

Half Triathlon

Training Plan
20 Weeks

- ❖ Grand Rapids Triathlon Half Distances are as follows:
 - Swim – 1.2 miles
 - Bike – 56 miles
 - Run – 13.1 miles
- ❖ Training plan created by Athletic Mentors USA Triathlon Certified Coaches
- ❖ Personalized training plans and one-on-one coaching available
 - Visit Athletic Mentors online at www.athleticmentors.com
 - Contact Athletic Mentors via phone at 269-743-2277

- ❖ RPE – rate of perceived exertion; scale of 1–10 with 10 being max effort
 - See descriptions of scale on next slide
- ❖ Brick – combination workout that moves from one discipline directly into the next
 - simulates race situation
- ❖ Tempo – continuous effort in zone 3
- ❖ Speedwork – repeats of short intervals in zone 4
 - Example: 0.25 – 0.5 mile for run, 1 – 2 minutes for bike, 25 – 50 yards for swim
- ❖ Long Interval - repeats of long intervals in zone 3
 - Example: mile for run, 5+ minutes for bike, 100+ yards for swim

Perceived Effort	Description			
10	Max Effort Activity	Feels almost impossible to keep going	Completely out of breath	Unable to talk
9	Very Hard Effort	Very difficult to maintain exercise intensity	Can barely breathe	Can barely speak a single word
7-8	Vigorous Activity	On the verge of becoming uncomfortable	Short of breath	Can speak a sentence
4-6	Moderate Activity	Feels like you can exercise for hours	Breathing heavily	Can hold short conversation
2-3	Light Activity	Feels like you can maintain for hours	Easy to breath	Can carry a conversation
1	Very Light Activity	Anything other than sleeping		

% of max HR	Zone	RPE	Name	Description
50-70%	1	2-3	active recovery	long slow
70-80%	2	4-5	aerobic / endurance	can exercise comfortably for an extended period of time
80-90%	3	6-7	tempo / threshold	fast work that can be held for some number of minutes
90-95%	4	8-9	interval work	short bouts of 1-5 minutes at high pace
95-100%	5	10	sprint / power	all out effort; held for less than a couple of minutes

❖ BASE PHASE

- Spend most of training time in zone 2
- Include a few 20-30 second hard efforts to 1 workout per discipline per week
- Add a 3rd day of strength training if time permits

❖ BUILD PHASE

- Spend majority of time in zone 2
- Add a tempo session or long interval session to 1 workout per discipline per week
- Substitute a hill workout for 1 strength training day if desired

