



**20 Week Half Ironman Training Program- Advanced**

**See Abbreviations on last page**

	<b>S</b>	<b>B</b>	<b>R</b>	<b>Period</b>	
<b>Week 20</b>	<b>Begin 1/2 Iron Training</b>			<b>Prep</b>	
Monday	Long Day: WU:200 S K P S Main: 1 X 1000 TT CD: 4 x 50 each slower. Record time for 1000 yd	OFF	60 min at RPE 3 / HR Zone 3		
Tuesday	OFF	60 min small chain ring RPE 2-3	30 min Recovery		
Wednesday	Race Specific: WU: 4x100 S MAIN: 5x250 S, each 250 faster CD: 150 easy	OFF	OFF		
Thursday	OFF	OFF	OFF		
Friday	Speed Day: WU: 400 S, last 50 in ea 100 is K Main: 10x100 EBEH (25 Easy, 25 Build, 25 Easy, 25 Hard) CD: 200 easy pull buoy swim	WU: 15 min in small ring Main: 15 min in big ring, easy CD: 15 min easy			
Saturday	OFF	OFF	60 min base building RPE 2-3		
Sunday		90 min mental strength day - try to get outside or to a spin class			
<b>GOALS: Get it done, keep up on sleep and do again next week.</b>					
<b>Week 19</b>	<b>S</b>	<b>B</b>	<b>R</b>		<b>Prep</b>
Monday	Long Day: WU: 6x100 S Main: 5x400 each pace consistent CD: 2x150 pull	OFF	WU: 10 min, Main: 45 min, with 20 sec <i>strides</i> every 5 minutes		
Tuesday	OFF	60 min big chain ring low effort -	30 min easy after bike		
Wednesday	Race Specific: WU: 5 x 50 S Main: 2x500 S -1st is med, 2nd is med high effort CD: 250 easy	OFF	OFF		
Thursday	OFF	WU: 15 min in small ring Main: 30 min in big ring, RPE 2-3 CD: 15 min easy	OFF		
Friday	Speed Day: WU: 300 S Main: 10x100 1-5 each faster 6-10 each slower CD: 200 alternate 50 K & 50 S	45 on trainer WU: 10: min easy Main 4x (5 min moderate w/ last 30 sec fast spin 2 min recovery) CD: 7 min	OFF		
Saturday	OFF		60 min easy w/ strides every 5 min		
Sunday	OFF	90 min low effort RPE 2-3	OFF		



Week 18	S	B	R	Period
				Prep
Monday	Long Day: WU: 200 S K P Main: 4 x 500 odds are medium effort, evens are med hard effort	OFF	WU: 10 min MAIN: 45 min 20 second <i>strides</i> every 5 minutes	
Tuesday	OFF	WU: 10 min MAIN: 60 min easy on mixed terrain (mtn bike?) Use big ring	30 min easy RPE 2 after bike	
Wednesday	RACE Specific: WU 250 S easy MAIN: 3 x 400 1st is med each gets faster CD: 200 easy S / P	OFF	OFF	
Thursday	OFF	OFF	60 min long run - run a course with hills or set treadmill for hill course	
Friday	Speed Day: WU: 300 S MAIN: 20 x 50 odds at med effort, evens HARD effort! CD: 150 P	45 min RPE 2, middle 30 minutes in aero bars		
Saturday	OFF	OFF	OFF	
Sunday	OFF	90 min long bike 75 min if inside	OFF	
Week 17	S	B	R	Prep
Monday	Long Day: WU: 200S,K,P,S MAIN: 1x1500 S CD: 4x50 P	OFF	50 min RPE 3 w/ Strides	
Tuesday	OFF	60 min on hilly course	40 min RPE 4 after bike	
Wednesday	Race Specific: WU: 4 x 75 S MAIN: 3x400 S - 1 RPE3, 2 RPE 4, 3 RPE 5 CD: 150 P	OFF	OFF	
Thursday	OFF	OFF	45 min RPE 2-3, 15 min RPE 4	
Friday	OFF	60 min Intervals - WU: 10 min MAIN: 4x 3 min RPM 70 then recovery spin for 1 min 2nd Set: 4x3 min RPM 60 standing then recovery spin for 60 sec	OFF	
Saturday	Speed Day: WU: 400 last 50 in each 100 is K MAIN: 10x100 EBEH( 25 Easy, 25 build, 25 easy, 25 hard) CD: 4 x 50 each slower	OFF	OFF	
Sunday	OFF	90 min RPE 2-3 (75 min if inside)	OFF	



