

# ***rgActive***

***Event Specific Training Programmes***

**24 Week**

**HALF IRONMAN INTERMEDIATE TRIATHLON PLAN**

## Key Notes

- ▶ This training programme is designed to guide you through a full 24wks of training and be prepared ready for race day at a half-ironman (70.3). The half-ironman distance is a major physical obstacle and it is very important that you are ready to undergo the training. We advise anybody taking part in an event like a half-ironman to be in good health, seek advice from your GP if you are in anyway unsure of your physical readiness to complete the training and the race. Do not underestimate what it takes to complete a half-ironman, be well prepared by following the training programme closely and spend time blending the training into your lifestyle.
- ▶ This programme is a 24wk programme, this means that it is a 24wk schedule to lead all the way up to race day and is ideally for those athletes who have some prior experience of triathlon.
- ▶ The programme is broken down into 3 main phases that help you to progress physically and the objectives of each phase are explained in more detail prior to each phase. The phases are namely, Base, Build and Peak/Taper.
- ▶ The programme is designed to explain each period, each week and each session in detail. The layout of the programme shows you each week in turn, where possible you should stick to the structure as it has been laid out in the best possible nature for you to physically train. The schedule is based on an athlete having more available training time at weekends. If you find that you need to move sessions around then this is understandable, however if you find yourself having to drop sessions due to an injury or lack of time then you should not attempt to squeeze the sessions back in elsewhere, accept that you have lost a session and simply catch up with the programme when you are ready. However, if you find yourself missing more than 1 full week of training you will need to reintroduce training at a more progressive timescale.
- ▶ There is 1 REST day per week, this should be a day of complete rest, no exercise!
- ▶ This programme does not include any training races, however you are strongly encouraged to take part in some training races as an opportunity to experiment with equipment, clothing, nutrition and race pace strategies. When preparing for a half-ironman you should consider using an Olympic distance race as a warm up, this should be done approximately 4-6wks before race day, you are also encouraged to think about cyclo-sportives as a way to boost your cycling. Over this distance the long training sessions and BRICK workouts are just as crucial as racing.

## Terminology / Abbreviations

A full list of terminology and abbreviations can be found below, this will help you understand the dynamics and objectives of the training sessions:

- P** = Pool
- O** = Outside or Outdoors
- G** = Gym
- H** = Home
- Trd** = Treadmill – if you are using a treadmill you must set it at 1% incline as standard unless told otherwise
- TT** = Turbo Trainer
- OW** = Open Water
- Aerobic** = a session completed at a moderate effort with the objective of improving your aerobic efficiency and your bodies ability to utilise fat as an energy source. It will help improve your endurance levels.
- Race Pace** = a session completed at an effort around what is anticipated for race day. The objective is to train your body to cope with the speeds and effort of the race situation. It will help improve your speed endurance levels.
- Intervals** = a session that combines elements of both aerobic and anaerobic efforts. This type of training is designed to take you above your 'comfort zone' in an attempt to gradually increase your speed, power and endurance.
- RPE** = Rate of Perceived Exertion, a full explanation of the RPE scale is at the end of the programme
- BRICK** = a session that includes biking and running immediately after one another, we do this to simulate the sensation of running in a triathlon

