

Half Ironman Training Program – 1.9km Swim, 90km Bike, 21.1km Run

Welcome to the Balance & UTS Tri Club Half Ironman Training Program. This program is designed for experienced athletes and will help you develop all the skills needed to successfully complete a long course triathlon.

Course Prerequisite

To get the best out of this program you need to have completed the lead-up programs in the previous Balance training set or be able to swim 1km, ride 50km and run 10km without too much trouble.

If you are new to endurance racing we suggest consulting with your General Practitioner before embarking on this training program.

Program Structure

The program is aimed at progressively providing you with the knowledge, skills and fitness for you to reach your goal of completing a Long Course or Half Ironman distance triathlon. The program is a guide only and you should always consider your own level of fitness and capability when undertaking any training activities.

Take Advantage of the Balance Training Timetable

Many of the sessions in this program align with the Balance & UTS Tri Club Members Training Timetable. Taking advantage of these sessions will help you develop your skills and provide an opportunity to network with other triathletes. Where you are unable to attend one of the regular training sessions, an alternate session description has been provided.

Balance & UTS Tri Club Members Training Timetable

Find your Balance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Run ¹	Cycle ²	Run ¹	Cycle ²		Keep an eye out for the weekly club email ³	Keep an eye out for the weekly club email ⁵
PM During Day Light Savings				Bolt Series ⁴ As Advertised			

¹ 60 minute run session. Meet at Le Montage, Lilyfield 6am. Monday: interval training. Wednesday: hill/strength training. Contact Rob (Helmet): 0401 895 709. **FREE!**

² 60 min cycle session. Meet at the Queen Street entrance to Concord West train station at 5:45am. Bring money for optional breakfast/coffee after. Contact Mike (Daffy): mike@homealone.com.au or Rob (Helmet): 0401 895 709. **FREE!**

³ Weekend training options are advised by group email prior to the weekend. There will usually be a long ride, a long run and an open water swim. All sessions can be tailored to your needs. Refer to weekly email for contact details. **FREE!**

⁴ During Daylight Savings Balance & UTS Tri Club holds a series of all inclusive social run/walk events starting near Le Montage, Lilyfield. Keep an eye out for these sessions in the weekly email during daylight savings months.

What if I Miss a Session?

Feel free to move training sessions around to fit with other commitments. Ideally you should aim to complete most of the sessions, however avoid trying to *catch-up* for missed sessions at the end of the week.

Key sessions

Each week of training contains key sessions that are vitally important in preparation for each race. If sessions are missed during the week it may be necessary to do these key sessions in place of other nominated sessions during the week.

Generally these key sessions are the long ride and long run as these sessions provide the volume that you need to prepare for the race and to develop your aerobic capacity.

Early in the program the strength sessions are important because they build your body's ability to withstand the punishment that you are going to be putting it through.

Later in the program the interval and effort sets are important because they increase your speed and your capacity to maintain an effort over an extended period.

In the peak weeks and race week the shorter sharper sessions are important so that your body remains in top working order so you don't get lethargic in the lead-up to the race.

Active recovery sessions & recovery week

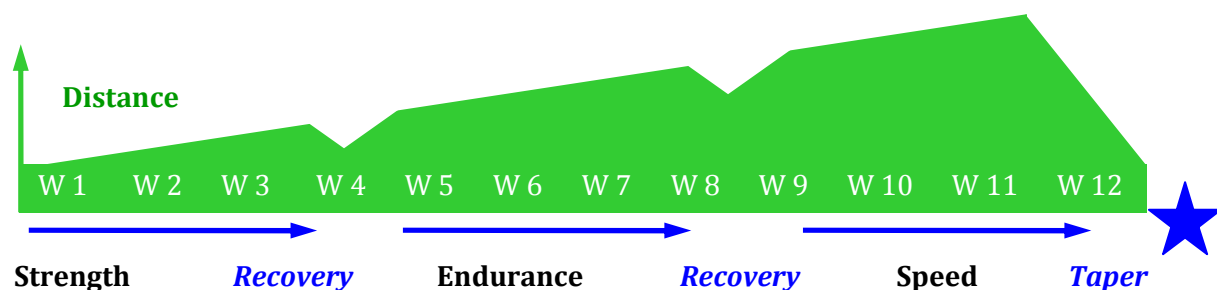
In recovery weeks and on recovery days it is vitally important to get the rest that you need. Your body isn't able to maintain the volume of training that you are doing over an extended period and needs to recover, replenish energy stores and repair damaged muscle fibres. Sleep in, rest up and generally take it easy, even if you don't think you need it ... you'll be thankful you did later on!

