

HALF IRONMAN TRAINING PROGRAMME

Here is a basic Half Ironman programme you can take the lead from. It is a 15 week programme which means you count back 15 weeks and then you start the programme. Until then you should try to Swim, bike and run/walk at least twice a week for each discipline. Try to build the distances up each week in total by 10%.

Once you are 15 weeks out you can start this programme. It is based on doing 3 swims, 3 bikes and 4 runs (1 of them being off the bike) per week. If you can not fit in this many sessions you can cut it back to less but that will mean that your mileage will have to increase or you cut out the smallest run or bike out of each for the week. This is certainly going to get you to a Half Ironman and would also mean you are well and truly ready to start the ironman training.

E = Means Easy terrain

H – Means harder terrain, such as hills or a big hill.

RUN

60% - 30km run in total for the week (ie 1 x 5km, 2 x 7.5km, 1 x 10)

70% - 35km run in total for the week (ie 3 x 10km and 1 x 5km)

80% - 40km run in total for the week (ie 1 x 5km, 2 x 10km and 1 x 15km)

90% - 45km run in total for the week (ie 1 x 5km, 1 x 10km, 1 x 10km, 1 x 20km)

100% - 50km run in total for the week (ie 1 x 5km, 1x 10km, 1 x 15km, 1 x 20km)

Please note that this is a suggestion of the km mix you can make up. You must try to have at least one longer run a week. Remember that one of the shorter runs should begin directly after a bike ride.

CYCLE

60% - 110km cycle in total for the week (ie 3 x 20km)

70% - 130km cycle in total for the week (longest ride should be 60-70km)

80% - 150km cycle in total for the week (longest ride should be 60-70km)

90% - 160km cycle in total for the week (longest ride should be 70-90km)

100% - 180km cycle in total for the week (longest ride should be 90—100km)

Again this is just a suggestion of the km mix, but you should always have some hill training in there too. Try to do the short run off the bike after the longest ride.

WEEK	PERCENTAGE	DIFFICULTY	EFFORT	EXTRA NOTES
1	60%	Easy		
2	70%	Hard		
3	60%	Easy		
4	70%	Easy	Some Hills	
5	80%	Hard		
6	70%	Easy	Small Hills	
7	90%	Hard	Hills for 10-15 minutes	
8	100%	Hard	Hills for 10-	

			15 Minutes	
9	60%	Easy	Up Tempo /Flats	
10	80%	Hard	Some Hills	
11	100%	Hard	Some Hills	
12	70%	Easy	Up Tempo/Flats	This means that you try to cycle faster than your normal pace when you are on the flats. You can do this by warming up and then doing 10 minutes easy, then 10 minutes hard out. Do this building up to about 6 -7 times. The main focus is on legs not lungs. You should be able to talk but if you can't talk you are going too hard and need to back off. Up tempo should only be done 1-2 times a week. Or you could do mini time trials starting at 10km and building up to 30km.
13	80%	Easy	Up Tempo / Flats	As above
14	70%	Easy	Up Tempo / Flats	As above
15	Race Week	Easy		Make sure you do at least a swim – bike – run each day. Only one thing and not too much distance, keep yourself fresh for travelling and racing. Swim only on Thursday when you arrive in Napier and nothing on Friday.

TRAINING NOTES

As the event gets closer and your build up continues there are 'Specific Sessions' on the programs. As well as training these are about preparation, about helping you to find what works for you,

These sessions help by identifying and solving event specific and preparation problems, ie. Problems that are brought with the event distances as you get closer to the event distance, avoiding injury comfort, nutrition and hydration etc

Two days before:

Check your bike over (check tyres for nicks etc).

Plan your route (undulating but try to avoid really steep hills)

Day before

Rest and drink lots of water.

Prepare your food and drinks and clothing the night before.

Make a note of what you eat the night before.

Day of session

Get up at least two hours before you go. Have breakfast.

Aim if possible to start the session at 7am (event start time)

Set up your running gear if you are doing a back to back session

General Points

Relax don't push the pace. The idea is for you to get through the session feeling that you could have gone on longer.

So if it is a half ironman based specific session say 60km bike, 10km run do the session at the effort level (intensity) you feel will be right for half ironman.

