

- aim for 2x swim, bike, run/week

- swim-bike & bike-run bricks

- 1 workout per week per sport speed/endurance focused

~3:55/km

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

~4:05/km

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

Comfortably hard = 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.

swim: ~2:10/100m → ~40min

bike: ~30km/h → 3h

run: ~5min/km → ~1h 15min

Week 1

Monday: Rest.

Tuesday: Bike 40 minutes moderate with 4 x 30-second sprints scattered. → brick: ~20 min bike sprint 3x1min sprint ~5h 30min

Wednesday: Swim 800 yards total. Main set: 8 x 25 yards, rest interval (RI) = 20 seconds. | Run 4 miles moderate + 2 x 10-second hill sprints.

Thursday: Bike 40 minutes moderate. // run ~30min ~10K pace

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

Saturday: Bike 20 miles moderate. → brick: swim ~1km bike ~1h on trainer

Sunday: Run 6 miles moderate. | Swim 800 yards moderate.

~45min strength/sprint water circuit practice

Week 2 w/ Julia + jog to gym & back (~3km)

Monday: Rest.

Tuesday: Bike 40 minutes moderate with 6 x 30-second sprints scattered. → ~1h swim, swim-specific strength exercises + 10 min

Wednesday: Swim 850 yards total. Main set: 10 x 25 sprints, RI = 20 seconds. | Run 4 miles moderate + 4 x 10-second hill sprints. → hammer ride w/ HVA → ~2:5h, 45 miles / run ~2h barefoot after

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. | Run 4 miles moderate. → rest

Saturday: Bike 25 miles moderate. ~35 miles Concord loop ~2h barefoot run on grass

* Sunday: Run 7 miles moderate. | Swim 1,000 yards moderate. → sprint triathlon in Hopkinton, MA, 1st race of the season strength & agility: (2)

Week 3

Monday: Rest.

Tuesday: Bike 40 minutes with 8 x 30-second sprints scattered. → w/ 10min steady race pace run

Wednesday: Swim 900 yards total. Main set: 12 x 25 sprints, RI = 20 seconds. | Run 4 miles moderate + 6 x 10-second hill sprints. → ~45 mile hammer w/ HVA + ~3h barefoot run at H stadium

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. | Run 4.5 miles moderate.

Saturday: Bike 30 miles moderate. ~run ~5ish miles easy + step ups & lunges

Sunday: Run 8 miles moderate. | Swim 1,200 yards moderate.

~1h swim, 5x400m run intervals @ 1:15-1:20

~1.5h swim, ~1h bike (on trainer)

~50 min run race pace

strength & agility: (1)

S: (2x)

B: (2x)

R: (6x)

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.

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

~ 1 hr swim + track workout w/ MIT Tri team
(intervals: 5 x 400, 3 x 600, 3 x 200)

~ 30ish mile bike ride + ~ 1 hr transition run

~ 10 mile run @ race pace (~7/mile)

S: 2
B: 2
R: 4

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-sec. hill sprints.

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

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

~ 1 hr swim
~ run intervals: 2 x 400, 1 x 800, 2 x 200

~ 1.5 hr OWS w/ MIT Tri team
~ 15 miles bike there & back

~ 1.5 hr swim / jog to pool & back

run-walk w/ backpack to work

~ 7 mile race pace run

increase swim volume

~ 1.5 hr swim

~ run-walk w/ backpack from USg home

S: 4
B: 1
R: 5ish

Week 6

Monday: Rest.

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.

~ 30 min fartlek w/ MIT Tri (mix on 1 min off 1 threshold)

~ MIT Tri OWS → long swim: 1.5-2 miles w/ buoy

cycling there & back → ~ 15 miles

rest day

~ 100 mile bike ride w/ Caroline + 2 mile run @ 6:50

- olympic distance race

~ 23 mile bike to Lexington

swim ↑
- time ↓

42 miles run @ race pace

S: 1
B: 3
R: 4

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.

~ 30 min trainer bike + 15 min hard effort run + planks & ankle mobility

~ 20 min run + strength

with 15 min run @ race pace

rest

~ 0.75 hr swim, focus on form, speed & sighting

S: 2
B: 2
R: 4

8

S: 2
B: 2
R: 5
/ 49

Week 8 (Recovery)

Monday: Rest. *1h swim + 3x1h run @ ~3:45 w/ 200m recovery*
 Tuesday: Bike 40 minutes with 6 x 1-minute hard efforts scattered. *~9 mile run, focus on hills*
 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. *OWS ~15 miles + ~15 mile bike / some hard efforts along the way*
 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. *~3 mile run + squats*
 Sunday: Run 9 miles moderate. | Swim 1,400 yards moderate. *~15 min run w/ 5 hill repeats, ~1-2 miles total*

Week 9

Monday: Rest. *~3 mile run + squats*
 Tuesday: Bike 50 minutes with 6 x 2-minute hard efforts scattered. *Focus 26 ~2 mile swim practice*
 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. *~15 mile mountain bike & ~2 mile trail run travel, rest day*
 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. *Strength & endurance circuit @ home ~1h; hill run, lunges, o/s, lats*
 Saturday: Bike 50 miles moderate + 20-minute transition run at moderate pace.
 Sunday: Run 12 miles moderate. | Swim 2,000 yards moderate. *~45 min OWS + transition run*

Week 10

Monday: Rest. *~4h kayaking*
 Tuesday: Bike 50 minutes with 5 x 3-minute hard efforts scattered. *~15 min bike w/ 5x1min hard interval, ~15h run*
 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. *~1h 30min run*
 Thursday: Bike 40 minutes moderate + 18 minutes comfortably hard. *~4h Fast + 3x800 @ sub 5k, jog home*
 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. *~20 min hill repeats / run*
 Saturday: Bike 55 miles moderate. *~quick spin to test aerobics -> ~5k*
 Sunday: Run 13 miles moderate. | Swim 2,000 yards total. Main set: 1,500 time trial. *olympic distance? race*

Week 11

Monday: Rest. *~Foam roller routine + plank for ~1h*
 Tuesday: Bike 55 minutes with 4 x 4-minute hard efforts scattered. *~15k swim*
 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. *~1h 15min run*
 Thursday: Bike 40 minutes moderate + 20 minutes comfortably hard. *sub 19 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. *test day*
 Saturday: Bike 60 miles moderate + 10-minute transition run at race pace. *bike ~75 miles, run 1h 15min sub race pace*
 Sunday: Run 14 miles moderate. | Swim 2,200 yards moderate. *bike ~35 miles, swim ~1h @ Walden*

S: 2
B: 3
R: 2
/ 7

weeks 11/12 = long bike + long run Brooks 3-4 times
 long swim + long bike 1-2 times
 HIT run + 1 very long run / week

overall more swimming -> 3-4/week include Walden

~45 mile
bike ride
@ ~17-18
mph

run: ~4
miles, fartlek
style

Set up
aerobars,
and 5 min test

hard

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.

Sunday: Run 10 miles moderate + 2 miles race pace. | Swim 2,200 yards total. Main set: 500 yards 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).

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.

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

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

~ 10 min bike, ~ 20 min run

~ 20 min run, ~ 10 min bike

rest

rest

with some easy, some harder efforts

"just do smth" - 10 min per discipline before the check-in