<b>Week 16</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Period</b>
Monday	Speed Day: WU 250 S MAIN: 400 S RPE 4, 4x 100 S RPE 7, 300 S RPE 4, 3x100 S RPE 7, 200 S RPE 4, 2x100 S RPE 7 CD: 3 x 75 S	OFF	OFF	<b>Recovery Week</b>
Tuesday	30 recovery after bike	WU: 15 min, MAIN: 7x 4 min seated, lrg ring 50-60 rpm, RPE 8 CD: 15 min	OFF	
Wednesday	OFF	OFF	30 min RPE 2-3	
Thursday	OFF	30 min recovery RPE 1-2	OFF	
Friday	Long Day: WU: 200P MAIN: 1 x 2000 S CD: 4 x 50 S easy	OFF	30 min easy recovery - RPE 2-3	
Saturday	OFF	OFF	60 min w/ strides every 10	
Sunday	OFF	2 hours RPE 3 (90 min if inside)	OFF	
<b>Week 15</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 1</b>
Monday	Race Specific: WU : 5 x 50 Main: 2 x 1200 S RPE 4 CD: 250 easy S	45 min on trainer after swim	OFF	<b>Base 1</b>
Tuesday	OFF	75 min easy RPE 2	30 min RPE 2-3 + strides every 5 min	
Wednesday	Speed Day (Tough)!: WU: 300 MAIN: 24 x 75 S RPE 5 CD 200 Easy S	OFF	WU: 20 min MAIN: 10x (3t 2r) CD: 20 min	
Thursday	OFF	OFF	OFF	
Friday	Long Day: WU: 200 SKPS MAIN: 1 x 1750 S RPE 4 CD: 4 x 50	OFF	OFF	
Saturday	OFF	2 hour RPE 2-3 (1:45 if inside)	OFF	
Sunday	OFF	OFF	75 min on hilly course RPE 3-4	
<b>Week 14</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 1</b>
Monday	WU: 4 x 75 S MAIN: 500 SKPS CD 200 P	OFF	OFF	<b>Base 1</b>
Tuesday	OFF	60 min small chainring RPE 2-3	30 after bike fast RPE 4-5	
Wednesday	WU 400 S Main: 12 x 100 EBEH CD: 150 P	OFF	90 min after swim RPE 2-3! Easy	
Thursday	OFF	OFF	OFF	
Friday	WU: 2x150 P MAIN: 3x500 S RPE 3 CD: 150 S	OFF	OFF	
Saturday	OFF	2 hr bike ride RPE 2-3	30 min recovery after ride RPE 2	
Sunday	OFF	OFF	OFF	