That way when you get to the end you'll feel tired but like you could have gone on, (because you will need to go further!).

If you get to the end feeling you couldn't go on then you've gone too hard!

Stay warm, (better to over heat than be cold.) You can always arrange to drop off clothes if you need to.

Carry two drinks bottles and arrange to pick up more if you need to.

Take food and or drink gels etc as you have before.

Keep going and avoid stops as much as possible.

Transition (set up in garage) if doing a back to back session

Have a good drink.

Get changed quickly.

Take a drink bottle with you.

Get straight out on the run.

Remember to enjoy these sessions!

Post sessions

Take one day's rest after these sessions, have an easier training day on the second day. If you feel recovered get back to the normal schedule, if not take another couple of easy days.

EXPLANATION OF SUB PHASES:

EASY CONDITIONING (preparation) - This involves easy conditioning training. This means starting back into a more structured training programme from your Off Season and getting your body ready for the training that lies ahead. All problems (muscle & strength imbalances, injuries and rehabilitation) are dealt with before the training load increases. This can be avoided if you are already well conditioned or could take many weeks if certain problems need to be resolved.

STRENGTH ENDURANCE (Hills) - Hill training is used to build strength (more accurately strength endurance) which is to some extent the basis of speed. Hill training moves from more moderate shorter climbs to longer steeper multiple climbs. This would occur progressively from 1 to 2-3 times per week.

STRENGTH ENDURANCE (Big Hills, Big Gear) - This is a further extension of strength training. Big gear hill training involves training on hills in gears 1-5 cogs (approx based on conditioning/training history) higher than you would normally climb in. Pedal cadence is low and the aim is not to work too hard but to "turn over" a large gear so that the focus is on the legs not the lungs. If you have never done this before be very careful. It is easy to injure your knees. You should warm up at the start of your ride and do a further warm up on some hills before progressing into the big gear training. In cold conditions keep your knees warm and don't continue if your knees are even remotely irritated. Progress from 1 -2 cogs above normal to higher loads. Between hills normal gears are used to recover. This can be carried out 1 - 3 times per week depending on your training background. It is very important that you have a coach to guide you through this. This would occur from not at all to 1 - 2 times per week over a 2 - 4 week period.

STRENGTH ENDURANCE/SPEED (Flat, Big gear) - This is similar to hills, big gear except that training is carried out on the flat. Long intervals of 10 - 20 mins or time trials are often used. The focus should be still on the legs not the lungs. Therefore generally cadence is lower than for racing. This would occur from not at all to 1 - 2 times per week over a 1 - 3 week period.

LOW SPEED (Up tempo) - Up tempo is the beginnings of the conditioning for speed.

This form of training is faster than easy conversation pace but not as high as time trial pace. You should therefore be riding fast at about 70 - 75% effort feeling strong and not "hammering". Because this form of training is only moderately intense the interval periods can be quite long. (10 - 20 mins) This would occur 1 - 2 times per week and would be gradually phased in over a period of 1 - 3 weeks. You are now ready for the speed phase. You have conditioned your body, dealt with any problems requiring attention, improved your strength and finally begun to increase the tempo of your training.

Now the real work starts. Everything up to now has been necessary but the final weeks of the speed phase "make or break" your chances of a top performance. All the following intensities are progressively combined into 1 - 3 speed sessions per week over the last 4 - 8 weeks of the speed phase. Often racing is a better form of speed training (more specific) and can therefore can be substituted for a speed session.

HILL TRAINING

In my view most people when riding hills psych themselves out before they ride up the hill. The best way to approach the hill is to make sure you are in the right gear on your bike.

In your mind break the hill into 2-3 or 4 mini goals. Make your goals a corner or may be a fence post or tree. When you get to your first goal tick it off in your mind and look at your next goal until you are at the top.

When climbing hills you should be nice and relaxed on your bike but not fighting it. The way is to bike hills slow, so you develop strength in your legs. If you climb them to fast in training all the time you will not recover, you are wasting good training. When climbing hills long and slow for strength you look at recovery on the way down. You should be able to have a conversation.

