

|        | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY   | TOTALS  |
|--------|----------|---|--|---|----------|---|--|---|
| WEEK 1 | REST DAY | <b>Swim #1:</b> 1:00 (2400)<br><b>Bike:</b> 1:00 EM                         | <b>Bike:</b> 1:00 EM<br><b>Run:</b> 15 min ER<br><i>*Keep transition to less than 5 minutes</i>                          | <b>Run:</b> 1:00 ER   | REST DAY | <b>Swim #2:</b> 1:15 (2800)<br><b>Bike:</b> 1:45 EM   | <b>Run:</b> 1:00 ER with 4x10 sec RS (60 sec RBI)  | <b>SWIM: 2:15</b><br><b>BIKE: 3:45</b><br><b>RUN: 2:15</b><br><b>TOTAL: 8:15</b>        |
| WEEK 2 | REST DAY | <b>Swim #3:</b> 1:00 (2400)<br><b>Bike:</b> 1:00 EM                         | <b>Bike:</b> 1:00 EM<br><b>Run:</b> 15 min ER<br><i>*Keep transition to less than 5 minutes</i>                          | <b>Run:</b> 1:00 with 3x10 min SS (5 min RBI)   | REST DAY | <b>Swim #4:</b> 1:15 (2800)<br><b>Run:</b> 1:15 ER<br>Negative split run (out and back). Run out in 39 min, back in 36 min.   | <b>Bike:</b> 2:30 with 2x[3x3 min PI] 3 min RBI/8 min RBS  | <b>SWIM: 2:15</b><br><b>BIKE: 4:30</b><br><b>RUN: 2:30</b><br><b>TOTAL: 9:15</b>        |
| WEEK 3 | REST DAY | <b>Swim #5:</b> 1:00 (2800)<br><b>Bike:</b> 1:00 EM                         | <b>Bike:</b> 1:30 with 7x2 min PI (2 min RBI)<br><b>Run:</b> 20 min ER<br><i>*Keep transition to less than 5 minutes</i> | <b>Run:</b> 1:00 with 5x3 min FI (3 min RBI)  | REST DAY | <b>Swim #6:</b> 1:30 (3200)<br><b>Run:</b> 1:20 with 3x10 min SS (5 min RBI)  | <b>Bike:</b> 2:45 with 2x[3x3 min PI] 3 min RBI/8 min RBS  | <b>SWIM: 2:30</b><br><b>BIKE: 5:15</b><br><b>RUN: 2:40</b><br><b>TOTAL: 10:25</b>       |
| WEEK 4 | REST DAY | <b>Swim #7:</b> 1:00 (2800)<br><b>Run:</b> 1:00 with 5x3 min FI (3 min RBI) | <b>Bike:</b> 1:30 EM<br><b>Run:</b> 15 min ER<br><i>*Keep transition to less than 5 minutes</i>                          | <b>Bike:</b> 1:30 EM  | REST DAY | <b>Swim #8:</b> 1:30 (3500)<br><b>Run:</b> 1:30 with 4x10 sec RS (60 sec RBI)   | <b>Bike:</b> 3:00 with 3x15 tempo (5 min RBI)<br><b>Run:</b> 15 min SS<br><i>*Keep transition to less than 5 minutes</i> | <b>SWIM: 2:30</b><br><b>BIKE: 6:00</b><br><b>RUN: 3:00</b><br><b>TOTAL: 11:30</b>       |
| WEEK 5 | REST DAY | <b>Swim #9:</b> 1:00 (2800)<br><b>Run:</b> 1:00 with 5x3 min FI (3 min RBI) | <b>Bike:</b> 1:30 with 3x10 tempo (5 min RBI)  | <b>Bike:</b> 1:30 EM<br><b>Run:</b> 15 min ER<br><i>*Keep transition to less than 5 minutes</i> | REST DAY | <b>Swim #10:</b> 1:30 (3200)<br><b>Run:</b> 1:00 ER<br>Negative split run (out and back). Run out in 31 min, back in 29 min.  | <b>Bike:</b> 2:00 EM   | <b>SWIM: 2:30</b><br><b>BIKE: 5:00</b><br><b>RUN: 2:15</b><br><b>TOTAL: 9:45</b>        |
| WEEK 6 | REST DAY | <b>Swim #11:</b> 1:00 (2800)<br><b>Bike:</b> 1:00 EM                        | <b>Run:</b> 45 min with 4x1 min FI (2 min RBI)   | <b>Swim #12:</b> 45 min (2000)<br><b>Bike:</b> 45 min EM  | REST DAY | <b>Bike:</b> 35 min as 8 min EM<br>5 min tempo (3 min RBI)<br>6 min SS (4 min RBI)<br>2x1 min PI (1 min RBI)<br>6 min EM<br><b>Run:</b> (off the bike) 15 min with 4x10 sec RS (60 sec RBI)<br><b>Swim #13:</b> 20 min (1000) | Half-Ironman triathlon   | <b>SWIM: 2:05</b><br><b>BIKE: 2:20</b><br><b>RUN: 1:00</b><br><b>TOTAL: 5:25 + Race</b> |

