



MyProCoach™

TRAINING PLAN

IRONMAN 140.6



TRIATHLON



BEGINNER

12

WEEKS



Welcome

As an athlete and a parent I know how challenging it can be to train effectively for events like triathlons, marathons or cycling events. I have over 20 years of experience helping amateur athletes surpass their goals, while still making sure they have quality time available for family, friends and career.

To help you train effectively, I have decided to offer a subset of our extremely popular plans for free. Usually, our plans include email coach access, personal intensity zones and advanced tracking software. But these plans provide the basics for free to give you a taste.

It would mean the world to me if you tried a 1-month free trial of [Unlimited Athlete](#), my low-cost coaching program, but for now, feel free to get used to my style of training. Please use and share this plan as much as you like.



FAQS

Who is the plan suitable for?

This plan is suitable for Beginner or time-limited athletes preparing for an IRONMAN 140.6 triathlon.

With just 12 weeks to go until event-day, this plan assumes you are currently able to swim 2600 m /yards with rests, ride for 3hrs 15mins and run for 1hr 30mins - but not all on the same day.

The plan builds up to race day, and helps improve your fitness and confidence for your target event.

How much training is involved?

Average weekly training hours are 9:42 with the biggest week at 13:39 hours. This includes 2 swims, 2 rides, 3 runs and a 45 minute strength and conditioning session.

There is usually 1 workout per day, with 1 day off each week. Every fourth week is an active recovery week, with less training, to help your body recover and adapt.

How to get started

Do your best to follow the workouts below, ideally in their given order. To help you train at the right levels, we use five training zones, based on feel or heart rate. If you use heart rate, we have a calculator that can create your training zones:

www.myprocoach.net/hr-zones

If there are two workouts in a day, you can either do them back to back - or do one in the morning and one in the afternoon. The swim workouts can be done in yards or meters, depending on your pool.

TRAINING ZONES

Intensity Description	% of Your Max Heart Rate
Z1 Easy (Recovery)	♥ 68-73%
Z2 Steady (Endurance)	♥ 73-80%
Z3 Moderately Hard (Tempo)	♥ 80-87%
Z4 Hard (Threshold)	♥ 87-93%
Z5 Very Hard (VO2 Max)	♥ 93-100%

GLOSSARY

Key	Description
FS	Freestyle (Front Crawl)
PULL	Freestyle with a pull-buoy between your thighs
KICK	Kick with a float held out in front
Z1 / Z5	Training Zones 1 to 5
DRILL	Your preference of swim technique drill
BUILD	Do each rep slightly faster than the previous

Week 1

Build Phase 1: 9 hrs 13 mins



Phil's tip

Learn more about swim technique drills: <https://bit.ly/MPCSwimDrills>

And download your Free Strength & Conditioning PDF here: <https://bit.ly/MPCTriStrength>

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	2000 Swim Hard/Threshold Warm Up: 1 x (100 FS in Z2 + 50 FS in Z4 + 20 secs rest), 1 x (50 FS in Z2 + 100 FS in Z4 + 30 secs rest), 1 x (50 FS in Z2 + 150 FS in Z4 + 30 secs rest), 1 x (50 FS in Z4 + 30 secs rest). Main Set: Repeat 2 sets of 500: 1 x (100 FS in Z2 + 10 secs rest), 1 x (100 FS in Z3 + 10 secs rest), 1 x (100 FS in Z4 + 10 secs rest), 1 x (100 FS in Z5 + 10 secs rest), 1 x (100 Pull in Z2 + 10 secs rest). Warm Down: 2 x (100 Kick in Z2 + 100 FS in Z2 + 15 secs rest), 1 x (100 Choice in Z2).	44 mins Bike Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 4 x (5 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	 Rest Day	44 mins Run Hard/Threshold Warm Up: 15 mins easy in Z2. Main Set: 3 x (6 mins in Z4 + 2 min recoveries in Z1-2). Warm Down: 5 mins easy in Z2.	2600 Swim Mod. Hard/Tempo Warm Up: 2 x (100 FS Breathe every 3 in Z2 + 20 sec rests), 1 x (100 Pull in Z2 + 100 Drill in Z2 + 20 secs rest), 2 x (100 FS Breathe every 5 in Z2 + 20 sec rests). Main Set: 2 x (400 FS in Z2 + 50 FS in Z4 + 15 sec rests), 2 x (200 Pull in Z2 + 100 FS in Z3 + 15 sec rests), 2 x (50 FS in Z + 50 FS in Z4 + 15 sec rests), 1 x (100 Pull in Z2 + 50 FS in Z4 + 15 secs rest). Warm Down: 1 x (150 Choice in Z2).	3 hrs 15 mins Bike Mod. Hard/Tempo Warm Up: 1 hour 20 in Z2. Main Set: 5 x (8 mins in upper Z3 to low Z4 + 3 min recoveries in Z2). Warm Down: 1 hour in Z2.	1 hr 30 mins Run Steady/Endurance A steady run, mainly in Z1-Z2. You should be able to chat at this intensity. This is your long run for the week and it will progress in duration. They will gradually build your endurance
SESSION 2	 	 	 	45 mins Strength and Conditioning Adaptation Phase Please refer to the guide in Phil's Tips.	 	20 mins Run Off The Bike Steady/Endurance Get off your bike and run easy in Z2	