<b>Week 13</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 1</b>
Monday	OFF	OFF	OFF	
Tuesday	OFF	30 min easy spin	30 min easy RPE 2-3	
Wednesday	Recovery swim: 5x200 S EBEH CD: 150 easy	30 min easy spin	OFF	
Thursday	Recovery: 4 x 300 S, K, P, S - RPE 2	OFF	45 min with strides every 5 min	
Friday	OFF	60 min mix of Big & Small ring	OFF	
Saturday	WU:150S Main: 1x1000 TT record time,CD 150P	OFF	OFF	
Sunday	OFF	OFF	80 min run RPE 2-3	
<b>Week 12</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Recovery Week</b>
Monday	Long Swim: WU 4 x 150 SKPS MAIN: 1950 ladder: start w/ 300, then 275, etc. to 25 CD: 200	OFF	OFF	
Tuesday	Speed Day: WU: 400 MAIN: 8x100 EBEH( 25 Easy, 25 build, 25 easy, 25 hard) CD: 6 x 25	60 min w/ low cadence on trainer RPE 3-4 w/ some out of saddle work @ RPE 7	OFF	
Wednesday	Speed Day: WU: 200 SKP Main: 16x50 CD: 200	OFF	OFF	
Thursday	Long Swim: WU: 300 S K MAIN: 1 x 1750 RPE 4 CD: 4 x 50 P	OFF	45 min w/ Strides RPE 3-4	
Friday	OFF	OFF	OFF	
Saturday	30 min RPE 5 after bike	60 min easy- After run	30 MIN EASY RUN first!	
Sunday	Race Specific: WU: 4 x 75 MAIN: 4x750 RPE 4-5 CD: 3 x 50	OFF	OFF	
<b>Week 11</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 2</b>
Monday	Speed Day: WU: 100 SPKS Main: 12 x 100 EBEH CD: 3 x 50 P	90 min even paced ride RPE 3 w/ 60 second accelerations every 8 min	OFF	
Tuesday	OFF	OFF	75 min tempo workout WU: 10 min 2-3 Main 6x(6t, 2r) CD: 10 min	
Wednesday	race Specific: 2x1200 RPE 4	OFF	30 min RPE 2-3	
Thursday	OFF	OFF	80 min endurance RPE 3-4	
Friday	OFF	90 min: WU: 10 min RPE 3, Main: 4x (12t, 3r) 12t @ RPE 5, 3 r@ RPE 2 CD:	30 min easy RPE 2-3	
Saturday	OFF	OFF	OFF	
Sunday	OFF	OFF	90 min include some hills RPE 4	



<b>Week 10</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 2</b>
Monday	Race Specific: WU: 2 x 100 Main: 2 x 800 S RPE 4 then RPE 8! CD: 150 easy	90 min find hills RPE 3-4 in flats, RPE 5 when climbing	OFF	
Tuesday	OFF	75 min RPE 4 on trainer or road. Take notes on positioning	OFF	
Wednesday	OFF	90 min w/ Tempo work. WU: 15 min Main: 60 min RPE 5-6mix of aero and non CD: 15 min @ RPE 2-3	OFF	
Thursday	OFF	OFF	OFF	
Friday	WU: 150 P MAIN: 400S , 4x100S, 300S ,3x100S, Long RPE 3, 100's RPE 7 CD:100 S	OFF	1 hour RPE 3-4	
Saturday	OFF	Long bike 90-120 min, if in aero try aero entire ride. Take notes on positioning	30 min recover run post ride RPE 2	
Sunday	OFF	3:00 long ride in and out of aero. Test fuel for race	OFF	
<b>Week 9</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 2</b>
Monday	Recovery Swim: 5x 200 S (50 easy, 50 build, 50 easy, 50 hard) 150 easy	OFF	OFF	
Tuesday	OFF	30 min spin RPE 2-3	30 min RPE 3 with strides	
Wednesday	Recovery: 4 x 300 (300 easy, 300 K, 300 easy, 300 K)	OFF	30 min RPE 3 reverse direction from yesterday (same course)	
Thursday	OFF	30 min spin w/ 3x60 sec accelerations spaced 5 min apart	OFF	
Friday	1000 TT - compare with week 13	45 min with some short hills. RPE 2-3 for non-climbing effort	OFF	
Saturday	OFF	OFF	OFF	
Sunday	OFF	OFF	10k race note avg heart rate	



