5K race pace = An effort performed at approximately the fastest pace you could sustain in a 5K running race.

10K race pace = An effort performed at approximately the fastest pace you could sustain in a 10K running race.

Threshold = An effort that is right on the threshold of making you really suffer.

Easy = A very comfortable effort, deliberately slower than your natural pace in swimming, cycling or running.

Hard = An effort that is very challenging but not maximal for the prescribed duration (such that a two-minute hard effort is performed at a slightly faster pace than a three-minute hard effort).

Jog = Very slow running.

Moderate = An effort that feels comfortable but not dawdling.

Race pace = An effort performed at your anticipated half-iron-distance race pace.

Sprint = A 100 percent maximal effort.

Time trial = A maximal effort relative to the prescribed distance.

Week 1

Monday: Rest.

Tuesday: Bike 40 minutes moderate with 4 x 30-second sprints scattered.

Wednesday: Swim 800 yards total. Main set: 8 x 25 yards, rest interval (RI) = 20 seconds.

Thursday: Bike 40 minutes moderate.

Friday: Swim 800 yards total. Main set: 3 x 100 yards race pace, RI = 15 seconds.

Saturday: Bike 20 miles moderate.

Sunday: Run 6 miles moderate.

Week 2

Monday: Rest.

Tuesday: Bike 40 minutes moderate with 6 x 30-second sprints scattered.

Wednesday: Swim 850 yards total. Main set: 10 x 25 sprints, RI = 20 seconds.

Thursday: Bike 40 minutes moderate + 5 minutes comfortably hard.

Friday: Swim 850 yards total. Main set: 4 x 100 yards race pace, RI = 15 seconds.

Saturday: Bike 25 miles moderate.

Sunday: Run 7 miles moderate.

Week 3

Monday: Rest.

Tuesday: Bike 40 minutes with 8 x 30-second sprints scattered.

Wednesday: Swim 900 yards total. Main set: 12 x 25 sprints, RI = 20 seconds.

Thursday: Bike 40 minutes moderate + 8 minutes comfortably hard.

Friday: Swim 900 yards total. Main set: 3 x 200 yards race pace, RI = 15 seconds.

Saturday: Bike 30 miles moderate.

Sunday: Run 8 miles moderate.
Week 4 (Recovery)

Monday: Rest.

Tuesday: Bike 40 minutes with 6 x 30-second sprints scattered.

Wednesday: Swim 800 yards total. Main set: 8 x 25 sprints, RI = 20 seconds. | Run 4 miles moderate + 4 x 10-second hill sprints.

Thursday: Bike 40 minutes moderate + 5 minutes comfortably hard.

Friday: Swim 800 yards total. Main set: 3 x 100 yards race pace, RI = 15 seconds. | Run 4 miles moderate.

Saturday: Bike 25 miles moderate. | Swim 1,000 yards moderate.

Sunday: Run 7 miles moderate. | Swim 1,000 yards moderate.

Week 5

Monday: Rest.

Tuesday: Bike 45 minutes with 8 x 1-minute hard efforts scattered.

Wednesday: Swim 1,000 yards total. Main set: 6 x 50 sprints, RI = 20 seconds. | Run 4.5 miles with 6 x 30-second hard efforts scattered.

Thursday: Bike 40 minutes moderate + 8 minutes comfortably hard.

Friday: Swim 1,000 yards total. Main set: 2 x 200 yards race pace, RI = 30 seconds. | Run 4.5 miles moderate + 4 x 10-second hill sprints.

Saturday: Bike 35 miles moderate + 10-minute transition run at moderate pace.

Sunday: Run 9 miles moderate. | Swim 1,400 yards moderate.

Week 6

Monday: Rest. | Swim 1.5 miles. | Run 10 miles w/ backpack from Lexington.

Tuesday: Bike 45 minutes with 6 x 2-minute hard efforts scattered.

Wednesday: Swim 1,100 yards total. Main set: 8 x 50 sprints, RI = 20 seconds. | Run 4.5 miles with 6 x 45-second hard efforts scattered.