Week 2

Build Phase 1: 10 hrs 22 mins



Phil's tip

Run heart rates are usually higher than bike heart rates. Train at the upper end of each training zone for your run and at the lower end for your bike.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	2800 Swim Warm Up: 2 x (100 FS in Z2 + 15 sec rests), 2 x (100 Drill in Z2 + 15 sec rests), 2 x (100 Pull in Z2 + 15 sec rests). Main Set: 1 x (400 Pull in Z2 + 20 secs rest), 4 x (100 FS in Z3 + 20 sec rests), 3 x (200 Pull in Z2 + 20 sec rests), 2 x (200 FS in Z3 + 20 sec rests). Warm Down: 2 x (50 Back in Z2 + 50 Breast in Z2), 2 x (50 Choice in Z2 + 50 FS in Z2).	50 mins Bike Warm Up: 15 mins in Z2. Main Set: 5 x (5 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	52 mins Run Warm Up: 15 mins easy in Z2. Main Set: 4 x (6 mins in Z4 + 2 min recoveries in Z1-2). Warm Down: 5 mins easy in Z2.	2200 Swim Warm Up: 1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest), 1 x (50 FS in Z2 + 50 FS in Z3 + 20 secs rest), 1 x (50 Pull in Z2 + 50 Pull in Z4 + 20 secs rest). Main Set: 1 x (400 FS in Z4 + 40 secs rest), 1 x (300 Pull in Z4 + 40 secs rest), 2 x (200 FS in Z4 + 40 sec rests), 2 x (200 Pull in Z4 + 40 sec rests). Warm Down: 1 x (100 Pull in Z2 + 100 FS in Z2), 1 x (100 Choice in Z2).	 Rest Day	3 hrs 45 mins Bike Warm Up: 1 hr 50 mins in Z2. Main Set: 4 x (10 mins in upper Z3 to low Z4 + 3 min recoveries in Z2). Warm Down: 63 mins in Z2.	1 hr 45 mins Run Easy/steady run in Z1-Z2.
SESSION 2	 	 	 	45 mins Strength and Conditioning Please refer to the guide in Phil's Tips in Week 1.	 	20 mins Run Off The Bike Get off your bike and run. Do the first 5 mins in Z3. Then ease down into Z2 for the last 15 mins	

