x 50 L 2 (R 15)</p> <p>Cool Down : 100 o/c L1</p> <p>TOTAL: 1750m</p>	<p>Warm Up : 5 min jog L1 and dynamic stretching</p> <p>Main Set : 5 min L3 5 min jog L1 repeat x 3</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 10 miles undulating ride L3</p> <p>Cool Down : 10 min spin L1</p> <p style="background-color: red; color: white; text-align: center;">Run</p> <p>10 min L3 5 min jog L1 and static stretching</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 1 min L4 1 min L1 repeat x 8</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 10 min spin L1</p> <p>Main Set : 15 miles L2 include 5 x 2 min overgeared L3</p> <p>Concentrate on gear selection and hydration</p> <p>Cool Down : 10 min spin L1</p>	

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Swim		Gym	REST DAY	Swim	Swim / Bike (Brick)	Bike
	<p>Warm Up : 4 x 50 o/c L1(R20) 4 x 25 k L2 (R30)</p> <p>Main Set : 6 x 200 f/c L2 (R30) 6 x 50 p L3 (R30)</p> <p>Cool Down : 50 o/c L1 TOTAL: 1850m</p>		<p>Main Set : Tri4u Strength and Conditioning Programme</p>		<p>Warm Up : 100 p L2(R20) 8 x 25k L2 (R30)</p> <p>Main Set : 2 x 100 L3 (R20) 3 x 75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 2</p> <p>Cool Down : 100 f/c L1 TOTAL: 1900m</p>	<p>OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 40 miles undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>
						Bike	
						15 miles L4 flat ride	
						Cool Down : 10 min L1	

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Bike	Run	Bike		Run		Transition Practice
	20miles L1 flat ride	<p>Warm Up : 5 min jog L1 and dynamic stretching</p> <p>Main Set : 2 min L3 2 min jog L1 repeat x 7</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 25 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 1 hr L2</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		run in - T1 - bike out- L1 bike in - T2 - run out-L1 20 mins



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Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Gym		Swim	REST DAY	Swim	Bike
		Main Set : Tri4u Strength and Conditioning Programme		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 5 x 200 f/c L2 (R30) 6 x50p (R20) Cool Down : 200 f/c L1 TOTAL: 1850m		Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2100m	Warm Up : 10 min spin L1 Main Set : 45 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Run	
	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1000m L2 Cool Down : 200 f/c L1 TOTAL: 1550m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 50 mi9n L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 30 miles tempo ride L3 Cool Down : 10 min spin L1	Warm Up : 100p L2 Main Set : 10 min L2 5 min L1 repeat x 2 Cool Down : 5 min jog L1 and static stretching		Warm Up : dynamic stretching Main Set : 1 hr 10 min Cool Down : static stretching	

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Gym		Swim		REST DAY	Bike / Run (Brick)	Bike
	Main Set : 30 min Tri4u Strength and Conditioning Programme		Warm Up : 1 x 100 o/c L1(R20) Main Set : 750m L4 Cool Down : 100 p L1 Total 950			Warm Up : 10 min spin L1 Main Set : 20 miles flat ride L4 Cool Down : 10 min spin L1 <div style="background-color: #FF0000; color: white; text-align: center; padding: 2px;">Run</div> 200 min L4 and 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 50 miles on flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim / Bike (Brick)	Run	Bike	Swim	REST DAY		Transition Practice
	OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1 <div style="background-color: #008000; color: white; text-align: center; padding: 2px;">Bike</div> 15 miles L2 flat ride Cool Down : 10 min L1	Warm Up : 5min jog L1 and dynamic stretching Main Set : 8-10 miles L4 @ (race pace) If possible find road race could be 10k Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles Time trial high tempo ride L3- L4 Cool Down : 10 min spin L1	Warm Up : 3 x 100 p L1(R20) 10 x 25 build Main Set : 24 x 50 L4 (R20) as 50 f/c- 50 p Cool Down : 200 p L1 Total 1950			20 min run in - T1 - bike out bike in - T2 - run out