Thursday: Bike 40 minutes moderate + 10 minutes comfortably hard.

Friday: Swim 1,100 yards total. Main set: 3 x 200 yards race pace, RI = 30 seconds. | Run 4.5 miles moderate + 4 x 10-second hill sprints.

Saturday: Bike 40 miles moderate.

Sunday: Run 10 miles moderate. | Swim 1,600 yards total. Main set: 1,000 yard time trial.

Week 7

Monday: Rest.

Tuesday: Bike 45 minutes with 4 x 3-minute hard efforts scattered.

Wednesday: Swim 1,200 yards total. Main set: 10 x 50 sprints, RI = 20 seconds. | Run 4.5 miles with 6 x 1-minute hard efforts scattered.

Thursday: Bike 40 minutes moderate + 12 minutes comfortably hard.

Friday: Swim 1,200 yards total. Main set: 3 x 200 yards race pace, RI = 20 seconds. | Run 5 miles moderate + 4 x 10-second hill sprints.

Saturday: Bike 45 miles moderate + 15-minute transition run at moderate pace.

Sunday: Run 11 miles moderate. | Swim 1,800 yards moderate.
**Week 8 (Recovery)**

Monday: Rest.

Tuesday: Bike 40 minutes with 6 x 1-minute hard efforts scattered.

Wednesday: Swim 1,000 yards total. Main set: 8 x 50 sprints, RI = 20 seconds. Run 4.5 miles with 6 x 30-second hard efforts scattered.

Thursday: Bike 40 minutes moderate + 8 minutes comfortably hard.

Friday: Swim 1,000 yards total. Main set: 2 x 200 yards race pace, RI = 20 seconds. Run 4 miles moderate.

Saturday: Bike 35 miles moderate. Run 9 miles moderate. Swim 1,400 yards moderate.

**Week 9**

Monday: Rest.

Tuesday: Bike 50 minutes with 6 x 2-minute hard efforts scattered.

Wednesday: Swim 1,300 yards total. Main set: 6 x 75 sprints, RI = 20 seconds. Run 1 mile easy, 8 x 600m at 5K race pace with 400m jog recoveries, 1 mile easy.

Thursday: Bike 40 minutes moderate + 15 minutes comfortably hard.

Friday: Swim 1,300 yards total. Main set: 2 x 300 yards race pace, RI = 30 seconds. Run 5 miles moderate + 4 x 10-second hill sprints.

Saturday: Bike 50 miles moderate + 20-minute transition run at moderate pace.

Sunday: Run 12 miles moderate. Swim 2,000 yards moderate.

**Week 10**

Monday: Rest.

Tuesday: Bike 50 minutes with 5 x 3-minute hard efforts scattered.

Wednesday: Swim 1,400 yards total. Main set: 8 x 75 sprints, RI = 20 seconds. Run 1 mile easy, 6 x 800m at 5K race pace with 400m jog recoveries, 1 mile easy.

Thursday: Bike 40 minutes moderate + 18 minutes comfortably hard.

Friday: Swim 1,400 yards total. Main set: 2 x 300 yards race pace, RI = 20 seconds. Run 5.5 miles moderate + 4 x 10-second hill sprints.

Saturday: Bike 55 miles moderate.

Sunday: Run 13 miles moderate. Swim 2,000 yards total. Main set: 1,500 time trial.

**Week 11**

Monday: Rest.

Tuesday: Bike 55 minutes with 4 x 4-minute hard efforts scattered.

Wednesday: Swim 1,500 yards total. Main set: 10 x 75 sprints, RI = 20 seconds. Run 1 mile easy, 5 x 1,000m at 5K race pace with 400m jog recoveries, 1 mile easy.

Thursday: Bike 40 minutes moderate + 20 minutes comfortably hard. Sub 18 min 5K + some jogging.

Friday: Swim 1,500 yards total. Main set: 3 x 300 yards race pace, RI = 30 seconds. Run 6 miles moderate + 4 x 10-second hill sprints.