Week 3

Build Phase 1: 11 hrs 18 mins



Phil's tip

The bike workouts can be done on an indoor trainer if you prefer. But make sure you include enough outdoor rides to get used to your race-day bike.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	3000 Swim Warm Up: 2 x (100 FS Breathe every 3 in Z2 + 15 sec rests), 2 x (100 Pull in Z2 + 100 Drill in Z2 + 15 sec rests), 2 x (100 FS Breathe every 5 in Z2 + 15 sec rests). Main Set: 2 x (400 FS in Z2 + 50 FS in Z4 + 15 sec rests), 2 x (200 Pull in Z2 + 100 FS in Z3 + 15 sec rests), 2 x (100 FS in Z2 + 50 FS in Z4 + 10 sec rests), 1 x (100 Pull in Z2 + 100 FS in Z4 + 1 sec rest). Warm Down: 1 x (200 Choice in Z2).	51 mins Bike Warm Up: 15 mins easy in Z2. Main Set: 7 mins in upper Z4 + 3 mins recovery in Z2, 6 mins in upper Z4 + 3 mins recovery in Z2, 5 mins in upper Z4 + 3 mins recovery in Z2, 4 mins in upper Z4. Warm Down: 5 mins easy spin down in Z2.	52 mins Run Warm Up: 15 mins easy in Z2. Main Set: 6 mins in Z4 + 2 mins recovery in Z1-2, 2 x (3 mins in low Z5 + 2 min recoveries in Z1-2), 4 x (90 secs in upper Z5 + 2 min recoveries in Z1-2). Warm Down: 5 mins easy in Z2.	2400 Swim Warm Up: 1 x (150 FS in Z2 + 50 FS in Z4 + 20 sec rest), 1 x (100 FS in Z2 + 100 FS in Z4 + 30 sec rest), 1 x (50 FS in Z2 + 150 FS in Z4 + 30 sec rest), 2 x (150 FS in Z4 + 30 sec rest). Main Set: Repeat 2 sets of 500: 1 x (100 FS in Z2 + 15 sec rest), 1 x (100 FS in Z3 + 15 sec rest), 1 x (100 FS in Z4 + 15 sec rest), 1 x (100 FS in Z5 + 15 sec rest), 1 x (100 Pull in Z2 + 15 sec rest). Warm Down: 2 x (100 Kick in Z2 + 100 FS in Z2 + 15 sec rest), 1 x (100 Choice in Z2).	 Rest Day 	4 hrs 15 mins Bike Warm Up: 2 hrs in Z2. Main Set: 3 x (15 mins in upper Z3 to low Z4 + 3 min recoveries in Z2). Warm Down: 1 hr 21 mins in Z2.	2 hrs Run Run in Z1-Z2. Nice and steady
SESSION 2	 	 	 	45 mins Strength and Conditioning Please refer to the guide in Phil's Tips in Week 1.	 	20 mins Run Off The Bike Get off your bike and run. Do the first 10 mins in Z3. Then ease down into Z2 for the last 10 mins.	

Week 4

Active Recovery Week: 7 hrs 08 mins



Phil's tip

In my training plans, every 4th week is an active recovery week. This gives your body a chance to recover and adapt.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	2000 Swim Recovery Swim Warm Up: 1 x (100 FS in Z2 + 100 Drill in Z2 + 15 secs rest), 2 x (50 Breast in Z2 + 50 Back in Z2 + 15 sec rests). Main Set: 1 x (100 FS in Z2 + 100 Pull in Z2 + 20 secs rest), 1 x (200 FS in Z2 + 300 Pull in Z2 + 30 secs rest), 1 x (300 FS in Z2 + 200 Pull in Z2 + 30 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z2 + 20 secs rest). Warm Down: 1 x (200 Choice in Z2).	 Rest Day 	55 mins Swim Endurance/Tech Warm Up: 1 x (200 FS in Z2 Breathe every 3 + 20 secs rest), 1 x (200 Pull in Z2 Breathe every 5 + 20 secs rest), 1 x (200 FS in Z2 Breathe every 3 + 20 secs rest). Main Set: 4 x (100 Drill in Z2 + 100 FS in Z3 + 20 sec rests). Warm Down: 2 x (50 Back in Z2 + 50 Breast in Z2 + 15 sec rests), 2 x (50 Pull in Z2 + 50 Drill in Z2 + 15 sec rests), 1 x (200 FS in Z2).	45 mins Run Steady/Endurance Nice and easy, at a chatty pace mainly in Z1-Z2.	50 mins Bike Hard/Threshold Warm Up: 15 mins easy. Main Set: 6 x (3 mins in upper Z4 + 2 min recoveries in Z1 to Z2). Warm Down: 5 mins easy spin down in Z2.	43 mins Run Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 2 x (3, 2, 1 min in Z4 + 60 sec recoveries in Z1). Warm Down: 10 mins in Z2.	1 hr 30 mins Bike Steady/Endurance Nice and easy ride today, enjoy and stop for a coffee if you like!
SESSION 2	 	 	 	45 mins Strength and Conditioning Endurance Phase Please refer to the guide in Phil's Tips in Week 1.	 	 	2000 Open Water Swim Steady/Endurance Open water swim all in Z2. Take as many rests as you want. This first swim is just to get used to the environment. We'll do some faster sections from next week onwards, but just take it easy today. For safety make sure you always swim in company and in a safe environment.

