

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTALS
WEEK 1	REST DAY	Swim #1: 1:00 (2400) Bike: 1:00 EM	Bike: 1:00 EM Run: 15 min ER <i>*Keep transition to less than 5 minutes</i>	Run: 1:00 ER	REST DAY	Swim #2: 1:15 (2800) Bike: 1:45 EM	Run: 1:00 ER with 4x10 sec RS (60 sec RBI)	SWIM: 2:15 BIKE: 3:45 RUN: 2:15 TOTAL: 8:15
WEEK 2	REST DAY	Swim #3: 1:00 (2400) Bike: 1:00 EM	Bike: 1:00 EM Run: 15 min ER <i>*Keep transition to less than 5 minutes</i>	Run: 1:00 with 3x10 min SS (5 min RBI)	REST DAY	Swim #4: 1:15 (2800) Run: 1:15 ER Negative split run (out and back). Run out in 39 min, back in 36 min.	Bike: 2:30 with 2x[3x3 min PI] 3 min RBI/8 min RBS	SWIM: 2:15 BIKE: 4:30 RUN: 2:30 TOTAL: 9:15
WEEK 3	REST DAY	Swim #5: 1:00 (2800) Bike: 1:00 EM	Bike: 1:30 with 7x2 min PI (2 min RBI) Run: 20 min ER <i>*Keep transition to less than 5 minutes</i>	Run: 1:00 with 5x3 min FI (3 min RBI)	REST DAY	Swim #6: 1:30 (3200) Run: 1:20 with 3x10 min SS (5 min RBI)	Bike: 2:45 with 2x[3x3 min PI] 3 min RBI/8 min RBS	SWIM: 2:30 BIKE: 5:15 RUN: 2:40 TOTAL: 10:25
WEEK 4	REST DAY	Swim #7: 1:00 (2800) Run: 1:00 with 5x3 min FI (3 min RBI)	Bike: 1:30 EM Run: 15 min ER <i>*Keep transition to less than 5 minutes</i>	Bike: 1:30 EM	REST DAY	Swim #8: 1:30 (3500) Run: 1:30 with 4x10 sec RS (60 sec RBI)	Bike: 3:00 with 3x15 tempo (5 min RBI) Run: 15 min SS <i>*Keep transition to less than 5 minutes</i>	SWIM: 2:30 BIKE: 6:00 RUN: 3:00 TOTAL: 11:30
WEEK 5	REST DAY	Swim #9: 1:00 (2800) Run: 1:00 with 5x3 min FI (3 min RBI)	Bike: 1:30 with 3x10 tempo (5 min RBI)	Bike: 1:30 EM Run: 15 min ER <i>*Keep transition to less than 5 minutes</i>	REST DAY	Swim #10: 1:30 (3200) Run: 1:00 ER Negative split run (out and back). Run out in 31 min, back in 29 min.	Bike: 2:00 EM	SWIM: 2:30 BIKE: 5:00 RUN: 2:15 TOTAL: 9:45
WEEK 6	REST DAY	Swim #11: 1:00 (2800) Bike: 1:00 EM	Run: 45 min with 4x1 min FI (2 min RBI)	Swim #12: 45 min (2000) Bike: 45 min EM	REST DAY	Bike: 35 min as 8 min EM 5 min tempo (3 min RBI) 6 min SS (4 min RBI) 2x1 min PI (1 min RBI) 6 min EM Run: (off the bike) 15 min with 4x10 sec RS (60 sec RBI) Swim #13: 20 min (1000)	Half-Ironman triathlon	SWIM: 2:05 BIKE: 2:20 RUN: 1:00 TOTAL: 5:25 + Race

SWIM WORKOUTS

Swim #1: 1:00 (2400m/yds)

WU - 400 (100 swim, 200 kick, 200 pull)
Drill - 4x75 (25 right arm/25 left arm/25 free) 15 sec RBI
Pace set - 2x600 (30 sec RBI)
Pull - 4x75 (15 sec RBI)
Kick - 2x50 (15 sec RBI)
CD - 100

Swim #2: 1:15 (2800m/yds)

WU - 300
Drill - 4x75 (25 right arm/25 left arm/25 free) 15 sec RBI
Pace set - 3x[300 - 6x50] (15 sec RBI for all)
Kick - 3x100 (10 sec RBI)
CD - 100

Swim #3: 1:00 (2400m/yds)

WU - 300
Drill - 6x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free]
Pace set - 3x500 (20 sec RBI)
Kick - 100
CD - 100

Swim #4: 1:15 (2800m/yds)

WU - 500 (100 swim, 200 kick, 200 pull)
Drill - 6x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free]
Pace set - 3x200 (15 sec RBI)
VO₂ set - 3x100 (15 sec RBI)
Pace set - 3x200 (15 sec RBI)
VO₂ set - 3x100 (15 sec RBI)
CD - 100

Swim #5: 1:00 (2800m/yds)

WU - 300
Drill - 6x50 Fingertip Drag (20 sec RBI)
Pace set - 3x[300-200-100] (15 sec RBI)
Kick - 5x50 (15 sec RBI)
CD - 150

Swim #6: 1:30 (3200m/yds)

WU - 800 (200 swim, 200 kick, 200 pull, 200 swim)
Drill - 8x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free, 50 free]
Base interval - 12x100 (15 sec RBI)
Pull - 8x75 (15 sec RBI)
CD - 200

Swim #7: 1:00 (2800m/yds)

WU - 400
Drill - 6x50 DPS (20 sec RBI)
Pace set - 8x50 (15 sec RBI)
VO₂ set - 7x200 (20 sec RBI)
Kick - 4x50 (15 sec RBI)
CD - 100

Swim #8: 1:30 (3500m/yds)

WU - 600 (200 swim, 200 kick, 200 pull)
Drill - 3x100 (25 right arm/25 left arm/50 free) 15 sec RBI
Base interval - 4x200 (15 sec RBI)
Pace set - 4x200 (10 sec RBI)
Pull - 4x200 SPS (15 sec RBI)
CD - 200

Swim #9: 1:00 (2800m/yds)

WU - 300
Drill - 6x50 DPS (20 sec RBI)
Pace set - 6x75 (15 sec RBI)
VO₂ set - 15x100 (10 sec RBI)
CD - 150

Swim #10: 1:30 (3200m/yds)

WU - 400
Drill - 6x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free]
Base interval - 5x400 (20 sec RBI)
Kick - 4x75 (15 sec RBI)
CD - 200 choice

Swim #11: 1:00 (2800m/yds)

WU - 300
Drill - 6x75 (25 right arm/25 left arm/25 DPS) 15 sec RBI
Pull - 3x100 (15 sec RBI)
Base interval - 7x200 (20 sec RBI)
Kick - 4x50 (15 sec RBI)
CD - 150

Swim #12: 45 min (2000m/yds)

WU - 400
Drill - 6x50 DPS (20 sec RBI)
VO₂ set - 4x100 (20 sec RBI)
Base interval - 3x200 (15 sec RBI)
Kick - 4x50 (15 sec RBI)
CD - 100

Swim #13: 20 min (1000m/yds)

WU - 200
Drill - 6x50 DPS (20 sec RBI)
VO₂ set - 6x50 (10 sec RBI)
CD - 200

KEY

RBI = Rest between intervals

RBS = Rest between sets

WU = Warm-up

CD = Cool-down

EM = Endurance miles

ER = Endurance run

RS = Running strides

SS = Steady state

PI = Power intervals

FI = Fartlek intervals

DPS = Distance per stroke