## SWIM WORKOUTS

### Swim #1: 1:00 (2400m/yds)

WU - 400 (100 swim, 200 kick, 200 pull)  
Drill - 4x75 (25 right arm/25 left arm/25 free) 15 sec RBI  
Pace set - 2x600 (30 sec RBI)  
Pull - 4x75 (15 sec RBI)  
Kick - 2x50 (15 sec RBI)  
CD - 100

### Swim #2: 1:15 (2800m/yds)

WU - 300  
Drill - 4x75 (25 right arm/25 left arm/25 free) 15 sec RBI  
Pace set - 3x[300 - 6x50] (15 sec RBI for all)  
Kick - 3x100 (10 sec RBI)  
CD - 100

### Swim #3: 1:00 (2400m/yds)

WU - 300  
Drill - 6x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free]  
Pace set - 3x500 (20 sec RBI)  
Kick - 100  
CD - 100

### Swim #4: 1:15 (2800m/yds)

WU - 500 (100 swim, 200 kick, 200 pull)  
Drill - 6x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free]  
Pace set - 3x200 (15 sec RBI)  
VO<sub>2</sub> set - 3x100 (15 sec RBI)  
Pace set - 3x200 (15 sec RBI)  
VO<sub>2</sub> set - 3x100 (15 sec RBI)  
CD - 100

### Swim #5: 1:00 (2800m/yds)

WU - 300  
Drill - 6x50 Fingertip Drag (20 sec RBI)  
Pace set - 3x[300-200-100] (15 sec RBI)  
Kick - 5x50 (15 sec RBI)  
CD - 150

### Swim #6: 1:30 (3200m/yds)

WU - 800 (200 swim, 200 kick, 200 pull, 200 swim)  
Drill - 8x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free, 50 free]  
Base interval - 12x100 (15 sec RBI)  
Pull - 8x75 (15 sec RBI)  
CD - 200

### Swim #7: 1:00 (2800m/yds)

WU - 400  
Drill - 6x50 DPS (20 sec RBI)  
Pace set - 8x50 (15 sec RBI)  
VO<sub>2</sub> set - 7x200 (20 sec RBI)  
Kick - 4x50 (15 sec RBI)  
CD - 100

### Swim #8: 1:30 (3500m/yds)

WU - 600 (200 swim, 200 kick, 200 pull)  
Drill - 3x100 (25 right arm/25 left arm/50 free) 15 sec RBI  
Base interval - 4x200 (15 sec RBI)  
Pace set - 4x200 (10 sec RBI)  
Pull - 4x200 SPS (15 sec RBI)  
CD - 200

### Swim #9: 1:00 (2800m/yds)

WU - 300  
Drill - 6x50 DPS (20 sec RBI)  
Pace set - 6x75 (15 sec RBI)  
VO<sub>2</sub> set - 15x100 (10 sec RBI)  
CD - 150

### Swim #10: 1:30 (3200m/yds)

WU - 400  
Drill - 6x50 (15 RBI) 2x[25 Catch-up/25 free, 25 Fingertip Drag/25 free, 25 Closed Fist/25 free]  
Base interval - 5x400 (20 sec RBI)  
Kick - 4x75 (15 sec RBI)  
CD - 200 choice

### Swim #11: 1:00 (2800m/yds)

WU - 300  
Drill - 6x75 (25 right arm/25 left arm/25 DPS) 15 sec RBI  
Pull - 3x100 (15 sec RBI)  
Base interval - 7x200 (20 sec RBI)  
Kick - 4x50 (15 sec RBI)  
CD - 150

### Swim #12: 45 min (2000m/yds)

WU - 400  
Drill - 6x50 DPS (20 sec RBI)  
VO<sub>2</sub> set - 4x100 (20 sec RBI)  
Base interval - 3x200 (15 sec RBI)  
Kick - 4x50 (15 sec RBI)  
CD - 100

### Swim #13: 20 min (1000m/yds)

WU - 200  
Drill - 6x50 DPS (20 sec RBI)  
VO<sub>2</sub> set - 6x50 (10 sec RBI)  
CD - 200

## KEY

**RBI** = Rest between intervals

**RBS** = Rest between sets

**WU** = Warm-up

**CD** = Cool-down

**EM** = Endurance miles

**ER** = Endurance run

**RS** = Running strides

**SS** = Steady state

**PI** = Power intervals

**FI** = Fartlek intervals

**DPS** = Distance per stroke