❖ PEAK PHASE

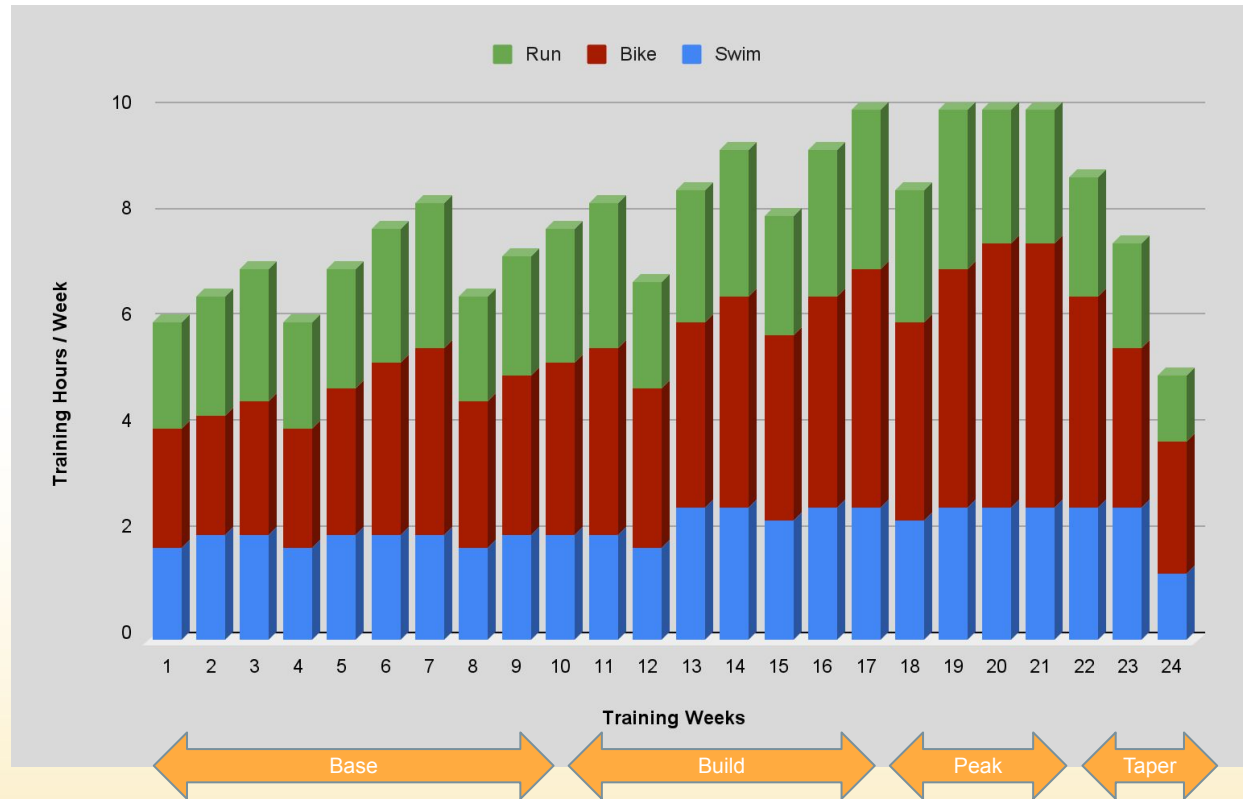
- Spend less than half of training time in zone 2
- Maintain tempo session or long interval session for each discipline per week
- Change second workout per week for each discipline to speedwork
- Substitute a hill workout for 1 strength training day if desired

❖ TAPER PHASE

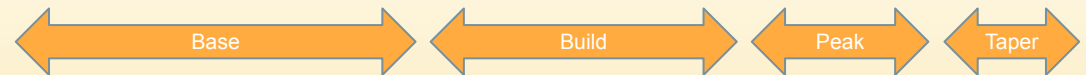
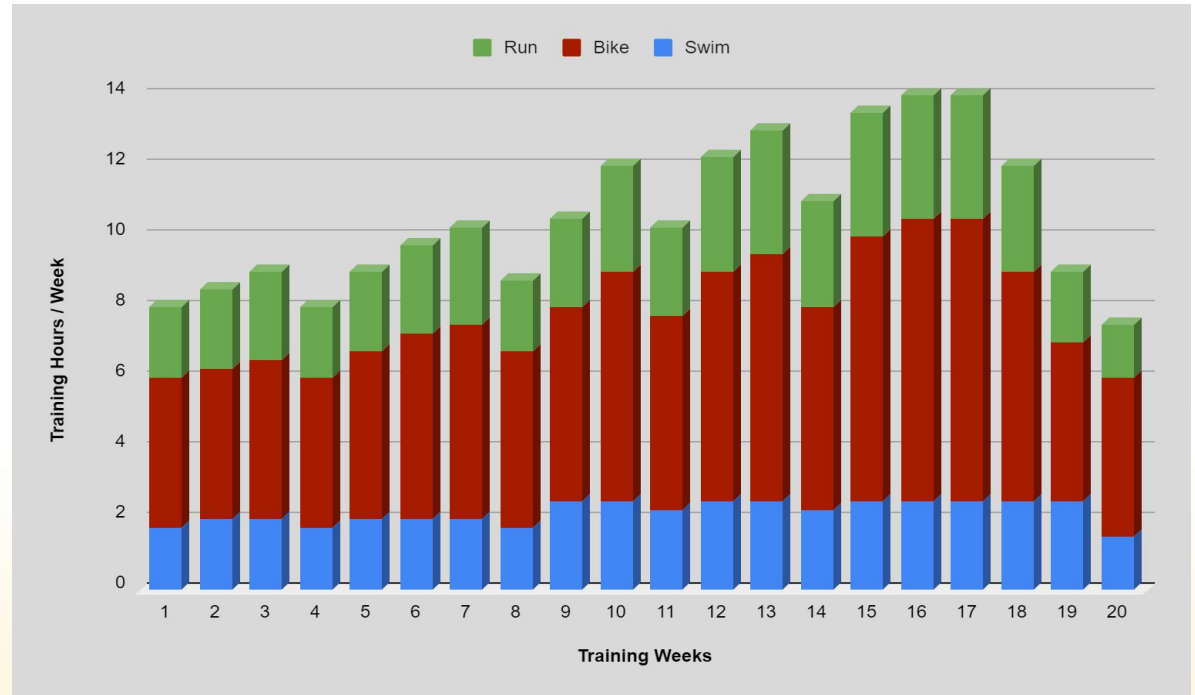
- Increase intensity of workouts
- Cut training volume in half
- Allow for full recovery between intervals