Some hills to train on:

Tuki Tuki, Hard,
Valley road, Easy,
Middle road to Camp David and return, Hard
Kahuranaki road, Hard
Maraeatotara and return, Hard
Elsthorpe loop, Hard,
Crownthorpe. Hard
Middle Mutiny, Easy

Ride warm up first, 15-20 minutes, ride Endsleigh road to Lane road and up Margate Avenue and up to the Te Mata gates only and warm down, do this twice a week, suggestion Tuesday and Thursday.

This one is Ensleigh Road, go round it 2,3 or 4 times. The first one stand for the climb, the next time sit in a gear which is comfortable but do not use your last gear, your easy gear (that is what we call a bail out gear) always leave one gear left. Remember to go slow and use a harder gear and sit on your seat. This will take 3-4 goes to get used to it. Do every 2 weeks, once only.

Next, find a hill which is 7 minutes long, e.g., Te Mata Peak gates (only). Ride up nice and slow, the next time, sit and stand so you get your rhythm going. The reason you sit and stand is to keep your momentum going forward.

REMEMBER hill training is used to build strength.

EXAMPLE OF A HALF IRONMAN PROGRAMME TO GIVE YOU AN IDEA OF HOW IT ALL WORKS. THIS IS AN 18 WEEK PROGRAMME

Your week has 2 or 3 swims a week
3---bikes a week
3 or 4 runs a week
With 1 day off

E = Easy terrain which means flat to some hills
H =Hard terrain which means hills or lots of hills

The first 5 weeks are what they call easy conditioning
(which means doing 2 things in the same day so your body can get us to it)
You will see a number 2 / 3/ 4 /5 on some of the weeks. It starts from week 9
they are
2= Strength Endurance
3=High Strength Endurance
4=Strength Endurance/Speed
5=Low Speed

RACE PACE IS WHAT YOU WILL DO ON THE DAY IT IS NO HARD OUT SO
YOU BLOW IT IS ABOUT FINDING A PACE YOU CAN MANAGE ALL DAY.

Week 1 50% Easy Swim/4km/ Bike 100 / Run 25km

- Monday Swim squad
Run 5km
- Tuesday bike 30km
- Wednesday swim squad
Run 7km
- Thursday bike 30km

FRIDAY IS A DAY OFF

- Saturday run 10km
- Sunday bike 50km flat with some hills with a 1or 2km run off the bike

Week 2 60% Hard Swim 4km/ Bike 120km/Run 30km

- Monday swim squad
Run 8km
- Tuesday bike 25km
- Wednesday swim squad
Run 10km
- Thursday bike 30km

FIRDAY IS A DAY OFF

- Saturday Run 12km
- Sunday bike 65km some hills

Week 3 30% Easy Swim / Bike 60 km Run 15 km

- Monday swim this is up to you if you can swim with the Master ton masters
Run 3 km
- Tuesday bike 20km
- Wednesday swim see if you can swim with a squad.
- Thursday bike 20km

FRIDAY IS A DAY OFF

- Saturday Swim
Run 7km
- Sunday Bike 20km

Week 4 60% Hard Swim/ Bike 120km Run 30km

- Monday Swim with a squad
Run 8 km
- Tuesday Bike 25km
- Wednesday Swim
Run 10km
- Thursday Bike 30km

FRIDAY IS A DAY OFF

- Saturday Swim
Run 12km
- Sunday Bike 65km

Week 5 70% Hard Swim Bike 140km Run 35km

- Monday Swim
Run 9km
- Tuesday Bike 30km
- Wednesday Swim
Run 12km
- Thursday Bike 35km

FRIDAY IS A DAY OFF

- Saturday Swim
Run 14km
- Sunday Bike 75km

Week 6 80% Hard Swim / Bike / Run

- Monday Swim
Run 10km
- Tuesday Bike 30km
- Wednesday Swim

- Run 14km
 - Thursday Bike 40km
- FRIDAY IS A DAY OFF
- Saturday Swim
Run 16km
 - Sunday Bike 90km