Week 5

Peak Phase 1: 12 hrs 09 mins



Phil's tip

Don't feel you need to do all your workouts alone. If you enjoy doing club or group workouts, you can still incorporate these into your training plan.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	2600 Swim Hard/Threshold Warm Up: 1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z3 + 20 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z4 + 20 secs rest). Main Set: 1 x (400 FS in Z4 + 40 secs rest), 1 x (400 Pull in Z4 + 40 secs rest), 2 x (200 FS in Z4 + 40 sec rests), 2 x (200 Pull in Z4 + 40 sec rests). Warm Down: 1 x (100 Pull in Z2 + 100 FS in Z2), 1 x (200 Choice in Z2).	56 mins Bike Mod. Hard/Tempo Warm Up: 5 mins in mid Z2, 4 mins in upper Z2, 60 secs in low Z2. Main Set: 15 mins in upper Z3 + 2 mins recovery in Z1, 12 mins in upper Z3 + 2 mins recovery in Z1, 8 mins in upper Z3 + 2 mins recovery in Z1. Warm Down: 5 mins in Z2.	53 mins Run Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 3 x (4 mins in low Z4 + 60 sec recoveries in Z1), 3 mins in Z2, 3 x (4 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	Rest Day	3200 Open Water Swim Mod. Hard/Tempo Warm Up: 1 x (100 FS in Z2 + 10 secs rest), 1 x (100 Drill in Z2 + 10 secs rest), 1 x (100 FS in Z2 Breathe every 3 + 10 secs rest). Main Set: 3 x (900 FS in Z3 + 40 sec rests). Warm Down: 1 x (200 FS in Z2).	4 hrs 45 mins Race Practice Bike Steady/Endurance Warm Up: 1 hr 10 mins in mid Z2. Main Set: 10 x (10 mins in upper Z2 + 5 mins in low Z2). Warm Down: 1 hr 05 mins in low Z2.	2 hrs 15 mins Run Steady/Endurance Run in Z1-Z2. Nice and steady
SESSION 2			45 mins Strength and Conditioning Endurance Phase Please refer to the guide in Phil's Tips in Week 1.			10 mins Run Off The Bike Steady/Brick Get off your bike and run. All in Z2.	

Week 6

Peak Phase 1: 13 hrs 09 mins



Phil's tip

Running straight off the bike is a time-efficient way to get sessions done. It also prepares your body for the specific race-day requirements of triathlon.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	2800 Swim Hard/Threshold Warm Up: 1 x (150 FS in Z2 + 50 FS in Z4 + 20 secs rest), 1 x (100 FS in Z2 + 100 FS in Z4 + 30 secs rest), 1 x (50 FS in Z2 + 150 FS in Z4 + 30 secs rest), 1 x (200 FS in Z4 + 30 secs rest). Main Set: Repeat 3 sets of 500: 1 x (100 FS in Z2 + 15 secs rest), 1 x (100 FS in Z3 + 15 secs rest), 1 x (100 FS in Z4 + 15 secs rest), 1 x (100 FS in Z5 + 15 secs rest), 1 x (100 Pull in Z2 + 15 secs rest). Warm Down: 2 x (100 Kick in Z2 + 100 FS in Z2 + 15 secs rest), 1 x (100 Choice in Z2).	1 hr 1 min Bike Mod. Hard/Tempo Warm Up: 5 mins in mid Z2, 4 mins in upper Z2, 60 secs in low Z2. Main Set: 18 mins in upper Z3 + 2 mins recovery in Z1, 13 mins in upper Z3 + 2 mins recovery in Z1, 9 mins in upper Z3 + 2 mins recovery in Z1. Warm Down: 5 mins in Z2.	58 mins Run Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 4 x (4 mins in low Z4 + 60 sec recoveries in Z1), 3 mins recovery in Z2, 3 x (4 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	 Rest Day 	3400 Open Water Swim Mod. Hard/Tempo Warm Up: 1 x (100 FS in Z2 + 10 secs rest), 2 x (100 Drill in Z2 + 10 sec rests), 1 x (100 FS in Z2 Breathe every 3 + 10 secs rest). Main Set: 3 x (900 FS in Z3 + 40 sec rests). Warm Down: 1 x (300 FS in Z2).	5 hrs 15 mins Race Practice Bike Steady/Endurance Warm Up: 1 hr 15 mins in mid Z2. Main Set: 8 x (15 mins in upper Z2 + 5 mins in low Z2). Warm Down: 1 hr 20 mins in low Z2.	2 hrs 30 mins Run Steady/Endurance Run in Z1-Z2. Nice and steady
SESSION 2	 	 	45 mins Strength and Conditioning Endurance Phase Please refer to the guide in Phil's Tips in Week 1.	 	 	10 mins Run Off The Bike Steady/Brick Get off your bike and run. All in Z2.	