Saturday: Bike 60 miles moderate + 10-minute transition run at race pace.

Sunday: Run 14 miles moderate. Swim 2,200 yards moderate.
Week 12 (Recovery)
Monday: Rest.
Tuesday: Bike 45 minutes with 5 x 2-minute hard efforts scattered.
Wednesday: Swim 1,300 yards total. Main set: 6 x 75 sprints, RI = 20 seconds. Run 2 miles easy, 1 miles at 10K race pace, 2 miles easy.
Thursday: Bike 40 minutes moderate + 10 minutes comfortably hard.
Friday: Swim 1,300 yards total. Main set: 2 x 300 yards race pace, RI = 30 seconds. Run 5 miles moderate.
Saturday: Bike 45 miles moderate.
Sunday: Run 10 miles moderate. | Swim 2,000 yards moderate.

Week 13
Monday: Rest.
Tuesday: Bike 20 minutes easy, 20 minutes comfortably hard, 20 minutes easy.
Wednesday: Swim 1,600 yards total. Main set: 6 x 100 sprints, RI = 20 seconds. | Run 2 miles easy, 2 miles at 10K race pace, 2 miles easy.
Thursday: Bike 45 minutes with 5 x 2-minute hard efforts scattered.
Friday: Swim 1,600 yards total. Main set: 2 x 400 yards race pace, RI = 30 seconds. | Run 6 miles moderate + 4 x 10-second hill sprints.
Saturday: Bike 50 miles moderate + 10 miles race pace + 15-minute transition run at race pace.

Week 14
Monday: Rest.
Tuesday: Bike 20 minutes easy, 25 minutes comfortably hard, 15 minutes easy.
Wednesday: Swim 1,800 yards total. Main set: 8 x 100 sprints, RI = 20 seconds. | Run 2 miles easy, 3 miles at 10K race pace, 2 miles easy.
Thursday: Bike 45 minutes with 4 x 3-minute hard efforts scattered.
Friday: Swim 1,600 yards total. Main set: 2 x 400 yards race pace, RI = 20 seconds. | Run 6 miles moderate + 4 x 10-second hill sprints.
Saturday: Bike 45 miles moderate + 15 miles race pace + 20-minute transition run at race pace.
Sunday: Run 12 miles moderate + 2 miles race pace. | Swim 2,400 yards total. Main set: 600 yards race pace.

Week 15
Monday: Rest.
Tuesday: Bike 15 minutes easy, 30 minutes comfortably hard, 15 minutes easy.
Wednesday: Swim 2,000 yards total. Main set: 10 x 100 sprints, RI = 20 seconds. | Run 2 miles easy, 3 miles at 10K race pace, 2 miles easy.
Thursday: Bike 45 minutes with 8 x 1-minute hard efforts scattered.
Friday: Swim 1,600 yards total. Main set: 2 x 400 yards race pace, RI = 30 seconds. | Run 4.5 miles moderate + 4 x 10-second hill sprints.
Saturday: Bike 40 miles moderate + 10 miles race pace + 10-minute transition run at race pace.
Sunday: Run 12 miles moderate + 2 miles race pace (beat last week's time). | Swim 2,400 yards total. Main set: 600 yards race pace (beat last week's time). Rest day
Week 16

Monday: Rest.

Tuesday: Bike 10 minutes easy, 10 minutes comfortably hard, 10 minutes easy.

Wednesday: Swim 1,300 yards total. Main set: 5 x 100 sprints, RI = 20 seconds. | Run 2 miles easy, 1 mile at 10K race pace, 2 miles easy.

Thursday: Bike 45 minutes with 5 x 30-second sprints scattered. | Rest

Friday: Swim 800 yards total. Main set: 400 yards race pace. | Run 3 miles.

Saturday: Swim 10 minutes easy with 4 x 30 seconds at race pace. | Bike 10 minutes with 4 x 30 seconds fast. | Run 10 minutes with 4 x 20 seconds at 90 percent effort.

Sunday: RACE!

Summary/idea of the whole plan