**Week 7 and 8 These Two Weeks Are Both the Same (50%)
Swim / Bike 100km Run 25km**

- SO JUST DO THE SAME HAS WEEK ONE /BASICLY THIS IS A RECOVERY WEEK X 2 SO TAKE IT EASY

Week 9 80% Hard Swim Bike 160km Run 40km (This week is number 2)

- Monday Swim
Run 10km
 - Tuesday Bike 30km Some Hills
 - Wednesday Swim
Run 14km Some Hills
 - Thursday Bike 40km
- FRIDAY DAY OFF
- Saturday Swim
Run 16 km
 - Sunday Bike 90 km Some Hills

**Week 10 This week is a 100% week Hard Swim 4 to 6 km Bike 200 km
Run 50 km**

This is a number 2 week

- Monday Swim
Run 10 km
 - Tuesday Bike 30 km Some Hills
 - Wednesday Swim
Run 15 km Some Hills
 - Thursday Bike 50 km
- FRIDAY IS A DAY OFF
- Saturday Swim Open Water
Run 20 km
 - Sunday Bike 120 km with a 5 km run off the bike Some Hills

Week 11 Easy Week 50%

- Do the same has week 1 but add some of number 3 (High Strength Endurance)
- (big hills ,big gear)
- Give it a go but take it easy if it starts to hurt the knees don't do it

Week 12 Hard 70% Swim Bike 140 km Run 35 km
This is a number 3 week

- Monday Swim
Run 9 km
 - Tuesday Bike 30 km Some Hills
 - Wednesday Swim
Run 12 km Some Hills
 - Thursday Bike 35 km
- FRIDAY DAY OFF
- Saturday Swim Open Water
Run 14 km
 - Sunday Bike 75 km Some Hills

Week 13 is another 100% Week

- SO DO THE SAME HAS WEEK 10 BUT INSTEAD OF DOING SOME OF NUMBER 2 DO SOME OF NUMBER 4, WHICH IS FLAT BIG GEAR

Week 14 Easy 80% Swim Bike 160 km Run 40 km (This is a number 4)

- Monday Swim
Run 10 km
 - Tuesday Bike 30 km Flat
 - Wednesday Swim
Run 14 km Flat
 - Thursday Bike 40 km
- FRIDAY DAY OFF
- Saturday Swim Open water
Run 16 km
 - Sunday Bike 90 km Some Hills Plus Flat

Week 15 Hard 90% Swim Bike 180 km Run 45 km (This is a number 5)

- Monday Swim
Run 10 km
 - Tuesday Bike 30 km All Flat Big Gear Only For 10 km
 - Wednesday Swim
Run 12 km All Flat
 - Thursday Bike 50 km Flat Big Gear Only For 15 km
- FRIDAY DAY OFF
- Saturday Swim Open water
Run 18 km
 - Sunday Bike 100 km with a 5 km run Some Hills

Week 16 Hard 70% do, the same Has Week 12 (but instead of number 3 do some of number 5 LOW SPEED (Up Tempo)

Week 17 This is the start of tapering, so it is a 60% EASY WEEK

Swim Bike 120 km Run 30 km

- Monday Swim
Run 8 km
 - Tuesday Bike 25 km Flat Big Gear Only For 15 km
 - Wednesday Swim
Run 10 km
 - Thursday Bike 30 km Mini Time Trail 20 km Do This At Race Pace
- FRIDAY DAY OFF
- Saturday Swim Open Water
Run 12 km
 - Sunday Bike 65 km You Can Do A Mini Time Trail Of 40 km

Week 18 This Is Race Week So It Is A 30% Easy Week

All you have to do is two small runs /two small swims and two easy bikes.

TAKE THIS WEEK NICE AND EASY AND AT THE END OF THE WEEK EAT AND DRINK A BIT EXTRA.

MAKE SURE YOU ARE WELL HYDRATED, WHICH IS PLENTY OF WATER AND SPORT DRINK, MAKE SURE IT IS AN ISOTONIC SPORT DRINK EG (HORLEYS)

SATURDAY RACE DAY HAVE FUN AND ENJOY GET SMILING

Swim 2 km Bike 90km Run 21 km

SO AFTER THE HALF IRONMAN MAKE SURE YOU START YOUR RECOVERY BY EATING AND DRINKING.