Week 7

Peak Phase 1: 13 hrs 39 mins



Phil's tip

Consistency is the golden ticket. Think of each completed workout as another jelly bean in the jar. When the jar is full, you're in peak race shape.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	2600 Swim Hard/Threshold Warm Up: 1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z3 + 20 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z4 + 20 secs rest). Main Set: 1 x (400 FS in Z4 + 40 secs rest), 1 x (400 Pull in Z4 + 40 secs rest), 2 x (200 FS in Z4 + 40 sec rests), 2 x (200 Pull in Z4 + 40 sec rests). Warm Down: 1 x (100 Pull in Z2 + 100 FS in Z2), 1 x (200 Choice in Z2).	1 hr 6 mins Bike Mod. Hard/Tempo Warm Up: 5 mins in mid Z2, 4 mins in upper Z2, 60 secs in low Z2. Main Set: 20 mins in upper Z3 + 2 mins recovery in Z1, 15 mins in upper Z3 + 2 mins recovery in Z1, 10 mins in upper Z3 + 2 mins recovery in Z1. Warm Down: 5 mins in Z2.	58mins Run Mod. Hard/Tempo Warm Up: 15 mins in Z2. Main Set: 4 x (4 mins in low Z4 + 60 secs recoveries in Z1), 3 mins in Z2, 3 x (4 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2..	Rest Day	3600 Open Water Swim Mod. Hard/Tempo Warm Up: 1 x (100 FS in Z2 + 10 secs rest), 2 x (100 Drill in Z2 + 10 sec rests), 1 x (100 FS in Z2 Breathe every 3 + 10 secs rest). Main Set: 3 x (1000 FS in Z3 + 45 sec rests). Warm Down: 1 x (200 FS in Z2).	5 hrs 30 mins Race Practice Bike Steady/Endurance Warm Up: 1 hr in mid Z2. Main Set: 9 x (15 mins in upper Z2 + 5 mins in low Z2). Warm Down: 1 hr 30 mins in low Z2.	2 hrs 40 mins Run Steady/Endurance Run in Z1-Z2. Nice and steady
SESSION 2	2600 Hard/Threshold	1 hr 6 mins Mod. Hard/Tempo	45 mins Strength and Conditioning Endurance Phase Please refer to the guide in Phil's Tips in Week 1.	Rest Day	3600 Mod. Hard/Tempo	5 mins Run Off The Bike Steady/Brick Get off your bike and run. All in Z2.	2 hrs 40 mins Steady/Endurance

Week 8

Active Recovery Week: 6 hrs 06 mins



Phil's tip

Practice your nutrition strategy in training to be prepared on race day:
IRONMAN Nutrition Plan: <https://bit.ly/IRONMANNutrition>