## BASE Phase Objectives

- ▶ The first 8wks of the training programme revolve around creating a manageable structure that will lay down the foundations for success
- ▶ You must mould the training needs around the rest of your lifestyle
- ▶ Gradually increase your ability to cope with the physical demands of the training. This phase is arguably more important than any other, if you fail to put the groundwork in now then you will struggle with what comes in the following phases.
- ▶ Use this phase to highlight any technical flaws that may exist and work on improving technique at all costs. Poor technique will lead to inefficient swim, bike and run styles which will hold back your performance and potentially cause greater levels of fatigue and physical pain.
- ▶ You must spend time getting used to working with the Rate of Perceived Exertion scale. This is how you will be measuring intensity for the next 24wks.
- ▶ During this phase try to vary your long run and ride routes so that you will not get bored and have more options for later on in the training.
- ▶ Your ride and run routes should include some climbing while still focusing on getting some miles under your belt and feeling comfortable with the duration.
- ▶ If you are not currently using strength and conditioning as part of your training then you will need to start to do so from week 1, this will continue for the bulk of the 24wk plan.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 1 Base Phase - Begin to gain some consistency to your training week and adapt to the structure</b>						
<p><b>SWIM #1</b> P</p> <p>Warm Up: 200m various strokes Main Set: 3 sets of 100m Kick / 150m FC @ RPE:7 3 sets of 100m Side Kick / 150m FC @ RPE:7 Cool Down: 100m various strokes</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>RUN</b> O</p> <p>Aerobic 50mins RPE: 5-7</p> <p>Keep the route fairly flat. Run at a steady and manageable pace.</p>	<p><b>BIKE</b> O/G/TT</p> <p>Aerobic 1hr RPE: 5-7</p> <p>The objective of this ride is to simply hold a consistent pace for the duration.</p>	<p><b>SWIM #2</b> P</p> <p>Warm Up: 200m various strokes Main Set: 200m Pencil Float 400m FC @ RPE:7 200m Dead Man Float 400m FC @ RPE:7 200m Pencil Float 400m FC @ RPE:7 Cool Down: 100m various strokes</p>	REST DAY	<p><b>RUN</b> O/Trd</p> <p>Intervals 1hr RPE: 5-8 Warm Up: 10mins @ RPE:6 Main Set: 4 sets of 4mins @ RPE:8 6mins @ RPE:5 Cool Down: 5mins &amp; stretch Concentrate on the difference between RPE:5 and RPE:8.</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>BIKE</b> O</p> <p>Aerobic 2hrs 20mins RPE: 5-7</p> <p>If you have not been used to riding a bike for some time focus on getting comfortable with your riding position.</p> <p>Include some climbing without making this the main focus of the ride.</p>
1,800m + 30mins	50mins	1hr	2,100m		1hr 30mins	2hrs 20mins
<b>Week 2 Base Phase – Re-emphasise gaining consistency. Focus on technique of swim drills</b>						
<p><b>SWIM #1</b> P</p> <p>Warm Up: 200m various strokes Main Set: 3 sets of 100m Kick / 150m FC @ RPE:7 3 sets of 100m Side Kick / 150m FC @ RPE:7 Cool Down: 100m various strokes</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>RUN</b> O</p> <p>Aerobic 55mins RPE: 5-7</p> <p>Keep the route fairly flat. This run is at a conversational pace.</p>	<p><b>BIKE</b> O/G/TT Intervals</p> <p>1hr 10mins RPE: 5-8 Warm Up 10mins @ RPE:6 Main Set: 5 sets of 4mins @ RPE:8 6mins @ RPE:5 Cool Down: 5mins &amp; stretch</p>	<p><b>SWIM #2</b> P</p> <p>Warm Up: 200m various strokes Main Set: 200m Pencil Float 400m FC @ RPE:7 200m Dead Man Float 400m FC @ RPE:7 200m Pencil Float 400m FC @ RPE:7 Cool Down: 100m various strokes</p>	REST DAY	<p><b>RUN</b> O/Trd</p> <p>Aerobic 1hr RPE: 5-7 Choose a slightly undulating route</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>BIKE</b> O</p> <p>Aerobic 2hrs 40mins RPE: 5-7</p> <p>If you have not been used to riding a bike for some time focus on getting comfortable with your riding position. Include some climbing without making this the main focus of the ride</p>
1,800m + 30mins	55mins	1hr 10mins	2,100m		1hr 30mins	2hrs 40mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 3 Base Phase – Choose an interesting route for your long ride</b>						
<b>SWIM #3</b> P Warm Up: 200m various strokes Main Set: 3 sets of 100m Kick / 200m FC @ RPE:7 3 sets of 100m Side Kick / 200m FC @ RPE:7 Cool Down: 100m various strokes <b>STRENGTH #1</b> G/H 30mins	<b>RUN</b> O Aerobic 1hr RPE: 5-7  Keep the route fairly flat. Run at a steady and manageable pace.	<b>BIKE</b> O/G/TT Aerobic 1hr 10mins RPE: 5-7  The objective of this ride is to simply hold a consistent pace for the duration.	<b>SWIM #4</b> P Warm Up: 200m various strokes Main Set: 200m Pencil Float 500m FC @ RPE:7 200m Dead Man Float 500m FC @ RPE:7 200m Pencil Float 500m FC @ RPE:7 Cool Down: 100m various strokes	REST DAY	<b>RUN</b> O/Trd Intervals 1hr RPE: 5-8 Warm Up: 10mins @ RPE:6 Main Set: 4 sets of 4mins @ RPE:8 6mins @ RPE:5 Cool Down: 5mins & stretch  Concentrate on the difference between RPE:5 and RPE:8.  <b>STRENGTH #1</b> G/H 30mins	<b>BIKE</b> O Aerobic 3hrs RPE: 5-7 If you have not been used to riding a bike for some time focus on getting comfortable with your riding position. Include some climbing without making this the main focus of the ride.
2,100m + 30mins	1hr	1hr 10mins	2,400m		1hr 30mins	3hrs
<b>Week 4 Base Phase – This is a recovery week and note that the overall volume of the training is reduced</b>						
<b>SWIM #3</b> P Warm Up: 200m various strokes Main Set: 3 sets of 100m Kick / 200m FC @ RPE:7 3 sets of 100m Side Kick / 200m FC @ RPE:7 Cool Down: 100m various strokes  <b>STRENGTH #1</b> G/H 30mins	<b>RUN</b> O Aerobic 45mins RPE: 5-7 Keep the route fairly flat.	<b>BIKE</b> O/G/TT Intervals 1hr 10mins RPE: 5-8 Warm Up 10mins @ RPE:6 Main Set: 5 sets of 4mins @ RPE:8 6mins @ RPE:5 Cool Down: 5mins & stretch	<b>SWIM #4</b> P Warm Up: 200m various strokes Main Set: 200m Pencil Float 500m FC @ RPE:7 200m Dead Man Float 500m FC @ RPE:7 200m Pencil Float 500m FC @ RPE:7 Cool Down: 100m various strokes	REST DAY	<b>RUN</b> O/Trd Aerobic 45mins RPE: 5-7 Choose a slightly undulating route  <b>STRENGTH #1</b> G/H 30mins	<b>BIKE</b> O Aerobic 2hrs 30mins RPE: 5-7  Keep the route fairly flat. As this is a recovery week do not do more than the recommended time.
2,100m + 30mins	45mins	1hr 10mins	2,400m		1hr 15mins	2hrs 30mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 5 Base Phase – Note changes in interval session</b>						
<p><b>SWIM #5</b> P</p> <p>Warm Up: 200m various strokes Main Set: 2 sets of 200m Kick / 300m FC @ RPE:7 2 sets of 200m Side Kick / 300m FC @ RPE:7 Cool Down: 100m various strokes</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 10mins RPE: 5-7</p> <p>Keep the route fairly flat.</p>	<p><b>BIKE</b> O/G/TT</p> <p>Aerobic 1hr 20mins RPE: 5-7</p> <p>The objective of this ride is to simply hold a consistent pace for the duration.</p>	<p><b>SWIM #6</b> P</p> <p>Warm Up: 200m various strokes Main Set: 200m Pencil Float 500m FC @ RPE:7 200m Dead Man Float 5 x 100m FC @ RPE:7 @ 20secs between sets 200m Pencil Float 500m FC @ RPE:7 Cool Down: 100m various strokes</p>	REST DAY	<p><b>RUN</b> O/Trd</p> <p>Intervals 1hr RPE: 5-8 Warm Up: 10mins @ RPE:6 Main Set: 5 sets of 4mins @ RPE:8 4mins @ RPE:5 Cool Down: 5mins &amp; stretch Concentrate on the difference between RPE:5 and RPE:8.</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs RPE: 5-7 Include some climbing without making this the main focus of the ride. Aim for approx 600m of elevation.</p>
2,300m + 30mins	1hr 10mins	1hr 20mins	2,400m		1hr 30mins	3hrs
<b>Week 6 Base Phase – Ensure a good stretching routine is completed after all sessions</b>						
<p><b>SWIM #5</b> P</p> <p>Warm Up: 200m various strokes Main Set: 2 sets of 200m Kick / 300m FC @ RPE:7 2 sets of 200m Side Kick / 300m FC @ RPE:7 Cool Down: 100m various strokes</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr RPE: 6-7</p> <p>Keep the route fairly flat.</p>	<p><b>BIKE</b> O/G/TT Intervals</p> <p>1hr 15mins RPE: 5-8 Warm Up 10mins @ RPE:6 Main Set: 5 sets of 5mins @ RPE:8 6mins @ RPE:5 Cool Down: 5mins &amp; stretch</p>	<p><b>SWIM #6</b> P</p> <p>Warm Up: 200m various strokes Main Set: 200m Pencil Float 500m FC @ RPE:7 200m Dead Man Float 5 x 100m FC @ RPE:7 @ 20secs between sets 200m Pencil Float 500m FC @ RPE:7 Cool Down: 100m various strokes</p>	REST DAY	<p><b>RUN</b> O/Trd</p> <p>Aerobic 1hr 20mins RPE: 5-7 Choose an undulating route that offers both short and long climbs.</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs 15mins RPE: 5-7 Include some climbing without making this the main focus of the ride. Aim for approx 700m of elevation.</p>
2,300m + 30mins	1hr	1hr 15mins	2,400m		1hr 50mins	3hrs 15mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 7 Base Phase – Begin to monitor average speeds when doing bike and run sessions</b>						
<p><b>SWIM #5</b> P</p> <p>Warm Up: 200m various strokes</p> <p>Main Set: 2 sets of 200m Kick / 300m FC @ RPE:7</p> <p>2 sets of 200m Side Kick / 300m FC @ RPE:7</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 10mins RPE: 5-7</p> <p>Keep the route fairly flat. Try to maintain consistent pace and effort..</p>	<p><b>BIKE</b> O/G/TT</p> <p>Aerobic 1hr 20mins RPE: 5-7</p> <p>The objective of this ride is to simply hold a consistent pace for the duration. Monitor consistent speed, power and heart rate.</p>	<p><b>SWIM #6</b> P</p> <p>Warm Up: 200m various strokes</p> <p>Main Set: 200m Pencil Float 500m FC @ RPE:7 200m Dead Man Float 5 x 100m FC @ RPE:7 @ 20secs between sets 200m Pencil Float 500m FC @ RPE:7 Cool Down: 100m various strokes</p>	REST DAY	<p><b>RUN</b> O/Trd</p> <p>Intervals 1hr RPE: 5-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 5 sets of 4mins @ RPE:8 4mins @ RPE:5</p> <p>Cool Down: 5mins &amp; stretch Concentrate on the difference between RPE:5 and RPE:8.</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs 30mins RPE: 5-7</p> <p>Include some climbing without making this the main focus of the ride. Aim for approx 750m of elevation.</p>
2,300m + 30mins	1hr 10mins	1hr 20mins	2,400m		1hr 30mins	3hrs 30mins
<b>Week 8 Base Phase – This is a recovery week, it's ok to do less training. Your body becomes stronger through recovery</b>						
<p><b>SWIM #5</b> P</p> <p>Warm Up: 200m various strokes</p> <p>Main Set: 2 sets of 200m Kick / 300m FC @ RPE:7 2 sets of 200m Side Kick / 300m FC @ RPE:7</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>RUN</b> O</p> <p>Aerobic 45mins RPE: 5-7</p> <p>Keep the route fairly flat.</p>	<p><b>BIKE</b> O/G/TT Intervals</p> <p>1hr 15mins RPE: 5-8</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 5 sets of 5mins @ RPE:8 6mins @ RPE:5</p> <p>Cool Down: 5mins &amp; stretch</p>	<p><b>SWIM #6</b> P</p> <p>Warm Up: 200m various strokes</p> <p>Main Set: 200m Pencil Float 500m FC @ RPE:7 200m Dead Man Float 5 x 100m FC @ RPE:7 @ 20secs between sets 200m Pencil Float 500m FC @ RPE:7 Cool Down: 100m various strokes</p>	REST DAY	<p><b>RUN</b> O/Trd</p> <p>Aerobic 1hr RPE: 5-7</p> <p>Choose a slightly undulating route</p> <p><b>STRENGTH #1</b> G/H 30mins</p>	<p><b>BIKE</b> O</p> <p>Aerobic 2hrs 45mins RPE: 5-7</p> <p>Keep the route fairly flat. Do not be tempted to do more than the prescribed time.</p>
2,300m + 30mins	45mins	1hr 15mins	2,400m		1hr 30mins	2hrs 45mins