Any active recovery session should be done well within your capacity and you should resist the temptation to push yourself if you are feeling any fatigue at all. On these days/weeks if you feel tired or rundown, skip the session and recharge your batteries.

Half Ironman Training Program Overview

The twelve week program is split in to three development blocks with short recovery periods every three weeks. As your skills and fitness develop the distance of your training sessions will also increase.

Recovery is a key part of improving your fitness and avoiding injury and we suggest that you consider booking at least one sports massage to align with one of the recovery periods.





Perceived Training Effort Levels

The following table provides a guide for effort levels throughout the program:

Efforts are often based on heart rate zones, which differ from person to person depending on their age & level of fitness. Generally the heart rate zones will be a percentage of your maximum heart rate. Your maximum heart rate will be approximately 220 minus your age for males or 210 minus your age for females. E.g. A 25yo male will have a maximum heart rate of approximately 195 beats per minute whilst a 35yo female will have a maximum heart rate of approximately 175 beats per minute.

The heart rate zones nominated in the following chart are those zones that will be achieved after a sustained period at that effort (5 minutes or more), they will not be achieved straight away.

Effort	Description	HR Guide*
E1 - Recovery	Warm-up and Cool-down pace	50-70% of maximum
E2 - Easy	Slightly elevated HR, can comfortably hold a conversation	70-80% of maximum
E3 - Moderate	Elevated HR but sustainable, limited conversation	80-90% of maximum
E4 - Hard	Elevated HR, sustainable for periods up to 10-15 minutes, can only manage two -three word answers. Also known as Lactic Threshold	90-95% of maximum
E5 - Threshold	Maximum HR sustainable for 2 - 3 minutes before needing recovery	95% + of maximum

*HR zones are a guide only & will vary from person to person, for more accurate zones consider taking a HR test

Understanding Swim Set Details

Throughout the program you will see swim sets like:

Main set – All at moderate effort; 4 x 50m FS on 30 sec, 8 x 25m FS on 20 sec, 4 x 50m FS on 30 sec.

This means – Moderate effort as per the guide above, 4 x 50 metre Free Style on a 30 sec recovery between each 50 metres followed by 8 x 25 metre Free Style on 20 second recovery between each 25 metres and finally 4 x 50 metre Free Style on 30 recovery between each 50 metres.

Questions

Feel free to ask questions at any of the normal Balance training sessions.



Long Course Training Program

Block 1 - Strength Week 1		
Day	AM Session	PM Session
Monday	Run¹ - 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim - Total 1km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 500m FS @ E3 concentrating on technique 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 2km warm-up followed by 10x400m run throughs at E3 concentrating on form and cadence, 2km cool down & stretch Total 8km	
Tuesday	Cycle² - Homebush Group ride 60-90 min 5km warm-up followed by 20km @ E3 concentrating on technique, (record time for future reference), 5km cool down Total approx 30km Tip - ride to and from this session to clock up some extra km's	
Wednesday	Run¹ - 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Optional Swim 1km swim @ E2-E3 - active recovery
	Long run - 12km @ E2-E3	
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Tip - ride to and from this session to clock up some extra km's	<i>Optional Run⁴ - As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle - Join the Intermediate/Advanced weekend ride (as a guide during the session) Long Ride - 50km at E2 - E3	<i>Optional Open Water Swim</i>
Sunday	Long run - 12km @ E2	



Block 1 - Strength		
Week 2		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am Or	Swim – Total 1.3km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) Main set all @ E4 all with 20 sec recovery 50m FS, 100m FS, 150m FS, 200m FS, 150m FS, 100m FS, 50m FS 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 2km warm-up followed by 5km Time trial. Record time for future reference. 2km cool down Total 9km	
Tuesday	Cycle² - Homebush group ride 60-90 min 5km warm-up followed by 20km @ E2 incorporating 3 sets of 5x1min hill climbs (armoury hills) with 2-3km recovery between sets (to Silverwater bridge & back) Hill 1 – seated, 90RPM cadence Hill 2 – seated, aero position, 70RPM cadence Hill 3 – seated 90RPM cadence Hill 4 – seated aero position, 60RPM cadence Hill 5 – up on pedals @ E5 5km cool down Total approx 30km Ride to and from this session for extra km's	
Wednesday	Long Run – 14km @ E2-E3	Swim 1.2km swim @ E2-E3 – active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride – 60km @ E2-E3	
Sunday	Tempo swim – 1km @ E3 (Open water) Followed by 40km ride @ E3 soon after	