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	🕒📊 Rest Day 📊	🕒📊 Rest Day 📊 It'll take 48 hours to recover from the weekend, so you might as well take your rest now. Then you'll train better for the remainder of the week.	🕒📊 2200 Swim 📊 Recovery Swim Warm Up: 1 x (100 FS in Z2 + 100 Drill in Z2 + 15 secs rest), 2 x (50 Breast in Z2 + 50 Back in Z2 + 15 sec rests). Main Set: 1 x (100 FS in Z2 + 200 Pull in Z2 + 20 secs rest), 1 x (200 FS in Z2 + 300 Pull in Z2 + 30 secs rest), 1 x (300 FS in Z2 + 200 Pull in Z2 + 30 secs rest), 1 x (200 FS in Z2 + 100 Pull in Z2 + 20 secs rest). Warm Down: 1 x (200 Choice in Z2).	🕒📊 40 mins Run 📊 Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 20 mins in Z4 Warm Down: 5 mins in Z2.	🕒📊 46 mins Bike 📊 Mod. Hard/Tempo Warm Up: 5 mins in Z2. Main Set: 15 mins in upper Z3 + 2 mins recovery in Z1, 10 mins in upper Z3 + 2 mins recovery in Z1, 5 mins in upper Z3 + 2 mins recovery in Z1. Warm Down: 5 mins in Z2.	🕒📊 40 mins Run 📊 Steady/Endurance Z2 steady run.	🕒📊 1 hr 30 mins Bike 📊 Steady/Endurance Easy/steady Z2 ride today.
SESSION 2	🕒📊 📊	🕒📊 📊	🕒📊 45 mins Strength and Conditioning 📊 Strength Phase Please refer to the guide in Phil's Tips in Week 1.	🕒📊 📊	🕒📊 2000 Open Water Swim 📊 Mod. Hard/Tempo Warm Up: 1 x (400 FS in Z2 + 30 secs rest). Main Set: 4 x (50 FS in Z5, Beach or Deep Water Starts + 30 sec rests), 1 x (1000 FS in Z3 + 60 secs rest). Warm Down: 1 x (400 FS in Z2).	🕒📊 📊	🕒📊 📊

Week 9

Peak Phase 2: 11 hrs 11 mins



Phil's tip

Want rapid email access to your own coach? Why not try my low-cost coaching program for 1-month free?

<https://bit.ly/MPConemonthfree>

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	Rest Day	1 hr 2 mins Bike Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 6 mins in Z4 + 2 mins recovery in Z2 7 mins in Z4 + 2 mins recovery in Z2 8 mins in Z4 + 2 mins recovery in Z2 7 mins in Z4 + 2 mins recovery in Z2 6 mins in Z4. Warm Down: 5 mins in Z2.	59 mins Run Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 2 x (8 mins in low Z4 + 60 sec recoveries in Z1), 3 mins in Z2, 2 x (8 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	1500 Swim Hard/Threshold Warm Up: 1 x (150 FS in Z2 + 50 FS in Z4 + 20 secs rest), 1 x (100 FS in Z2 + 100 FS in Z4 + 30 secs rest), 1 x (50 FS in Z2 + 150 FS in Z4 + 30 secs rest), 1 x (200 FS in Z4 + 30 secs rest). Main Set: Repeat 3 sets of 500: 1 x (100 FS in Z2 + 15 secs rest), 1 x (100 FS in Z3 + 15 secs rest), 1 x (100 FS in Z4 + 15 secs rest), 1 x (100 FS in Z5 + 15 secs rest), 1 x (100 Pull in Z2 + 15 secs rest). Warm Down: 2 x (100 Kick in Z2 + 100 FS in Z2 + 15 secs rest), 1 x (100 Choice in Z2).	Rest Day	4 hrs Race Practice Bike Steady/Endurance Warm Up: 1 hr in mid Z2. Main Set: 4 x (25 mins in upper Z2 + 5 mins in low Z2). Warm Down: 1 hr in mid Z2.	1 hr 30 mins Open Water Swim Mod. Hard/Tempo Warm Up: 1 x (200 FS in Z2 + 10 secs rest), 2 x (100 Drill in Z2 + 10 sec rests), 2 x (100 FS in Z2 Breathe every 3 + 10 sec rests). Main Set: 3 x (1000 FS in Z3 + 45 sec rests). Warm Down: 1 x (400 FS in Z2).
SESSION 2				45 mins Strength and Conditioning Strength Phase Please refer to the guide in Phil's Tips in Week 1.		1 hr 45 mins Run Off The Steady/Endurance Z1- Z2 steady run off the bike	

Week 10

Peak Phase 2: 10 hrs 31 mins



Phil's tip

Want to export your workouts to your devices and follow them as you train? Get this and more, with my low-cost coaching program. Try 1-month free, today!
<https://bit.ly/MPConemonthfree>