<b>Week 8</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 3</b>
Monday	Long Day: WU: 500 then 5 x 50 MAIN: 1x 1750 S RPE 3 CD: 3x75 each slower	45 min spin @ RPE 3 after swim	OFF	
Tuesday	OFF	75 min RPE 4 - 5	After bike: 30 min recovery @ RPE 2-3 Stretch well afterwards	
Wednesday	OFF	OFF	OFF	
Thursday	3 x 500 RPE 2-3	OFF	75 min RPE 2-3 15 min @ RPE 5	
Friday	Long Day: WU: 200 S, 200 K, 200P, 200 K MAIN: 2 x 1000 S RPE 3 CD: 4 x 50 P	OFF	OFF	
Saturday	OFF	OFF	OFF	
Sunday	40 min - 1st 400 @ RPE 7! Then RPE 3-4 for remaining time	After swim: 2 hours @ RPE 3	After bike: 30 min recovery run @ RPE 2	
<b>Week 7</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 3</b>
Monday	Long Day! WU: 200S, 200P, 200K, 200 S MAIN: 1900 ladder 300,275,250,225,etc to 25 CD: 4 x 50 each slower	OFF	OFF	
Tuesday	40 min continuous RPE 4	after swim, 45 min RPE 3	30 min RPE 2 2-3 hours after S / B transition	
Wednesday	OFF	OFF	45 min RPE 3 w/ strides every 5 min	
Thursday	OFF	after run 30 min @ RPE 3	WU: 15 min RPE 3 MAIN: 2X (26T, 4 R) 26T @ RPE 6, 4R @ RPE 2 CD: 15 min	
Friday	Race Specific: WU: 6 x 75 S MAIN: 3 x 700 1 RPE 3, 2 RPE 4, 3 RPE 5 CD: 150 easy S	OFF	OFF	
Saturday	OFF	OFF	OFF	
Sunday	<b>Prep Race if Available Sprint to Olympic Distance or 10k run</b>			



<b>Week 6</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Base 3</b>	
Monday	Long Day! 6 x 500 odds RPE 3, evens RPE 5	OFF	OFF		
Tuesday	WU: 250 S MAIN: 12 x 100 S odds slow, evens fast CD: 200 P	30 min RPE 4, 15 min RPE 6 - 2nd workout of day 5-6 hrs after swim	30 min after bike, first 10 RPE 3, last 20 RPE 5		
Wednesday	OFF	OFF	45 min RPE 3 w/ strides every 5 min		
Thursday	OFF	OFF	2 hr long run RPE 3 throughout! Use nutrition / hydration w/ long stretch after. Recovery meal w/ protein & carbs		
Friday	30 min open water practice sighting - swim w/ someone	90 min mix of RPE 3 & RPE 5	OFF		
Saturday	OFF	OFF	OFF		
Sunday	OFF	2.5 hour RPE 3-4	20 min run after bike RPE 2		
<b>Week 5</b>	<b>S</b>	<b>B</b>	<b>R</b>		<b>Base 3</b>
Monday	OFF	OFF	OFF		
Tuesday	OFF	WU: 10 min @ RPE 3, Main: 3x (3t, 3r) 3t@ RPE 3, 3r@RPE2 CD: use up 30 min	30 min easy RPE 3		
Wednesday	Recovery Swim: 6x 200 (50 easy, 50 build, 50 easy, 50 hard) 150 easy	OFF	30 min @ RPE 3 + 6 x 20 sec strides		
Thursday	OFF	WU: 10 min @ RPE 3, MAIN: 5x (2t, 1r) 2t @ RPE 5, 1 r @ RPE 2 CD: 5 min	OFF		
Friday	Recovery: 4 x 300 (300 easy, 300 P, 300 easy, 300 P)	45 min RPE 4	OFF		
Saturday	1000 TT - compare to week 9	OFF	OFF		
Sunday	<b>Free day - 45 minutes of Swim, bike run or combo.</b>				



Week 4	S	B	R	Recovery Week
Monday	Race Specific: WU: 6 x 50 odd swim, even kick. MAIN: 3 x 750 1 is RPE 3, 2 is RPE 9 for first 100, then RPE 5, 3 is RPE 5 CD: 200 easy	OFF	OFF	
Tuesday	OFF	60 min choice of intensity	30 min RPE 3	
Wednesday	OFF	OFF	WU: 10 min MAIN: 10x (3min Tempo RPE 7, 2 Rec RPE 2) CD: 20 @ RPE 2-3	
Thursday	OFF	OFF	OFF	
Friday	OFF	OFF	OFF	
Saturday	40 min: WU: 10 min, 2 min rest MAIN: 30 min @ RPE4 then transition to bike	80 min RPE 3 as soon after swim as possible	OFF	
Sunday	<b>Transition Practice: 8x (4:00 Run, 10:00 Bike) Set up bike on trainer at home or short course near house</b>			
Week 3	S	B	R	Build
Monday	OFF	OFF	OFF	
Tuesday	race Specific: WU: 2 x 150 MAIN: 3 x 750 RPE 5 C	90 min w/ hills RPE 3 - 7	OFF	
Wednesday	Speed Day: WU 3 x 200 MAIN: 20x50 odds RPE 4, Evens RPE 8-9 CD: 150 easy	45 min full aero position RPE 3	OFF	
Thursday	OFF	40 min RPE 4-5	120 min @ RPE 3 after bike using nutrition plan.	
Friday	OFF	OFF	OFF	
Saturday	OFF	3 hour bike RPE 3-4 ride on terrain and use race gear and equipment if possible	20 min run after bike RPE 2	
Sunday	OFF	OFF	OFF	