## BUILD Phase Objectives

- ▶ This is the phase where the training becomes more taxing, you must be ready for more intense and longer training sessions
- ▶ There is a greater importance put on Interval training in this phase, you must be able to cope with the changing intensity levels that triathlon brings
- ▶ You should begin to introduce more climbing/elevation into your rides and run sessions. The Ironman 70.3 Staffs bike course is a mixture of mostly rolling/flat roads but there are a number of climbs that vary in length and gradient and you must become more efficient at riding and running uphill, so introduce more into the longer sessions. The interval sessions are quite heavily tailored to improve climbing power and efficiency.
- ▶ Ensure you keep your own records of progress and make comments/notes on training sessions, this helps you to look back and evaluate and then plan ahead
- ▶ The distance of swim sessions increases up to 2,650m during this phase and includes some drills that begin to prepare you for open water swimming
- ▶ The duration of the long ride and run sessions increases significantly, your longest ride is 4hrs 30mins and your longest run is 2hrs, prepare for these by having a variety of routes to choose from
- ▶ We introduce BRICK training sessions during this phase, if you have not done any of these before do not worry. The session is performed for you to adapt to the sensation of running straight off the bike
- ▶ If you are intending on using aero-bars for the main race then you should start practicing with them during this phase
- ▶ If you are including any training races into your plan then you could consider an Olympic distance triathlon race towards the end of this phase
- ▶ The volume of training increases in this phase and therefore there it is very important for you to ensure you are recovering well between sessions/days, get plenty of sleep and supplement your training with a healthy diet