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run			Swim	REST DAY	Swim / Run (Brick)	Bike
	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 45 min L 2</p> <p>Cool Down : 5 min jog L1 and static stretching</p>			<p>Warm Up : 2 x 100 o/c L1(R20) 4 x 25 k L2 (R30)</p> <p>Main Set : 1000m L3</p> <p>Cool Down : 200 f/c L1 TOTAL: 1500m</p>		<p>Open Water Swim Practice : deep water starts mass starts in group turns and sighting Wet suit removal</p> <p>Transition into run</p> <p style="background-color: red; color: white; text-align: center;">Run</p> <p>25 mins L 4</p> <p>Cool Down : static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 40 miles undulating route L2 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Bike	
	<p>Warm Up : 1 x 150 as 25f/c-25catch up 2x50 build</p> <p>Main Set : 5 x 100 L3 (R30) 1 x 50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30)</p> <p>Cool Down : 100 p L2 TOTAL: 2050m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 1 min L5 1 min L1 repeat x 5 5 min jog equal 1 set repeat x 3 sets</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 10 miles Time trial L5 high tempo ride</p> <p>Cool Down : 10 min spin L1</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 secs hill rep jog back recovery repeat x 5 jog 3 min 8 10% gradient equal 1 set repeat x 3</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 10 min spin L1</p> <p>Main Set : 10 miles flat ride L3 include x2 2 min L4 2 min L2</p> <p>Cool Down : 10 min spin L1</p>	

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run		Swim		REST DAY		Bike
TAPER WEEK FROM WED	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L3</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 500m L4</p> <p>Cool Down : 100 p L1</p> <p>Total 950m</p>				<p>Warm Up : 10 min spin L1</p> <p>Main Set : 25 miles undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike / Run (Brick)	Swim	REST DAY	Run	
TAPER WEEK FROM WED	<p>Warm Up : 100 p L2(R20) 4 x 25k L2 (R30)</p> <p>Main Set : 2 x 100 L3 (R20) 3 x 75 L3 (R20) 4 x 50 L4 (R20) 5 x 25 L5 (R20) repeat x 1</p> <p>Cool Down : 100 f/c L1</p> <p>TOTAL: 1050m</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 2 min run L4 3 min jog L1 repeat x 4</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 15 miles flat ride L4</p> <p>Cool Down : 10 min spin L1</p> <p style="text-align: center;">Run</p> <p>15 min L3 5 min jog L1 and static stretching</p>	<p>Warm Up : 100p L2</p> <p>Main Set : 4 x 25 L5 (R60) 100 p L4</p> <p>Cool Down : 50 p L1</p> <p>TOTAL : 350 m</p> <p style="text-align: center;">Transition Practice</p> <p>20 min run in - T1 - bike out bike in - T2 - run out</p>		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 sec run L4 30 sec run L1 repeat x 12</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	



HALF IRONMAN DISTANCE

16 WEEK PROGRAMME INTERMEDIATE



Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am TAPER WEEK UP TO RACE SUNDAY			Transition Practice	Swim	REST DAY	REST DAY	Race Day
			20 min run in - T1 - bike out bike in - T2 - run out	Warm Up : 100p L2 Main Set : 4 x 25 L5 (R60) 2 x 100 p L2 Cool Down : 50 p L1 TOTAL : 450 m	Check race venue Check course	Check T1 and T2	Standard Distance 1500m ows 40k bike 10k run

Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm TAPER WEEK UP TO RACE SUNDAY	Swim	Run	Bike	Run	REST DAY	REST DAY	Race Day
	OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1 Cool Down :	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec L4 1 min L1 repeat x 5 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 10 miles L1 flat ride Cool Down : 10 min spin L1	pre - race jog 15 mins L1	Check race venue Check course	Check T1 and T2	Standard Distance 1500m ows 40k bike 10k run



HALF IRONMAN DISTANCE

16 WEEK PROGRAMME
INTERMEDIATE



Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am		Gym		Swim	REST DAY	Swim	Bike
		Main Set : Tri4u Strength and Conditioning Programme		Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 5 x 200 f/c L2 (R30) 6 x50p (R20) Cool Down : 200 f/c L1 TOTAL: 1850m		Warm Up : 2 x 150 as 25f/c - 25 catch up drill Main Set : 5 x 100 L3 (R30) 1 x50 L5 (R40) 4 x 100 L3 (R30) 2 x 50 L5 (R40) 3 x 100 L3 (R30) 3 x 50 L5 (R40) 2 x 100 L3 (R30) Cool Down : 100 p L2 TOTAL: 2100m	Warm Up : 10 min spin L1 Main Set : 45 miles on hilly route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1