Block 1 - Strength Week 3		
Day	AM Session	PM Session
Monday	Run¹ - 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim - Total 1.5km 300m FS warm-up 1,000m, the first 25m of each 100m is at E5, the remainder of each 100m is at E2 200m cool-down
	Run - 2km warm-up followed by 5km efforts set. The first 200m of each km is run at E5, the remainder of each km is run at E2. 2km cool-down & stretch. Total 9km	
Tuesday	Cycle² - Homebush group ride 60-90 min 5km warm-up followed by 20km @ E2 incorporating 3 sets of 5min efforts, starting at E3 and building to E5 5km cool down Total approx 30km Tip: Ride to and from this session for extra km's	
Wednesday	Long Run - 16km @ E2-E3	Swim 1.5km swim @ E2-E3 - active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ - As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle - Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride - 70km @ E2-E3	
Sunday	Tempo swim - 1km @ E3 Followed by 40km ride @ E3 soon after	



Block 1 - Strength		
Week 4 - Recovery week		
Day	AM Session	PM Session
Monday	Recovery day	Recovery day
Tuesday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km	
Wednesday	Easy Run – 10km @ E2	Swim 1.5km swim @ E2-E3 including 5x25m efforts @ E4
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Easy ride – 40km @ E2	<i>Optional Open Water Swim – Good time to test out your wetsuit</i>
Sunday	Recovery day	Recovery day



Block 2 - Endurance		
Week 1		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – Total 1.5km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 1,000m tempo TT @ E3-E4 Record time for future reference- 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 2km warm-up followed by interval ladder Run out @ E5, run back at E1-E2 200m, 400m, 800m Complete twice with 60sec rest in between 2km cool-down & stretch. Total approx 9.6km	
Tuesday	Cycle² - Homebush group ride 90 min 5km warm-up followed by 30km @ E2 incorporating 3 sets of 5min efforts, starting at E3 and building to E5 maintaining a cadence of 90-100RPM 5km cool down Total approx 40km Ride to and from this session for extra km's	Tempo run 10km run @ E3-E4
Wednesday	Long Run – 15km @ E2-E3	Swim 1.5km swim @ E2-E3 – active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 5 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride – 80km @ E2-E3 on a hilly course 2km run off bike	
Sunday	Tempo swim – 1.5km @ E3 Followed by 1 hour bike session at E2-E3 soon after	



Block 2 - Endurance		
Week 2		
Day	AM Session	PM Session
Monday	Run¹ - 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim - Total 2km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 1,500m tempo, each 100m done as 75m @ E4, 25m @ E2 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 3km warm-up followed by intervals 5 x 1km @ E5 with 30 sec rest in between 2km cool-down & stretch. Total approx 10km	
Tuesday	Cycle² - Homebush group ride 90 min 5km warm-up followed by 30km @ E2 incorporating 3 sets of 5min efforts, starting at E3 and building to E5 maintaining cadence below 75RPM (big gear getting bigger through the set) 5km cool down Total approx 40km Ride to and from this session for extra km's	
Wednesday	Long Run - 17km @ E2-E3	Swim 2km swim @ E2-E3 - active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 5 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ - As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle - Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride - 90km @ E2-E3 on a hilly course 2km run off bike	
Sunday	Tempo swim - 2km @ E3 Followed by 10km run @ E3-E4 soon after	



Block 2 – Endurance		
Week 3		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – Total 2.5km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 200m, 400m, 600m 800m all FS @ E3 with 30 sec rest 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 3km warm-up followed by intervals 5 x 1km @ E5 with 30 sec rest in between 2km cool-down & stretch. Total approx 10km	
Tuesday	Cycle² - Homebush group ride 60-90 min 5km warm-up followed by 30km @ E2 incorporating 3 sets of 5x2min hill climbs (Hill Road mound) with 2-3km recovery between sets (to wharf & back) Hill 1 – seated, 90RPM cadence Hill 2 –seated, aero position, 70RPM cadence Hill 3 – seated 90RPM cadence Hill 4 – seated aero position, 60RPM cadence Hill 5 – up on pedals @ E5 5km cool down Total approx 40km Ride to and from this session for extra km's	Tempo run 12km @ E3-E4
Wednesday	Long Run – 19km @ E2-E3	Swim 2.5km swim @ E2-E3 – active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 5 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride – 100km @ E2-E3 2km run off bike	
Sunday	Tempo swim – 2.5km @ E3 Followed by 40km tempo ride @ E3 soon after	



Block 2 - Endurance		
Week 4 - Recovery week		
Day	AM Session	PM Session
Monday	Recovery day	Recovery day
Tuesday	<p>Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km</p>	
Wednesday	Easy Run – 10km @ E2	Swim 2.5km swim @ E2-E3 including 10x25m efforts @ E4
Thursday	<p>Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 5 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km</p>	<p><i>Optional Run⁴ – As advertised via the Balance Weekly email</i></p>
Friday	Recovery day	Recovery day
Saturday	<p>Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Easy ride – 40km @ E2</p>	<p><i>Optional Open Water Swim</i> <i>Good time to practice in your wetsuit</i></p>
Sunday	Recovery day	Recovery day