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 9 Build Phase – Note how the structure changes significantly. You have a new session in the BRICK session to complete</b>						
<p><b>SWIM #7</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 250m Catch-Up / 250m FC @ RPE:7 5 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals – Hill Reps 1hr 10mins RPE: 6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 10 sets of 2mins @ RPE:8 as a hill climb effort 3mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>To complete the hill climb effort find a hill that replicates a 2min effort. Use short and quick steps to climb efficiently. If using a treadmill use a 3% incline for the 2min effort.</p>	<p><b>SWIM #8</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 200m Zippers / 200m Pull / 200m FC @ RPE:7 10 x 100m FC @ RPE:9 @ 10sec between sets</p> <p>Cool Down 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 20mins RPE: 6-8</p> <p>BIKE 50mins @ RPE:6-8</p> <p>RUN 30mins @ RPE:7-8</p> <p>Focus on sustaining a manageable effort throughout. This is the 1<sup>st</sup> BRICK session and so you may experience new physical sensations. If completing the run on a treadmill set the incline at 1%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs 20mins RPE: 6-8</p> <p>Increase the amount of elevation in this ride now. Aim to cover approx 800m of climbing. When climbing think about your posture, keep your upper body stable and use the power from your legs, keep hands wide on the bars to open chest to allow comfortable breathing. If standing when climbing gently sway the bike underneath your body using your hands to move the frame from side to side.</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 20mins RPE: 6-8</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 2 x 10-15min efforts @ RPE:7-8</p>
2,400m + 30mins	1hr 10mins	2,600m + 30mins	1hr 20mins		3hrs 20mins	1hr 20mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 10 Build Phase – Make the bike interval session a hard effort, climb with power</b>						
<p><b>SWIM #7</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 250m Catch-Up / 250m FC @ RPE:7 5 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT Intervals</p> <p>1hr 20mins RPE: 6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 8 sets of 3mins @ RPE:8 as a climbing effort switching between seated &amp; standing 5mins @ RPE:6 Cool Down: 5mins &amp; stretch</p> <p>Alternate between seated and standing climb positions as you feel appropriate. You must increase the gear resistance to simulate climbing.</p>	<p><b>SWIM #8</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 200m Zippers / 200m Pull / 200m FC @ RPE:7 10 x 100m FC @ RPE:9 @ 10sec between sets</p> <p>Cool Down 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 30mins RPE: 6-8</p> <p><b>BIKE</b> 45mins @ RPE:6-8</p> <p><b>RUN</b> 45mins @ RPE:7-8 Focus on sustaining a manageable effort throughout. If completing the run on a treadmill set the incline at 1%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs 40mins RPE: 6-8</p> <p>Increase the amount of elevation in this ride now. Aim to cover approx 850m of climbing. When climbing think about your posture, keep your upper body stable and use the power from your legs, keep hands wide on the bars to open chest to allow comfortable breathing. If standing when climbing gently sway the bike underneath your body using your hands to move the frame from side to side.</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 30mins RPE: 6-8</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 2 x 10-15min efforts @ RPE:8</p>
2,400m + 30mins	1hr 20mins	2,600m + 30mins	1hr 30mins		3hrs 40mins	1hr 30mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 11 Build Phase – The length of the weekend ride is increasing so make sure you plan good routes</b>						
<p><b>SWIM #7</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 250m Catch-Up / 250m FC @ RPE:7 5 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals – Hill Reps 1hr 10mins RPE: 6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 10 sets of 2mins @ RPE:8 as a hill climb effort 3mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>To complete the hill climb effort find a hill that replicates a 2min effort. Use short and quick steps to climb efficiently. If using a treadmill use a 3% incline for the 2min effort.</p>	<p><b>SWIM #8</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 200m Zippers / 200m Pull / 200m FC @ RPE:7</p> <p>10 x 100m FC @ RPE:9 @ 10sec between sets</p> <p>Cool Down 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 40mins RPE: 6-8</p> <p><b>BIKE</b> 1hr @ RPE:6-8</p> <p><b>RUN</b> 40mins @ RPE:7-8</p> <p>Focus on sustaining a manageable effort throughout. If completing the run on a treadmill set the incline at 1%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 4hrs RPE: 6-8</p> <p>Increase the amount of elevation in this ride now. Aim to cover approx 900m of climbing. When climbing think about your posture, keep your upper body stable and use the power from your legs, keep hands wide on the bars to open chest to allow comfortable breathing. If standing when climbing gently sway the bike underneath your body using your hands to move the frame from side to side.</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 40mins RPE: 6-8</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 2 x 15min efforts @ RPE:8</p>
2,400m + 30mins	1hr 10mins	2,600m + 30mins	1hr 40mins		4hrs	1hr 40mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 12 Build Phase – Ensure that during all sessions you are aware of your posture, use core strength and hold good form always</b>						
<p><b>SWIM #7</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 250m Catch-Up / 250m FC @ RPE:7 5 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals 1hr 20mins RPE: 6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 8 sets of 3mins @ RPE:8 as a climbing effort switching between seated &amp; standing 5mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>Alternate between seated and standing climb positions as you feel appropriate. You must increase the gear resistance to simulate climbing.</p>	<p><b>SWIM #8</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 2 sets of 200m Zippers / 200m Pull / 200m FC @ RPE:7 10 x 100m FC @ RPE:9 @ 10sec between sets</p> <p>Cool Down 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 20mins RPE: 6-8</p> <p><b>BIKE</b> 40mins @ RPE:6-8</p> <p><b>RUN</b> 40mins @ RPE:7-8</p> <p>Focus on sustaining a manageable effort throughout. If completing the run on a treadmill set the incline at 1%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs RPE: 5-7</p> <p>Aim to cover approx 500m of climbing. When climbing think about your posture, keep your upper body stable and use the power from your legs, keep hands wide on the bars to open chest to allow comfortable breathing. If standing when climbing gently sway the bike underneath your body using your hands to move the frame from side to side.</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr RPE: 6-7</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 2 x 10min efforts @ RPE:7</p>
2,400m + 30mins	1hr 20mins	2,600m + 30mins	1hr 20mins		3hrs	1hr

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 13 Build Phase – Make sure you cover the desired amount of climbing when completing the long bike ride</b>						
<p><b>SWIM #9</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 800m FC @ RPE:7 10 x 50m FC @ RPE:9 @ 30secs between sets 800m FC @ RPE:6-7 Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd 1hr</p> <p>Intervals 10mins RPE: 6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 8 sets of 3mins @ RPE:8 as a hill climb effort / 3mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>When completing the hill climb if this is done on a treadmill then use a 3% incline.</p>	<p><b>SWIM #10</b> P</p> <p>Warm Up 300m various strokes</p> <p>Main Set: 5 sets of 250m Paddles @ RPE:8 @ 30secs between sets 10 x 100m FC @ RPE:9 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 40mins RPE: 6-8</p> <p><b>BIKE</b></p> <p>1hr @ RPE:6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 10 x 1min standing climb @ RPE:8 / 4mins @ RPE:6- 7</p> <p><b>RUN</b></p> <p>40mins @ RPE:7-8</p> <p>If completing the run on a treadmill set the incline at 2%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 4hrs RPE: 6-8</p> <p>Increase the amount of elevation in this ride now. Aim to cover approx 900m of climbing. Also look to include sections of road that allow you to adopt an aerodynamic tucked position, aim for comfort as well as speed</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 40mins RPE: 6-8</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 2 x 15min efforts @ RPE:8</p>
2,400m + 30mins	1hr 20mins	2,600m + 30mins	1hr 20mins		3hrs	1hr