- ❖ Plan volumes designed for an athlete already consistently training the volume of week one on average (6 hours for beginner, 8 hours for intermediate)
- ❖ Maximum weekly training volume reaches 10 hours for beginner and 14 hours for intermediate
- ❖ Ideally, the athlete would have completed some Olympic distance race(s) prior to the start of training for a half distance event
- ❖ Training plans for races longer than the Olympic distance are geared towards preparing the athlete to go the time rather than the distance, therefore training hours required could vary widely from the beginning and intermediate volumes provided
- ❖ If the above assumptions do not fit your situation and you would like a personalized plan, please contact Athletic Mentors online at www.athleticmentors.com or via phone at 269-743-2277

- ❖ 8 hours / week average
- ❖ Optional tune-up races:
 - Week 12 - Sprint
 - Week 16 - Olympic



- ❖ 10.5 hours / week average
- ❖ Optional tune-up races:
 - Week 12 - Sprint
 - Week 16 - Olympic



<u>Week 1 - BASE</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:45
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:00
	Run	1:00
Sun	Bike	1:15
	Weekly Total	7:00

<u>Week 2 - BASE</u>		
Mon	OFF	
Tue	Run	0:35
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:40
Sat	Swim	1:00
	Run	1:00
Sun	Bike	1:15
	Weekly Total	7:30

<u>Week 3 - BASE</u>		
Mon	OFF	
Tue	Run	0:40
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:40
Sat	Swim	1:00
	Run	1:10
Sun	Bike	1:30
	Weekly Total	8:00

<u>Week 4- BASE (recovery)</u>		
Mon	OFF	
Tue	Run	0:35
	Strength Train	0:30
Wed	Swim	0:45
Thu	Run	0:40
	Strength Train	0:30
Fri	Bike	1:00
Sat	Swim	1:00
	Run	1:00
Sun	Bike	1:15
	Weekly Total	7:00

<u>Week 5 - BASE</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:45
Sat	Swim	1:00
	Run	1:15
Sun	Bike	1:45
	Weekly Total	8:00

<u>Week 6 - BASE</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:15
	Strength Train	0:30
Fri	Run	0:45
Sat	Swim	1:00
	Run	1:15
Sun	Bike	2:00
	Weekly Total	8:45

<u>Week 7 - BASE</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:30
	Strength Train	0:30
Fri	Run	0:45
Sat	Swim	1:00
	Run	1:30
Sun	Bike	2:00
	Weekly Total	9:15

<u>Week 8 - BASE (recovery)</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:45
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:00
	Run	1:00
Sun	Bike	1:45
	Weekly Total	7:30

<u>Week 9 - BASE</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:00
	Run	1:15
Sun	Bike	2:00
	Weekly Total	8:15