<b>Week 2</b>	<b>S</b>	<b>B</b>	<b>R</b>	<b>Taper</b>	
Monday	OFF	OFF	OFF		
Tuesday	Form: WU: 250 Main: 200, 2x100, 200,2x100, 200 Long @ RPE 4, short RPE 7-8 CD: 150	45 min WU: 10 min RPE 3, Main: 25 min RPE 7, CD: 10 min RPE 3	OFF		
Wednesday	OFF	60 min ladder: 10: RPE 3 10: RPE 5, 10: RPE 7 10: RPE 5 10: RPE 3	OFF		
Thursday	o	OFF	40 min RPE 3 with strides		
Friday	OFF	OFF	OFF		
Saturday	Open Water swim 45 min WU: 200 MAIN: 200 RPE 9-10 then race pace for duration	90 min @ RPE 3-4	OFF		
Sunday	OFF	OFF	80 min tempo WU: 15 min RPE 3 Main: 65 Tempo		
<b>Week 1</b>	<b>S</b>	<b>B</b>	<b>R</b>		<b>Race Week</b>
Monday	4x5 min. Start out each fast then level out	after swim, 3x10 start slow and build to race pace	after bike: 3x10 min start each slow and build to race pace		
Tuesday	WU: 5 min 6x50 fast CD 5 min	After swim, WU: 5 min, 5x2 min FAST! CD: 5 min	After run: WU 5 min, 5x2 min FAST! CD 5 min		
Wednesday	15 min easy	WU: 5 min, 15 min race pace	WU: 5 min, 10 min faster then race pace		
Thursday	OFF	OFF	OFF		
Friday	After bike, 10 min easy	After run, 15 min easy	Start with run, 10 min easy		
Saturday	Race DAY!				



**Abbreviations:**

WU: Warm Up portion of exercise

MAIN: Main Drill set of exercise

CD: Cool Down portion of exercise

Recovery: Easier effort day, all exercise completed at a lower intensity

**SWIM:**

S - Freestyle Swim

K - Kickboard

P - Pull Buoy

50, 100, 150, 400, etc - Swim Distance in Yards. Typical pool length is 25 yards

EBEH - Easy, Build, Easy, Hard. ex: 4x100 EBEH is 25 yds, easy, 25 build speed, 25 easy, 25 hard / fast effort. Do this set 4 times

**BIKE:**

Big Ring: Large chain ring (front) / Small Ring: is your smaller chain ring in front (or middle ring if you have 3 chainrings)

t : tempo workout ex: 3t is a 3 min tempo paced interval

r: recovery workout ex: 2r is a 2 min recovery spin

**RUN:**

Strides: Sprints of 20-30 seconds within a longer run. These will be at a 5k race pace ex: 45 min run w/ strides every 5 min - run for 5 min, 20 sec sprint then run another 5 min at normal pace, sprint for 20 seconds, back to another normal run of 5 min, etc.

Long Day: Long training day. Longer workout in one of the 3 disciplines

Race Specific: Goal is race day speed & endurance

Speed Day: Focus of exercise is to build your speed

RPE Scale:

RPE - 1: Recovery - Very, light exertion

RPE - 2: Endurance - light exertion

RPE - 3: Intensive Endurance - Somewhat hard

RPE - 4: Subthreshold - Hard efforts

RPE - 5: Anaerobic Endurance - Very Hard Efforts



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