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 14 Build Phase – Concentrate on executing the bike interval session perfectly</b>						
<p><b>SWIM #9</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 800m FC @ RPE:7 10 x 50m FC @ RPE:9 @ 30secs between sets 800m FC @ RPE:6-7</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals 1hr</p> <p>20mins RPE: 5-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set 6 sets of 2mins seated climb @ RPE:7 / 2mins standing climb @ RPE:8 / 1min aero sprint @ RPE:9 / 5mins recovery @ RPE:5- 6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>You have done the climbing efforts already so they will be familiar. When completing the 'aero sprint' adopt a small tucked in position on the bike and increase revs per minute to attain high speed</p>	<p><b>SWIM #10</b> P</p> <p>Warm Up 300m various strokes</p> <p>Main Set: 5 sets of 250m Paddles @ RPE:8 @ 30secs between sets 10 x 100m FC @ RPE:9 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 40mins RPE: 6-8</p> <p><b>BIKE</b></p> <p>50mins @ RPE:6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 8 x 1min standing climb @ RPE:8 / 4mins @ RPE:6-7 RUN 50mins @ RPE:7-8</p> <p>If completing the run on a treadmill set the incline at 2%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 4hrs 15mins RPE: 6-8</p> <p>Increase the amount of elevation in this ride now. Aim to cover approx 900m of climbing. Also look to include sections of road that allow you to adopt an aerodynamic tucked position, aim for comfort as well as speed.</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 50mins RPE: 6-8</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 3 x 10-15min efforts @ RPE:8</p>
2,500m + 30mins	1hr 20mins	2,650m + 30mins	1hr 40mins		4hrs 15mins	1hr 50mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 15 Build Phase – This week includes your longest training ride. Create a challenging route</b>						
<p><b>SWIM #9</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 800m FC @ RPE:7 10 x 50m FC @ RPE:9 @ 30secs between sets 800m FC @ RPE:6-7</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals 1hr 10mins RPE: 6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 8 sets of 3mins @ RPE:8 as a hill climb effort / 3mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>When completing the hill climb if this is done on a treadmill then use a 3% incline.</p>	<p><b>SWIM #10</b> P</p> <p>Warm Up 300m various strokes</p> <p>Main Set: 5 sets of 250m Paddles @ RPE:8 @ 30secs between sets 10 x 100m FC @ RPE:9 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 40mins RPE: 6-8</p> <p><b>BIKE</b> 1hr @ RPE:6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 10 x 1min standing climb @ RPE:8 / 4mins @ RPE:6-7</p> <p><b>RUN</b> 40mins @ RPE:7-8</p> <p>If completing the run on a treadmill set the incline at 2%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 4hrs 30mins RPE: 6-8</p> <p>Increase the amount of elevation in this ride now. Aim to cover approx 1,000m of climbing. Also look to include sections of road that allow you to adopt an aerodynamic tucked position, aim for comfort as well as speed.</p> <p>This is your longest single ride.</p>	<p><b>RUN</b> O</p> <p>Aerobic 2hrs RPE: 6-8</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 3 x 10-15min efforts @ RPE:8</p> <p>This is your longest single run.</p>
2,500m + 30mins	1hr 10mins	2,650m + 30mins	1hr 40mins		4hrs 30mins	2hrs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 16 Build Phase – Before you begin the Peak phase you should now be setting race targets and thinking about a race plan</b>						
<p><b>SWIM #9</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 800m FC @ RPE:7 10 x 50m FC @ RPE:9 @ 30secs between sets 800m FC @ RPE:6-7</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals 1hr 20mins RPE: 5-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set 6 sets of 2mins seated climb @ RPE:7 / 2mins standing climb @ RPE:8 / 1min aero sprint @ RPE:9 / 5mins recovery @ RPE:5- 6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>You have done the climbing efforts already so they will be familiar. When completing the 'aero sprint' adopt a small tucked in position on the bike and increase revs per minute to attain high speed.</p>	<p><b>SWIM #10</b> P</p> <p>Warm Up 300m various strokes</p> <p>Main Set: 5 sets of 250m Paddles @ RPE:8 @ 30secs between sets 10 x 100m FC @ RPE:9 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #2</b> G/H 30mins</p>	<p><b>BRICK</b> O/G/TT</p> <p>1hr 40mins RPE: 6-8</p> <p><b>BIKE</b></p> <p>1hr @ RPE:6-8</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 10 x 1min standing climb @ RPE:8 / 4mins @ RPE:6- 7</p> <p><b>RUN</b></p> <p>40mins @ RPE:7-8</p> <p>If completing the run on a treadmill set the incline at 2%.</p>	<p>REST DAY</p>	<p><b>BIKE</b> O</p> <p>Aerobic 3hrs RPE: 5-7</p> <p>Aim to cover approx 500m of climbing. Also look to include sections of road that allow you to adopt an aerodynamic tucked position, aim for comfort as well as speed.</p> <p>As your recovery week you can really relax on this ride.</p>	<p><b>RUN</b> O</p> <p>Aerobic 1hr 15mins RPE: 6-7</p> <p>Try to include different types of terrain including road, trail and off-road. Keep the RPE constant, do not sprint up all hills. During the run include 2 x 15min efforts @ RPE:7</p> <p>This is a recovery run. Do not over exert today.</p>
2,500m + 30mins	1hr 20mins	2,650m + 30mins	1hr 40mins		3hrs	1hr 15mins

## PEAK/TAPER Phase Objectives

- ▶ The main objective of this phase is quite simple, complete the half-ironman
- ▶ You must be ready for the heavy volume of training, the long rides, runs and brick sessions are very physically demanding and your body and mind must be well prepared for this
- ▶ We introduce some open water swimming during this phase and it is crucial that you swim open water once per week to become completely familiar with the conditions of open water
- ▶ Spend time creating bike and run routes that mimic the half-ironman course, if you are well prepared by doing replica sessions to what you can expect on race day then you will experience a much better race experience
- ▶ You should use the long training sessions as an opportunity to gauge the correct race pace, expect to make a few mistakes when trying to estimate the race pace, it is important that you start the race with a good understanding of what you are capable of
- ▶ Spend time creating a race plan, this should include a timeline of the couple of days leading up to the race, the race itself, estimated times/speeds, nutrition strategy, equipment to be used and clothing to be worn
- ▶ Use the taper period to absorb all of the hard work you have done, do not become frustrated by the thought of training less, find other ways to occupy your time, do not be tempted to do any extra training during the taper