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	 Rest Day 	50 mins Bike Hard/Threshold Warm Up: 10 mins in Z2. Main Set: 5 x (5 mins in Z4 + 2 min recoveries in Z2). Warm Down: 5 mins in Z2.	51 mins Run Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 2 x (6 mins in low Z4 + 60 sec recoveries in Z1), 3 mins in Z2, 2 x (6 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	2600 Swim Hard/Threshold Warm Up: 1 x (100 FS in Z2 + 100 Pull in Z2 + 15 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z3 + 20 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z4 + 20 secs rest). Main Set: 1 x (400 FS in Z4 + 40 secs rest), 1 x (400 Pull in Z4 + 40 secs rest), 2 x (200 FS in Z4 + 40 sec rests), 2 x (200 Pull in Z4 + 40 sec rests). Warm Down: 1 x (100 Pull in Z2 + 100 FS in Z2), 1 x (200 Choice in Z2).	 Rest Day 	4 hrs Race Practice Bike Steady/Endurance Warm Up: 1 hr in mid Z2. Main Set: 5 x (25 mins in upper Z2 + 5 mins in low Z2). Warm Down: 30 mins in mid Z2.	4000 Open Water Swim Mod. Hard/Tempo Warm Up: 1 x (200 FS in Z2 + 10 secs rest), 2 x (100 Drill in Z2 + 10 sec rests), 2 x (100 FS in Z2 Breathe every 3 + 10 sec rests). Main Set: 3 x (1000 FS in Z3 + 45 sec rests). Warm Down: 1 x (400 FS in Z2).
SESSION 2	 	 	 	45 mins Strength and Conditioning Strength Phase Please refer to the guide in Phil's Tips in Week 1.	 	1 hr 30 mins Run Off The Bike Steady/Endurance Z1- Z2 steady run off the bike.	

Week 11

Peak Phase 2: 8 hrs 21 mins



Phil's tip

Pacing is a key factor for success in racing. For more on how to pace your IM 140.6 Triathlon: <https://bit.ly/IRONMANPacing>

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	Rest Day	42 mins 30 secs Bike Hard/Threshold Warm Up: 10 mins in Z2. Main Set: 4 mins in low Z4 + 30 secs recovery in Z1, 5 mins in low Z4 + 30 secs recovery in Z1, 6 mins in low Z4 + 2 mins recovery in Z1, 5 mins in low Z4 + 30 secs recovery in Z1. Warm Down: 5 mins in Z2.	43 mins Run Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 2 x (4 mins in low Z4 + 60 sec recoveries in Z1), 3 mins in Z2, 2 x (4 mins in low Z4 + 60 sec recoveries in Z1). Warm Down: 5 mins in Z2.	2400 Swim Hard/Threshold Warm Up: 1 x (150 FS in Z2 + 50 FS in Z4 + 20 secs rest), 1 x (100 FS in Z2 + 100 FS in Z4 + 30 secs rest), 1 x (50 FS in Z2 + 150 FS in Z4 + 30 secs rest), 2 x (150 FS in Z4 + 30 sec rests). Main Set: Repeat 2 sets of 500: 1 x (100 FS in Z2 + 15 secs rest), 1 x (100 FS in Z3 + 15 secs rest), 1 x (100 FS in Z4 + 15 secs rest), 1 x (100 FS in Z5 + 15 secs rest), 1 x (100 Pull in Z2 + 15 secs rest). Warm Down: 2 x (100 Kick in Z2 + 100 FS in Z2 + 15 secs rest), 1 x (100 Choice in Z2).	Rest Day	3 hrs 15 mins Race Practice Bike Steady/Threshold Warm Up: 1 hr in mid Z2. Main Set: 3 x (20 mins in upper Z2 + 5 mins in low Z2). Warm Down: 1 hr in mid Z2.	2800 Open Water Swim Mod. Hard/Tempo Warm Up: 1 x (100 FS in Z2 + 10 secs rest), 1 x (100 Drill in Z2 + 10 secs rest). Main Set: 3 x (800 FS in Z3 + 40 sec rests). Warm Down: 1 x (200 FS in Z2).
SESSION 2				45 mins Strength and Conditioning Strength Phase Please refer to the guide in Phil's Tips in Week 1.		45 mins Run Off The Bike Steady/Threshold Please refer to the guide in the Coach's Tips in Week 1.	