<u>Week 10 - BASE</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:15
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:00
	Run	1:15
Sun	Bike	2:00
	Weekly Total	8:45

<u>Week 11 - BASE</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:15
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:00
	Run	1:30
Sun	Bike	2:15
	Weekly Total	9:15

<u>Week 12 - BASE (recovery)</u>		
Mon	OFF	
Tue	Run	0:30
	Strength Train	0:30
Wed	Swim	0:45
Thu	Bike	1:15
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:00
	Run	1:00
Sun	Bike	1:45
	Weekly Total	7:45

<u>Week 13 - BUILD</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:15
Thu	Bike	1:15
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:15
	Run	1:15
Sun	Bike	2:15
	Weekly Total	9:30

<u>Week 14 - BUILD</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:15
Thu	Bike	1:30
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:15
	Run	1:30
Sun	Bike	2:30
	Weekly Total	10:15

<u>Week 15 - BUILD (recovery)</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:30
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:15
	Run	1:00
Sun	Bike	2:00
	Weekly Total	9:00

<u>Week 16 - BUILD</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:15
Thu	Bike	1:15
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:15
	Run	1:30
Sun	Bike	2:45
	Weekly Total	10:15

<u>Week 17 - BUILD</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:15
Thu	Bike	1:30
	Strength Train	0:30
Fri	Run	0:30
Sat	Swim	1:15
	Run	1:45
Sun	Bike	3:00
	Weekly Total	11:00

<u>Week 18 - BUILD (recovery)</u>		
Mon	OFF	
Tue	Run	0:45
	Strength Train	0:30
Wed	Swim	1:00
Thu	Bike	1:30
	Strength Train	0:30
Fri	OFF	0:30
Sat	Swim	1:15
	Run	1:15
Sun	Bike	2:15
	Weekly Total	9:30

<u>Week 19 - PEAK</u>		
Mon	OFF	
Tue	Run	1:00
	Strength Train	0:30
Wed	Swim	1:30
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	1:00
Sat	Swim/Bike Brick (1:00/1:30)	2:30
Sun	Bike/Run Brick (2:00/1:00)	3:00
	Weekly Total	11:00

<u>Week 20 - PEAK</u>		
Mon	OFF	
Tue	Run	1:00
	Strength Train	0:30
Wed	Swim	1:30
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:45
Sat	Swim/Bike Brick (1:00/1:30)	2:30
Sun	Bike/Run Brick (2:30/0:45)	3:15
	Weekly Total	11:00

<u>Week 21 - PEAK</u>		
Mon	OFF	
Tue	Run	1:00
	Strength Train	0:30
Wed	Swim	1:30
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:45
Sat	Swim/Bike Brick (1:00/1:30)	2:30
Sun	Bike/Run Brick (2:30/0:45)	3:15
	Weekly Total	11:00

<u>Week 22 - PEAK (recovery)</u>		
Mon	OFF	
Tue	Run	1:00
	Strength Train	0:30
Wed	Swim	1:30
Thu	Bike	1:00
	Strength Train	0:30
Fri	Run	0:45
Sat	Swim/Bike Brick (1:00/1:00)	2:00
Sun	Bike/Run Brick (2:00/0:30)	2:30
	Weekly Total	9:45

<u>Week 23 - TAPER</u>		
Mon	OFF	
Tue	Run	1:00
Wed	Swim	1:30
Thu	Bike	1:00
Fri	Run	0:30
Sat	Swim/Bike Brick (1:00/1:00)	2:00
Sun	Bike/Run Brick (1:00/0:30)	1:30
	Weekly Total	7:30

<u>Week 16 - TAPER</u>		
Mon	Run	0:45
Tue	Bike/Run Brick (1:00/0:30)	1:30
Wed	Swim	0:45
Thu	Swim/Bike Brick (0:30/0:50)	0:45
Fri	OFF	
Sat	Bike	0:40
Sun	GRAND RAPIDS TRI RACE DAY	
	Weekly Total	5:00