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 17 PEAK/TAPER Phase – Longer BRICK sessions are introduced this week. It gets very real from this point</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8</p> <p>4 sets of 50m Polo Sighting / 100m FC @ RPE:8</p> <p>10 x 100m FC @ RPE:9 @ 10secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 15mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 6 sets of 8mins @ RPE:8-9 / 2mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 8min efforts should be at a pace/effort that is slightly above what is estimated as race pace.</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 20mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 8 sets of 6mins @ RPE:8-9 / 2mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 6min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	REST DAY	<p><b>SWIM #13</b> P</p> <p>Warm Up: 200m various strokes</p> <p>Main Set: 1,900m Time Trial</p> <p>Cool Down: 100m various strokes</p>	<p><b>BRICK</b> O</p> <p>BIKE 2.5hrs or approx 45miles @ RPE:6-8</p> <p>Create a route that mimics the Ironman 70.3 Staffs course, including climbing and flat sections.</p> <p>RUN 1hr or approx 7miles @ RPE:7-8</p> <p>The duration of the BRICK sessions will build and so you must prepare the correct routes for this. Focus on working at the estimated race pace. Ensure you practice your nutrition strategy planned for race day.</p>
2,600m + 30mins	1hr 15mins	2,400m + 30mins	1hr 20mins		2,200m	3.5hrs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 18 PEAK/TAPER Phase – Focus on the interval sessions that are based around improving your race pace</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8</p> <p>4 sets of 50m Polo Sighting / 100m FC @ RPE:8</p> <p>10 x 100m FC @ RPE:9 @ 10secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 15mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 6 sets of 8mins @ RPE:8-9 / 2mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 8min efforts should be at a pace/effort that is slightly above what is estimated as race pace.</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 20mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 8 sets of 6mins @ RPE:8-9 / 2mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 6min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	REST DAY	<p><b>SWIM #13</b> P</p> <p>Warm Up: 200m various strokes</p> <p>Main Set: 1,900m Time Trial</p> <p>Cool Down: 100m various strokes</p>	<p><b>BRICK</b> O</p> <p>BIKE 3hrs or approx 50-55miles @ RPE:6-8</p> <p>RUN 1hr 15mins or approx 8- 9miles @ RPE:7-8</p> <p>The duration of the BRICK sessions is building and so you must prepare the correct routes for this. Focus on working at the estimated race pace. Ensure you practice your nutrition strategy planned for race day.</p>
2,600m + 30mins	1hr 15mins	2,400m + 30mins	1hr 20mins		2,200m	4hrs 15mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 19 PEAK/TAPER Phase – This is a big week, you start open water swim sessions and you have your last major run session</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8</p> <p>4 sets of 50m Polo Sighting / 100m FC @ RPE:8</p> <p>10 x 100m FC @ RPE:9 @ 10secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 5mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 5 sets of 8mins @ RPE:8-9 / 2mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 8min efforts should be at a pace/effort that is slightly above what is estimated as race pace</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 20mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 8 sets of 6mins @ RPE:8-9 / 2mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 6min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	<p>REST DAY</p>	<p><b>SWIM</b> OW</p> <p>Complete a short warm up then aim to swim 2,000m. Concentrate on holding a consistent pace. Work on using different breathing patterns and different sighting methods. If possible swim with others and use them as other athletes in a race.</p> <p><b>BIKE</b> O</p> <p>Aerobic / Race Pace 1hrs 15mins RPE: 6-8</p> <p>This ride should be quite an easy ride that does not include a lot of climbing. Tomorrow is your key run day therefore you do not want to start the run with fatigue in your legs</p>	<p><b>RUN</b> O</p> <p>Aerobic / Race Pace 1hr 30mins – 1hr 45mins or approximately 10 - 12miles RPE: 7-8</p> <p>Ensure you prepare with enough nutrition. Wear the exact clothing that you intend to wear on race day including running shoes. Have an idea of your pacing strategy and stick to it as much as possible.</p>
2,600m + 30mins	1hr 5mins	2,400m + 30mins	1hr 20mins		1hr 15mins + 2,200m	1hr 40mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 20 PEAK/TAPER Phase – Stay strong, stay healthy and stay focused. The weeks are getting long now and you need to stay on top of them</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8 4 sets of 50m Polo Sighting / 100m FC @ RPE:8 10 x 100m FC @ RPE:9 @ 10secs between sets Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 5mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 5 sets of 8mins @ RPE:8-9 / 2mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 8min efforts should be at a pace/effort that is slightly above what is estimated as race pace</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 15mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 7 sets of 6mins @ RPE:8-9 / 2mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 6min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	REST DAY	<p><b>SWIM</b> OW</p> <p>Complete a short warm up then aim to swim 2,200m. Concentrate on holding a consistent pace. Work on using different breathing patterns and different sighting methods. If possible swim with others and use them as other athletes in a race.</p>	<p><b>BRICK</b> O</p> <p>BIKE 2.5hrs or approx 40miles @ RPE:6-8</p> <p>RUN 1hr or approx 6miles @ RPE:7-8</p> <p>A shorter BRICK session this week as it is a recovery week. Focus on working at the estimated race pace. Ensure you practice your nutrition strategy planned for race day.</p>
2,600m + 30mins	1hr 5mins	2,400m + 30mins	1hr 15mins		2,400m	3.5hrs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 21 PEAK/TAPER Phase – Create a challenging route for long bike ride that includes the required amount of climbing</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8</p> <p>4 sets of 50m Polo Sighting / 100m FC @ RPE:8</p> <p>10 x 100m FC @ RPE:9 @ 10secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 15mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 6 sets of 8mins @ RPE:8-9 / 2mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 8min efforts should be at a pace/effort that is slightly above what is estimated as race pace</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 20mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 10 sets of 5mins @ RPE:8-9 / 1mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 5min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	REST DAY	<p><b>SWIM</b> OW</p> <p>Complete a short warm up then aim to swim 2,200m. Concentrate on holding a consistent pace. Work on using different breathing patterns and different sighting methods. Include some changes in pace to make it more of a race simulation.</p> <p>If possible swim with others and use them as other athletes in a race.</p> <p><b>RUN</b> O Aerobic / Race Pace 45mins RPE: 6-8</p> <p>This run should be quite an easy run. Tomorrow is your key ride day therefore you do not want to start the ride with fatigue in your legs</p>	<p><b>BIKE</b> O</p> <p>Aerobic 4hrs 20-30mins or approx 65-70miles RPE: 7-8</p> <p>Another long individual ride day. Aim to cover approx 1,000m of climbing. You should be trying to ride at close to estimated race pace.</p>
2,600m + 30mins	1hr 15mins	2,400m + 30mins	1hr 20mins		45mins + 2,400m	4hrs 30mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 22 PEAK/TAPER Phase – This is the physically toughest week. Your longest BRICK session is the final opportunity to test the training</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8</p> <p>4 sets of 50m Polo Sighting / 100m FC @ RPE:8</p> <p>10 x 100m FC @ RPE:9 @ 10secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 5mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 5 sets of 7mins @ RPE:8-9 / 3mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 7min efforts should be at a pace/effort that is slightly above what is estimated as race pace.</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 20mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 10 sets of 5mins @ RPE:8-9 / 1mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 5min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	REST DAY	<p><b>SWIM</b> OW</p> <p>Complete a short warm up then aim to swim 2,200m. Concentrate on holding a consistent pace. Work on using different breathing patterns and different sighting methods. Include some changes in pace to make it more of a race simulation. If possible swim with others and use them as other athletes in a race.</p>	<p><b>BRICK</b> O</p> <p>BIKE 3hrs or approx 50miles @ RPE:7-8</p> <p>RUN 1hr 15-20mins or approx 9miles @ RPE:8</p> <p>This is your last full length pre-race BRICK session. It is arguably the key session of the whole plan. Focus on working at the estimated race pace.</p> <p>Ensure you practice your nutrition strategy planned for race day.</p>
2,600m + 30mins	1hr 5mins	2,400m + 30mins	1hr 20mins		2,400m	4hrs 15mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 23 PEAK/TAPER Phase – Focus on the race pace intensity workouts to keep your body and mind ready for racing</b>						
<p><b>SWIM #11</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 4 sets of 100m Hypoxic Breathing / 50m FC @ RPE:8</p> <p>4 sets of 50m Polo Sighting / 100m FC @ RPE:8</p> <p>10 x 100m FC @ RPE:9 @ 10secs between sets</p> <p>Cool Down: 100m various strokes</p>	<p><b>RUN</b> O/Trd</p> <p>Intervals Race Pace 1hr 5mins RPE: 6-9</p> <p>Warm Up: 10mins @ RPE:6</p> <p>Main Set: 5 sets of 7mins @ RPE:8-9 / 3mins @ RPE:5-6)</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 7min efforts should be at a pace/effort that is slightly above what is estimated as race pace.</p>	<p><b>SWIM #12</b> P</p> <p>Warm Up: 300m various strokes</p> <p>Main Set: 10 x 200m FC @ RPE:8 @ 15secs between sets</p> <p>Cool Down: 100m various strokes</p> <p><b>STRENGTH #3</b> G/H 30mins</p>	<p><b>BIKE</b> O/G/TT</p> <p>Intervals Race Pace 1hr 20mins RPE: 6-9</p> <p>Warm Up 10mins @ RPE:6</p> <p>Main Set: 10 sets of 4mins @ RPE:8-9 / 2mins @ RPE:6</p> <p>Cool Down: 5mins &amp; stretch</p> <p>The 4min efforts should be at a pace/effort that is slightly above what is estimated as race pace. Use this time as an opportunity to practice more climbing strength and positioning.</p>	REST DAY	<p><b>SWIM</b> OW</p> <p>Complete a short warm up then aim to swim 2,000m. Concentrate on holding a consistent pace. Work on using different breathing patterns and different sighting methods. Include some changes in pace to make it more of a race simulation.</p> <p>If possible swim with others and use them as other athletes in a race</p>	<p><b>BRICK</b> O</p> <p><b>BIKE</b> 2hrs or approx 35miles @ RPE:7-8</p> <p><b>RUN</b> 40-50mins or approx 5-6miles @ RPE:7-8</p> <p>Focus on working at the estimated race pace. Ensure you practice your nutrition strategy planned for race day.</p>
2,600m	1hr 5mins	2,400m + 30mins	1hr 20mins		2,200m	2hrs 45mins

