



# 12-Week Training Program Beginner's IRONMAN 70.3

Prepared for the Baker Institute's Team To Beat by Michael Harvey  
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## Hey, I'm Michael Harvey!

I set up Momentum Endurance Coaching to work with athletes who see triathlon and endurance sport as part of their lifestyle. The Momentum coaches support real people as they take on super-human challenges. We look at all aspects of what is required to get them the results they want, coaching both their body and their mind.

I have created a beginner's program for anyone who is at an average level of fitness. If you have any questions, please contact Amy at the Baker Institute and she'll pass them on so I can help out! Good luck with it, and don't forget the importance of sleep for recovery...

## 12-week training program for a beginner's IRONMAN 70.3

From a basic level of fitness prior to commencing this training you should be able to complete 1km of swimming, 90 mins of cycling and 1 hour of running which should cover your IRONMAN 70.3. This is a guide and if you find yourself excessively tired, getting niggles or pain while training you should rest and seek the advice of a reputable and qualified coach for assistance. I have broken the training into three blocks: **1) Get Moving; 2) Ramping Up; and 3) Go For It.**

# 1. Get Moving

The first four-week block of training is designed to get your body moving consistently. While we're not taking on long sessions yet, don't worry they'll come later! The biggest mistake you can make is leaping in too fast and picking up injuries. If these levels feel "comfortable" be happy they do as there will be less "comfortable" moments in the weeks to come!

w/u = Warm Up

c/d = Cool Down

BRICK = panic (not really, complete the two activities as a set together)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM- 30min easy run PM- Swim set	1hr easy ride	AM- 30min easy run PM- Swim set	45min easy flat run	Rest day	BRICK: 90min easy/moderate ride -20min easy run off the bike	-1hr easy ride or -30min easy recovery swim
AM- 30min easy run PM- Swim set	1hr strength ride: 15min w/u 1min big gear/1min easy x10 c/d	AM- 30min easy run PM- Swim set	45min easy flat run	Rest day	BRICK: 90min easy/moderate ride -20min easy run off the bike	-1hr easy ride or -30min easy recovery swim
AM- 40min easy run PM- Swim set	1hr strength ride: 15min w/u 1min big gear/1min easy x14 c/d	AM- 40min easy run PM- Swim set	50min easy flat run	Rest day	BRICK: 2hr easy/moderate ride -20min easy run off the bike	-1hr easy ride or -30min easy recovery swim
AM- 40min easy run PM- Swim set	Rest day	AM- 40min easy run PM- Swim set	1hr easy flat run	Rest day	BRICK: 2hr easy/moderate ride. Push the last 15mins home at medium -30min easy run off the bike	-1hr easy ride or -30min easy recovery swim or -rest day if tired

## 2. Ramp Up

Now we're going to start to add some distance to our sessions. Longer rides on the weekend mean you will need to be using food and drink to sustain your session, so if you are not familiar with working out and munching / drinking at the same time – now is the time to practise! On easier days be sure to really stick with a lower intensity of activity so you help your recovery. You may find you are getting tired so monitor and focus on quality sleep and decent nutrition. It is important to eat some food (protein AND carbs) after each training session as well as always thinking about rehydrating well. Some people find “sports drinks” help them (water with some added sugar and electrolytes. It is worth finding the ones you like and getting used to them, as well as energy gels too.

w/u = Warm Up

c/d = Cool Down

MOD = Moderate

MED = Medium

MAD = Mad

“race effort” = what you think you can sustain on the day

BRICK = complete the activities as a set together

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM- 40min easy run PM- swim set	1hr strength ride: 15min w/u 1min big gear/1min easy x16 c/d	AM-40min run as 15min w/u 5min mod 5min med 5min mad c/d PM-swim set	1hr easy flat run	Rest day	BRICK: -2.5hrs ride easy/moderate on an undulating course -30min easy run off the bike	-1hr easy ride or -40 min easy recovery swim
AM- 40min easy run PM- swim set	1hr strength ride: 15min w/u 1min big gear/1min easy x18 c/d	AM-40min run as 15min w/u 5min mod 5min med 5min mad c/d PM-swim set	1hr 10min easy undulating run	Rest day	BRICK: -3hrs easy/moderate ride on an undulating course -30min easy run off the bike	-40 min easy recovery swim
AM- 40min out and back run Easy out/medium back PM- swim set	1hr strength ride: 15min w/u 1min big gear/1min easy x20 c/d	AM-40min run as 15min w/u 5min mod 5min med 5min mad c/d PM-swim set	1hr 20min easy undulating run	Rest day	BRICK: -3hrs easy/moderate ride on an undulating course. 10min medium at end of each hour -30min easy run off the bike	-40 min easy recovery swim
AM- 40min easy run PM- swim set	Rest day	AM- 40min easy run PM- swim set  w/u then run 20x50's as 35'easy/15'mad c/d	1hr 30min easy undulating run	Rest day	BRICK: Swim: 200m w/u 3x500m @ race effort (1min between each 500) Bike: 3hrs easy/moderate on an undulating course. 15min medium at end of each hour	-1hr easy ride or -40 min easy recovery swim or rest day if tired