Block 3 – Speed Week 1 – Strength		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – Total 2.5km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 2,000m tempo, each 100m done as 25m @ E3, 50m @ E4, 25m @ E2 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 3km warm-up followed by intervals 5 x 1km @ E5 with 30 sec rest in between 2km cool-down & stretch. Total approx 10km	
Tuesday	Cycle² - Homebush group ride 90 min 5km warm-up followed by 30km @ E2 incorporating 3 sets of 5km efforts starting at E3 and building to E5 maintaining a 90-100RPM cadence 5km cool down Total approx 40km Ride to and from this session for extra km's	
Wednesday	Long Run – 20km @ E2-E3	Swim 2.5km swim @ E2-E3 – active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 5 x 2 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride – 80km @ E2-E3 on a hilly course 5km run off bike @ E2-E3	
Sunday	Tempo swim – 2.5km @ E3 Followed by 1.5 hour ride @ E2-E3	



Block 3 – Speed		
Week 2 – Peak		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – Total 2.5km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 2,000m tempo, each 100m done as 25m @ E5, 75m @ E2 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 3km warm-up followed by intervals 12 x 400m @ E5 with 30 sec rest in between 2km cool-down & stretch. Total approx 9.8km	
Tuesday	Cycle² - Homebush group ride 90 min 5km warm-up followed by 30km @ E2 incorporating 10 x 1km efforts building to E5 maintaining a cadence over 100RPM 5km cool down Total approx 40km Ride to and from this session for extra km's	
Wednesday	Long Run – 17km @ E2-E3 Practice race day nutrition	Swim 2.5km swim @ E2-E3 – active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 5km sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Cycle – Join the Intermediate/Advanced weekend ride (as a guide during the session) Long ride – 90km @ E2-E3 Practice race day nutrition 5km run off bike @ E2-E3	
Sunday	Tempo swim – 2.5km @ E3 Followed by 10km run @ E3-E4 soon after	



Block 3 – Speed		
Week 3 – Peak		
Day	AM Session	PM Session
Monday	Run¹ – 60 minute guided run session. Meet at Le Montage, Lilyfield 6am or	Swim – Total 2.9km 300m warm-up (100m FS, 50m Back, 50m Breast, 100m FS) 200m, 400m, 600m all FS @ E3 with 30 sec rest – complete twice 200m cool down (50m FS, 50m Back, 50m Breast, 50m FS)
	Run - 3km warm-up followed by 5km Time Trial 2km cool-down & stretch. Total approx 10km	
Tuesday	Cycle² - Homebush group ride 90 min 5km warm-up followed by 20km Time Trial 5km cool down Total approx 30km Ride to and from this session for extra km's	
Wednesday	Long Run – 15km @ E2-E3 Practice race day nutrition	Swim 2.5km swim @ E2-E3 – active recovery
Thursday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 5km sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km Ride to and from this session for extra km's	<i>Optional Run⁴ – As advertised via the Balance Weekly email</i>
Friday	Recovery day	Recovery day
Saturday	Ride / Run Brick 20km ride @ E3, 2km run @ E3-E4 Complete 3 times	
Sunday	Swim / Ride Brick 300m swim @ E3, 5km ride @ E3-E4 Complete 3 times and finish with 2km run	



Block 3 – Speed		
Week 4 – Race week		
Day	AM Session	PM Session
Monday	Recovery day	Recovery day
Tuesday	Cycle² - Homebush group ride 60-90 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 5 minute sets @ E4 & 100RPM cadence, 5km cool down Total approx 30km	
Wednesday	Easy Run – 5km @ E2-E3	Swim – Total 1.6km 400m warm up 1km FS time trial 200m cool down
Thursday	Cycle² - Homebush group ride 60 min 30km active recovery ride 5km warm-up followed by 20km @ E2 incorporating 3 x 2km efforts building to E5 & 100RPM cadence, 5km cool down Total approx 30km	
Friday	Recovery day	Recovery day
Saturday	Easy swim on course – 15 min @ E1 Easy ride on course – 20 min @ E1 with 3x30 sec jump ups (E4 effort) Run off bike – 10min @ E3-E4	Race day admin Stay hydrated and eat good food!
Sunday	Race – 1.9km swim, 90k bike, 21.1k run - include 5 minute warm up run and 3 * 25m sprints in water prior to swim start. RACE HARD!	<i>Have a drink with friends and celebrate a great race. Ponder over an Ironman distance race?? - Congratulations!</i>

CONGRATULATIONS - YOU'RE RACE READY!