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 24 PEAK/TAPER Phase – Race week, Realise your targets</b>						
<p><b>RUN</b> O/Trd                      Intervals Race Pace                      45mins                      RPE: 6-9                      Warm Up:                      10mins @ RPE:6                      Main Set:                      3 sets of 7mins @ RPE:8-9 / 3mins @ RPE:6)                      Cool Down:                      5mins &amp; stretch</p> <p>The 7min efforts should be at a pace/effort that is slightly above what is estimated as race pace</p>	REST DAY	<p><b>SWIM #14</b> P                      200m warm up with various strokes                      7 x 200m FC @ RPE:8 @ 15sec between sets                      100m cool down</p>	<p>REST DAY OR  <b>PRE-RACE BIKE</b> O                      If possible ride a section of the race course. The intensity should be light and concentrate on your surroundings. Use this to simply spin your legs. Make the ride no more than 1hr 30mins.</p>	<p>REST DAY OR  <b>PRE-RACE BIKE</b> O                      If possible ride a section of the race course. The intensity should be light and concentrate on your surroundings. Use this to simply spin your legs. Make the ride no more than 1hr.</p>	<p><b>PRE-RACE SWIM</b> OW                      If possible swim on the race course. Aim to be in the water no more than 15mins.                      Visualise the race start and where you will position yourself. Walk through the swim exit to transition.</p> <p><b>PRE-RACE RUN</b> O                      A very light 10-15mins to keep some movement in your legs.</p>	<p><b>RACE DAY</b></p> <p>Put in place everything you have trained for over the last 24wks. Have a well detailed race plan and stick to that race plan.</p> <p>Take time to enjoy the race and acknowledge all of the support but stay focused on what you need to do in order to complete the half-ironman.</p> <p>Good Luck.</p>
45mins		1,700m	1hr 30mins	1hr	30mins	

## Rate of Perceived Exertion

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions.

These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session. Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE	DESCRIPTION
0	Complete rest
1	<b>Very Weak:</b> I am just about moving
2	<b>Weak:</b> I am walking at a faster pace and can hold a conversation easily
3	<b>Light:</b> I am beginning to sweat a little, but can hold conversation throughout
4	<b>Moderate:</b> I am very happy at this effort
5	<b>Somewhat Strong:</b> I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	<b>Strong:</b> I am beginning to feel more out of breath but could maintain this pace for a few hours
7	<b>Very Strong:</b> My breathing is very laboured, but I can still maintain pace for an hour without slowing
8	<b>Hard:</b> I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	<b>Very Hard:</b> This is hurting and I can only hold this effort for up to 5mins
10	<b>Extremely Hard:</b> I am absolutely flat out and this is sprinting. I will need to stop after 30secs

## Explanation of swim drills

*Included within the swim sessions are a number of drills. Please find an explanation of each drill below:*

**KICK:** Swim on your front and using a kickboard you use only your legs to aid propulsion. You must kick from the hips using a straight leg action. Concentrate on pointing your feet behind you and having floppy and flexible ankles. Engage your core to keep your hips elevated. When using the kickboard aim to keep the board horizontal by applying a small amount of pressure down on the board thus raising your chest. You can either keep your head up or pop your face into the water to simulate the correct body position. You can use fins to help with your kick if necessary.

**SIDE KICK:** Hold the kickboard in one hand and keep that hand outstretched in front of your head and body, your other arm will rest on your side. Kick from the hips with the hips facing the sides of the pool. Concentrate on pointing your feet towards the end of the pool with floppy and flexible ankles. Engage your core to keep your hips elevated. You should keep your face pointing down to the bottom of the pool only turning your head sideways to breathe. You can use fins to help with your kick if necessary.

**DEAD MAN FLOAT:** Push off the wall keeping your arms in front of the head then when you begin to lose momentum bring your arms back to being by your sides, where they now stay. Use only your kick for propulsion, using fins where necessary. Concentrate on body and head position, keep your head facing down with the chin slightly tucked inwards to your chest and push your chest out down towards the floor. The hips should gently break the surface of the water. If you become stationary simply do a few arm strokes to gain momentum again.

**PENCIL FLOAT:** Apply the same principles as for the Dead Man Float, except this time you keep your arms fully stretched out in front of the body and have your head squeezed in between your arms. Concentrate on keeping the arms straight and long.

**CATCH-UP:** When swimming a standard Front Crawl technique apply a slower arm revolution so that each arm is completing a full stroke before the other arm begins the next stroke. Complete a full stroke with your Right arm, holding your Left arm in a forward and outstretched position, with your Right hand coming through and making contact with your Left hand before you begin a full stroke with the Left arm. Continue to do this resisting the temptation to begin the next stroke too soon. A handy tip is to use a kickboard or pull buoy and hold this in the leading

hand and exchange hands between strokes. If you struggle to maintain body position doing this drill hold a pull buoy between your thighs.

**PULL:** Swim standard Front Crawl holding a pull buoy between your thighs. Concentrate on the power needed to complete the full stroke without any kick being applied. You must be strict to not use any kick doing this. Do not speed your stroke up to compensate for the lack of a leg kick.

**ZIPPER:** Swim standard Front Crawl, as your arm is beginning its movement up the body trail your thumb up from the thigh, past the hip and into towards the arm pit before allowing the hand to exit the water and reach forwards. This encourages a high elbow exit from the water as well as keeping your recovery arm in close proximity to the body.

**PADDLES:** Wear hand paddles to apply greater resistance to the water through each stroke. This promotes greater strength through your arms and shoulders. To use paddles properly ensure that you have the correct size paddle for your hand, then when using you must enter the water with the fingers pointing down to the bottom of the pool and pull through the water with your elbow always higher than your hand. Continue to push all of the way through the stroke past your hip to get full use of the paddle.

**POLO-SIGHTING:** Introduce some open water skills to your pool swim with this drill. When turning your head to breathe also turn your head forwards to look in front of you. When trying to look forwards activate a strong stroke that will allow you to bring your shoulders higher out of the water. Do not do this every breath, start with every 4 breathes and work up to every 8. Find the sighting/breathing pattern that works best for you.

**HYPOXIC BREATHING:** Swim standard Front Crawl and concentrate on the number of strokes per breath. Begin with your normal breathing pattern and then gradually try to increase by 1 stroke at a time, building to a maximum of 7 strokes per breath. You must relax completely to be able to execute this drill, relax your chest, neck and jaw and focus on a very slow exhalation. Alternate between breathing patterns to simulate the unpredictability of open water swimming.