### 3. Go For It

As we head towards the race our sessions become more specific to the challenge. We are at peak volume and towards the end we begin to drop the efforts during the sessions to allow your body to recover and repair before the big day. Again it is important to get rest and keep easy sessions “easy” to recover. Keep trialing and refining your food and drinks strategy in longer sessions (particularly the long ride and run days). It’s all uphill from here...

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM- 40min out and back Easy out/medium back PM- Swim set	90min ride  Include 4x5min medium efforts	AM-40min run as 15min w/u 5min mod 5min med 5min mad c/d PM-swim set	-AM 90min easy undulating run -PM 30min easy flat run on a soft stable surface	Rest day	BRICK: -90min ride as 60min easy then 5min MAD/5min easy x3 -40min easy run off the bike	-90min easy ride -Recovery swim 5x200m easy
AM- 40min out and back Easy out/medium back PM- Swim set	90min ride  Include 5x5min medium efforts	AM- 40min easy run PM- Swim set	AM- 90min easy undulating run  -PM 30min easy flat run on a soft stable surface	Rest day	BRICK: Swim: 200m w/u 3x500m @ race effort (1min between each 500) Bike: 3hrs easy/moderate on an undulating course. 15min medium at end of each hour	-90min easy ride -Recovery swim 5x200m easy
AM- 40min easy run PM- Swim set	90 min easy ride	AM- 40min easy run PM- Swim set	-90min easy run	Rest day	BRICK: 2.5hrs easy ride 40min easy run off the bike	Rest day
-AM swim set  -PM 40min easy run	70min ride as 40min easy/15min medium/15min c/d	AM swim- 5x400's mod  PM-30min easy run	-AM 40min ride as 10min w/u then 2min build to medium/8min easy x3  -PM 30min easy run	Rest day	-15min easy run -30min easy bike (NOTE: check bike is set up and running ok)	<b>RACE DAY</b>

# Appendix

Terminology from document:

## Easy

Comfortable, conversational pace. In the swim relaxed strokes. On the bike, easy relaxed cadence. On the run, easy jog with a nice rhythm. In general, a sustainable, “all day” pace. Used for warm up and some cool down in most workouts.

## Moderate

A moderate effort means that you need to start pushing a bit. This is a pace that starts to harness some strength in your swim stroke, your pedal stroke or your stride but it doesn't feel hard. The effort / pace is sustainable for long efforts. In the swim, you swim without pushing your aerobic system to strain. Breathing should be light enough that you recover for another effort within 10 seconds. On the bike, a pace you can sustain for many hours. On the run, you are increasing your breathing and stepping out of warm-up pace. You could comfortably run this pace for several hours.

## Medium

The effort does not feel like something you could sustain for very long, and yet training “in the here and now” you can hold this without seeing the end of the effort. This feels like the effort you would race your long race when fit and recovered. At the same time, it's not exactly pain free. You can sustain this pace for the foreseeable time, but your breathing is somewhat laboured and conversation is definitely curtailed. You need to focus on the effort but are not pushing a pace where you need to back off – nor do you feel like you would want to push it much faster. It doesn't quite hurt, but you can handle it because it's going to end.

## Mad

This is definitely uncomfortable! You only push this hard for either short efforts (e.g. sprints in the pool, and strength intervals on the bike), or sustained efforts late in a workout when you are already fatigued.

In the swim, this might mean very short, fast efforts with lots of rest. On the bike, giving it what you can give at the moment, for example “**Mad**” at the end a ride, or in a workout where the effort builds from **Moderate**, to **Medium** and finishing with **Mad**. In the run, the pace really hurts but it is not all out. It feels similar to the pain of race pace in shorter triathlon races. You will be breathing hard, but there is a little left in the tank so it's not all out. As with the bike we use this with workouts that build from **Moderate** to **Medium**, finishing with **Mad**.

## Swim sets:

w/u = warm up

c/d = cool down

'+' = rest after each rep