Week 12

Race Taper Week: 3 hrs 20 mins



Phil's tip

Good luck for your event! We'd love to hear about your training journey and race day experience, via our Instagram, Facebook or Reviews pages.

	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION 1	Rest Day This week you will maintain your fitness and eliminate any traces of fatigue. It's a good time to double check your race day logistics and strategies.	35 mins Bike Hard/Threshold Warm Up: 15 mins in Z2. Main Set: 4 x (3 mins in Z4 + 60 sec recoveries in Z1-2). Warm Down: 5 min in Z2.	30 mins Run Hard/Threshold Warm Up: 15 mins easy jog in Z2. Main Set: 10 mins in low Z4. Warm Down: 5 mins easy jog in Z2.	25 mins Run Easy Run Nice easy run in Z2, preferably at race venue. If your race is on the Saturday, take Friday as a rest day. And replace today's run with Friday's workouts.	30 mins Bike Easy Ride Ride on your race day bike, all in Z2. Preferably on the race route. Just to check your bike is working ok and to get a feel for the route.	Rest Day	Race Day Good luck!
SESSION 2			1800 Swim Recovery Swim Warm Up: 1 x (100 FS in Z2 + 100 Drill in Z2 + 15 secs rest), 2 x (50 Breast in Z2 + 50 Back in Z2 + 15 sec rests). Main Set: 1 x (100 FS in Z2 + 100 Pull in Z2 + 20 secs rest), 1 x (200 FS in Z2 + 200 Pull in Z2 + 30 secs rest), 1 x (200 FS in Z2 + 200 Pull in Z2 + 30 secs rest), 1 x (100 FS in Z2 + 100 Pull in Z2 + 20 secs rest). Warm Down: 1 x (200 Choice in Z2).		1500 Open Water Swim Steady/Endurance Easy/steady swim in Z2. Preferably at the race destination. Just to get a feel for the conditions.		

Reviews

//

Perfect Plan!

Fantastic training plan from MyProCoach to lead to my first full-distance IRONMAN finish at Arizona in 2022. During the plan, I improved in all three disciplines and PR'd an IRONMAN 70.3 tuneup race by 11 min.

I'm an Unlimited Athlete and love having coach access & a premium membership with TrainingPeaks.



Josh Murphy
23 / 01 / 2023

//

It really works- trust the plan!

I exceeded my goal of not only finishing but well under my ideal goal. I 100% attribute this to Phil Mosley's 20-week 70.3 plan. I stuck to the plan and I'm beyond ecstatic to say I completed the IRONMAN 70.3 Puerto Rico!

The training truly changed my life and changed the way I think about things I'm able to do now.

I'm forever grateful.



Melissa Marston
21 / 03 / 2023

//

Love my Unlimited Athlete plan!

I've trained for two years with my Unlimited plan. The best part is that I can request my training plan at any moment!

I did IRONMAN Florida 70.3 last weekend, I'm feeling great and really happy with my result.

I totally recommend MyProCoach!



Ana Maria Pinzon Chatelain
16 / 12 / 2022

Liked this training plan?

Then you'll love our flexible training plans with email coach support.

Choose a plan



Flexible, structured training for any level



The world's best training app, TrainingPeaks™



Certified coach support (rated 4.9/5)



1

Choose from over 900 plans from 4-48 weeks long

With beginner, intermediate, advanced, masters (40+) and off-season plans – we'll have the perfect one for you.



2

Activate your free TrainingPeaks™ account

A flexible calendar, targeted training zones, trackable progress and so much more – on any device.



3

Get your online plan and start ticking off sessions!

Keep motivated with any of your training questions answered quickly by our team of certified coaches!

UNLIMITED ATHLETE

Or subscribe as an Unlimited Athlete to swap freely between our 900+ plans.

Try 30-Days Free



MyProCoach™

TRAININGPEAKS™

Cycling
WEEKLY

CYCLING

Triathlon

IRONMAN

GTN
GLOBAL TRIATHLON NETWORK

bikeradar

RUNNER'S
WORLD

WWW.MYPROCOACH.NET

© MyProCoach Ltd. 2021. All rights reserved.