## Strength Training Programmes

Each phase of the training targets different physical demands and your overall performance will be improved greatly by including a strength and conditioning workout into your programme. Below are the workouts to be completed, along with an explanation of the exercises.

A list of abbreviations is explained here:

BW = Body Weight

RB = Resistance Band

### Base Phase: Strength #1

Exercise	Sets	Reps/Time	Tempo	Rest	Weight	Notes
<b>Cardio Warm Up</b>		5mins				Choose a cardio exercise to complete for 5mins at a comfortable pace
<b>Squat</b>	3	15	2 down, 2 up	30 sec	BW	Stand with feet shoulder width, keep feet flat and sit down. You may use a low chair as a height guide. Touch but don't actually sit down.
<b>Tricep Dips</b>	3	12-15	2 down, 2 up	30 sec	BW	Using your stairs or a stable chair, hold yourself off the edge and lower until your elbows are at 90 degrees. Press back up again, pushing shoulders down at the top.
<b>Hip Raises</b>	3	15	2 up, 2 down	30 sec	BW	Lay on back with arms by your side and feet flat on the floor. Drive hips into the air, squeezing glutes. Gently lower back down to start position.
<b>Plank</b>	2	45-60 sec	n/a	30 sec	BW	Lay on front facing the floor, push through your forearms to support your body weight on your forearms and feet. Keep legs straight if possible, otherwise revert to a position from the knees.
<b>Centipede</b>	3	10	Slow	30sec	BW	From laying on your front, press up to your knees then feet. Walking back with your hands keeping your legs as straight as you can, until you are able to stand up. Over time you will gain more hamstring flexibility and shoulder strength
<b>Dorsal Raises</b>	3	10	2 up, 2 down	30 sec	BW	Lay on front on floor with arms by side, contract glutes & lift chest, shoulders and arms off floor & hold.
<b>Side Plank</b>	1 each side	45-60 sec	Isometric	n/a	BW	Lay on your side, push through your forearms to support your body weight on your forearms and feet. Keep legs straight if possible, otherwise revert to a position from the knees.
<b>Crunches</b>	3	20	1 up, 1 down	30 sec	BW	Perform 3 different styles of ab crunches.

## Build Phase: Strength #2

Exercise	Sets	Reps/Time	Tempo	Rest	Weight	Notes
<b>Cardio Warm Up</b>		5mins				Choose a cardio exercise to complete for 5mins at a comfortable pace
<b>Split Lunge - rear leg raised</b>	2 each side	12-15	2 up, 2 down	30 sec	BW	Stand in a split stance with one leg in front and the other behind on a step or box about 1 foot high. Lunge down as far as you can control in good form, then return to the top. Repeat for 15 reps and then complete on the other side.
<b>Resistance band Pulldowns</b>	3 each side	15-20	2 pull, 2 return	30 sec	RB	Stand with feet shoulder width apart, wrap a resistance band around a pole higher than your head and hold in both hands. Pull down keeping your arms quite straight to bring your hands to your hips. Keep your abs and core tight throughout.
<b>Dorsal Raises</b>	3	10	2 up, 2 down	30 sec	BW	Lay on front on floor with arms by side, contract glutes & lift chest, shoulders and arms off floor & hold.
<b>Single Leg Hip Raises from step</b>	3 each side	15	2 up, 2 down	30 sec	BW	Lay on your back, holding one leg in the air, knee bent. With the other leg on a step/box/stair, drive your hips upwards squeezing from your glutes. Repeat for 15 reps and then switch side.
<b>Tricep Dips – feet raised</b>	3	12	1 down, 2 up	30 sec	BW	Using your stairs or a stable chair, hold yourself off the edge and lower until your elbows are at 90 degrees. Have your feet also raised approx 12-15" off the floor. Press back up again, pushing shoulders down at the top.
<b>Straight Arm Plank</b>	3	60 sec	n/a	30 sec	BW	Lay on front facing the floor, push yourself up to a straight arm position to support your body weight on your hands and feet. Keep legs straight if possible, otherwise revert to a position from the knees.
<b>Calf Raises</b>	2 each side	20	1 up, 2 down	30sec	BW	Stand on one leg with the trailing leg behind the front foot. Stand up as tall as possible stretching through the calf. Squeeze at the top of the movement then lower down. Focus on balance as well.
<b>Side Plank – split feet</b>	1 each side	45-60 sec	Isometric	n/a	BW	Lay on your side, push through your forearms to support your body weight on your forearms and feet. When in position raise the top foot off the lower foot and keep feet apart. Keep legs straight if possible.
<b>Crunches</b>	5	20	1 up, 1 down	30 sec	BW	Perform 5 different styles of ab crunches.

## Peak/Taper Phase: Strength #3

Exercise	Sets	Reps/Time	Tempo	Rest	Weight	Notes
<b>Cardio Warm Up</b>		5mins				Choose a cardio exercise to complete for 5mins at a comfortable pace
<b>Squat</b>	3	15	2 down, 2 up	30 sec	BW	Stand with feet shoulder width, keep feet flat and sit down. You may use a low chair as a height guide. Touch but don't actually sit down.
<b>Tricep Dips</b>	3	12-15	2 down, 2 up	30 sec	BW	Using your stairs or a stable chair, hold yourself off the edge and lower until your elbows are at 90 degrees. Press back up again, pushing shoulders down at the top.
<b>Hip Raises</b>	3	15	2 up, 2 down	30 sec	BW	Lay on back with arms by your side and feet flat on the floor. Drive hips into the air, squeezing glutes. Gently lower back down to start position.
<b>Straight Arm Plank</b>	3	60 sec	n/a	30 sec	BW	Lay on front facing the floor, push yourself up to a straight arm position to support your body weight on your hands and feet. Keep legs straight if possible, otherwise revert to a position from the knees.
<b>Resistance band Pulldowns</b>	3 each side	15-20	2 pull, 2 return	30 sec	RB	Stand with feet shoulder width apart, wrap a resistance band around a pole higher than your head and hold in both hands. Pull down keeping your arms quite straight to bring your hands to your hips. Keep your abs and core tight throughout.
<b>Centipede</b>	3	10	Slow	30sec	BW	From laying on your front, press up to your knees then feet. Walking back with your hands keeping your legs as straight as you can, until you are able to stand up. Over time you will gain more hamstring flexibility and shoulder strength
<b>Dorsal Raises</b>	3	12-15	2 up, 2 down	30 sec	BW	Lay on front on floor with arms by side, contract glutes & lift chest, shoulders and arms off floor & hold.
<b>Side Plank – split feet</b>	1 each side	45-60 sec	Isometric	n/a	BW	Lay on your side, push through your forearms to support your body weight on your forearms and feet. When in position raise the top foot off the lower foot and keep feet apart. Keep legs straight if possible.
<b>Crunches</b>	3	20	1 up, 1 down	30 sec	BW	Perform 3 different styles of ab crunches.