Week 11	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike	Run	REST DAY	Run	
	Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 1000m L2 Cool Down : 200 f/c L1 TOTAL: 1550m	Warm Up : 5min jog L1 and dynamic stretching Main Set : 60 m L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles tempo ride L2 Cool Down : 10 min spin L1	Warm Up : 100p L2 Main Set : 15 min L2 10 min L1 repeat x 2 Cool Down : 5 min jog L1 and static stretching		Warm Up : dynamic stretching Main Set : 8 x 1 min hill reps L3 jog back recovery 5min jog 1-2 miles L2 Cool Down : static stretching	



HALF IRONMAN DISTANCE 16 WEEK PROGRAMME INTERMEDIATE



Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am			Bike	Swim	Run	REST DAY	Run
			Warm Up : 10 min spin L1 Main Set : 25miles flat route L2 concentrating on gear selection & hydration / nutrition on flat sections of ride Cool Down : 10 min spin L1	Warm Up : 1 x 100 o/c L1(R20) 3 x 50 k L2 (R30) Main Set : 12 x 100 as 100 f/c - 100 p Cool Down : 100 p L1 TOTAL: 1550m	Pre race jog 15 min L1	Check course	Race Day Warm Up : 5min jog L1 and dynamic stretching Main Set : HALF MARATHON 13.1 MILES Cool Down : 5 min jog L1 and static stretching

Week 12	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Run	Run	REST	REST DAY	REST
	Warm Up : 4x 100 L2 (R30) 10 x 25 build Main Set : 1500m L2-L3 as 250 f/c-250p Cool Down : 100 o/c L2 TOTAL: 2250m	Warm Up : 15min jog L1 and dynamic stretching Main Set : 2 min L3 3 min L1 repeat x 5 Cool Down : 15 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 min L1 Cool Down : 5 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 30 sec L4 1 min L1 repeat x 5 Cool Down : 5 min jog L1 and static stretching			

Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am					REST DAY	Swim	Bike
						Warm Up : 100 f/c L1 (R20) 8 x 25 k L2 - L3 (R30) Main Set : 6 x 200 L3 (R20) 4 x 100 p L3 (R15) 8 x 50 L3 (R20) Cool Down : 100 o/c L1 TOTAL: 2000m	Warm Up : 10 min spin L1 Main Set : 55 miles flat ride L2 Concentrate on gear selection and hydration Cool Down : 10 min spin L1

Week 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Bike	Transition Practice
	Warm Up : 400 f/c L1 (R60) 6 x 25 build L3 (R30) Main Set : Drills 25 drill 25 f/c L3(R15) doggy - fists - FNT - polo - catch up - single arm L/H single arm R/H repeat x 2 4 x 50 p L3 (R20) Cool Down : 200 p L1 TOTAL: 1650m	Warm Up : 5 min jog L1 and dynamic stretching Main Set : 5 min L3 5 min jog L1 repeat x 3 Cool Down : 5 min jog L1 and static stretching	Warm Up : 10 min spin L1 Main Set : 20 miles undulating ride L3 Cool Down : 10 min spin L1 <div style="background-color: #FF0000; color: white; text-align: center; padding: 2px;">Run</div> 25 min L2 5 min jog L1 and static stretching	Warm Up : 5min jog L1 and dynamic stretching Main Set : 1 min L4 1 min L1 repeat x 15 Cool Down : 5 min jog L1 and static stretching		Warm Up : 5 min spin overgeared 1 min x 3 Main Set : 25 mile Time Trial L4 Cool Down : 5 mile spin L1	run in - T1 - bike out bike in - T2 - run out 20 mins

Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run			Swim	REST DAY		Bike
	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 40 min L1</p> <p>Cool Down : 5 min jog L1 and static stretching</p>			<p>Warm Up : 2 x 100 o/c L1(R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 1 x 750 L2 every 4th length hard 1 x 200 p 1 x 500 L2 every 4th length drill catch up 1 x 400 p</p> <p>Cool Down : 100 o/c L1</p> <p>TOTAL: 2200m</p>			<p>Warm Up : 10 min spin L1</p> <p>Main Set : 40 miles on flat route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 14	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim / Bike (Brick)	Run	Bike	Run	REST DAY	Run	Transition Practice
	<p>OWS Coached Session 45 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p> <p style="background-color: green; color: white; text-align: center;">Bike</p> <p>20 miles L1 flat ride</p> <p>Cool Down : 10 min L1</p>	<p>Warm Up : 15min jog L1 and dynamic stretching</p> <p>Main Set : 2 min L3 2 min L1 repeat x 8</p> <p>Cool Down : 15 min jog L1 and static stretching</p>	<p>Warm Up : 5 min spin overgeared 1 min x 3</p> <p>Main Set : 10 mile Time Trial L4</p> <p>Cool Down : 5 mile spin L1</p>	<p>Warm Up : 10min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L1</p> <p>Cool Down : 15 min jog L1 and static stretching</p>		<p>Warm Up : 10min jog L1 and dynamic stretching</p> <p>Main Set : 10 k road race or 5-6 miles L4 race pace</p> <p>Cool Down : 15 min jog L1 and static stretching</p>	<p>run in - T1 - bike out bike in - T2 - run out 20 mins</p>

Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Run		Swim		REST DAY	Swim	Bike
TAPER WEEK FROM WED	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 min L3</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 1 x 100 o/c L1(R20) 3 x 50 k L2 (R30)</p> <p>Main Set : 400m L4</p> <p>Cool Down : 100 p L1</p> <p>Total 750m</p>			<p>Warm Up : 2 x 100 p L1(R20) 10 x 25 build</p> <p>Main Set : 10 x 50 L4 (R30) as 50 f/c- 50 p 10 x 25 f/c L5 (R60)</p> <p>Cool Down : 100 p L1</p> <p>Total 1300m</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 25 miles undulating route L3 concentrating on gear selection & hydration / nutrition on flat sections of ride</p> <p>Cool Down : 10 min spin L1</p>

Week 15	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Bike / Run (Brick)	Run	REST DAY	Run	Transition Practice
TAPER WEEK FROM WED	<p>OWS Coached Session 40 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p>	<p>Warm Up : 10min jog L1 and dynamic stretching</p> <p>Main Set : 5 k road race or 3 miles L4 race pace</p> <p>Cool Down : 15 min jog L1 and static stretching</p>	<p>Warm Up : 10 min spin L1</p> <p>Main Set : 15 miles flat ride L4</p> <p>Cool Down : 10 min spin L1</p> <p style="text-align: center;">Run</p> <p>15 min L3 5 min jog L1 and static stretching</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 1 min L4 1 min L1 repeat x 8</p> <p>Cool Down : 5 min jog L1 and static stretching</p>		<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 sec run L4 30 sec run L1 repeat x 10</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>20 min run in - T1 - bike out bike in - T2 - run out</p>

Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Swim		Bike	Run	REST DAY	REST DAY	Race Day
TAPER WEEK UP TO RACE SUNDAY	<p>Warm Up : 100p L2</p> <p>Main Set : 4 x 25 L5 (R60) 2 x 100 p L2</p> <p>Cool Down : 50 p L1</p> <p>TOTAL : 450 m</p>		<p>Warm Up : 10 min spin L1</p> <p>Main Set : 8 miles L1 flat ride</p> <p>Cool Down : 10 min spin L1</p>	<p>pre - race jog 15 mins L1</p>	<p>Check race venue Check course</p>	<p>Check T1 and T2</p>	HALF IRONMAN

Week 16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
pm	Swim	Run	Transition Practice	REST	REST DAY	REST DAY	Race Day
TAPER WEEK UP TO RACE SUNDAY	<p>OWS Coached Session 30 mins swim plus deep water starts turns and sighting Wet suit removal into T1</p> <p>Cool Down :</p>	<p>Warm Up : 5min jog L1 and dynamic stretching</p> <p>Main Set : 30 sec L4 1 min L1 repeat x 5</p> <p>Cool Down : 5 min jog L1 and static stretching</p>	<p>20 min run in - T1 - bike out bike in - T2 - run out</p>		<p>Check race venue Check course</p>	<p>Check T1 and T2</p>	HALF IRONMAN