

# 6 Week Training Plan



## Ironman 70.3 Calgary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	21	22	23	24	25	26
Bike – 4 hrs	Run - 50 min Fartlek	<a href="#">Swim – aerobic 2</a> Bike – 75-90 min	<a href="#">Bike – Example 1</a>	<a href="#">Swim - Aerobic 1</a> <a href="#">Run - Intervals 1</a>	Easy 30 min run or Off	Swim – 30 min Run – 60-80 mins
Week 2	28	29	30	1	2	3
Bike – 2 hrs Run – T20 Run	60 min – Tempo Run 1	<a href="#">Swim – aerobic 1</a> <a href="#">Bike – Example 1</a> Run – T20	<a href="#">Bike – Example 1</a> (75-90 mins)	Swim – Fast stuff 1 <a href="#">Run – Intervals 2</a>	Off	Swim – 45 min Open water Run – Long Run 120 mins
Week 3	5	6	7	8	9	10
Bike – 3 hrs Run – T40 Run	60 min – Hilly run	<a href="#">Swim – aerobic 2</a> Bike – 75 mins TT position Run – T20 min	Bike – 60 mins	<a href="#">Swim – Fast Stuff 2</a> <a href="#">Run – Intervals 2</a>	Off	Swim – 45 min Open water Run – 90 mins
Week 4	12	13	14	15	16	17
Bike – 3 hrs Run – T40 Run	40 min Hilly run	<a href="#">Swim – aerobic 1</a> <a href="#">Bike Example 2</a> Run – T20 min	Bike – 60 mins	<a href="#">Swim – Anaerobic Threshold</a> <a href="#">Run – Interval 1</a>	Off	Swim – Open Water 45 min Run – 60 mins
Week 5	19	20	21	22	23	24
Bike – 2 hrs Run – T20 Run!	Run - 45 min Fartlek	Swim – aerobic 2 Bike – 60 min TT Position Run – T10 min !!	off	<a href="#">Swim – Fast Stuff 1</a> Bike – 60 min TT Run – T10 min !!	Off	Swim – Open water 30 min Run – 40 mins
Week 6	26	27	28	29	30	31
Bike – 1 hr Run – T10 Run!!  !!! = fast	Swim – 40 min Steady swim	Bike – 60 min TT Run – T10 !!	off	Run – 20 min easy	Off Or swim 15 min	15 min - Open Water swim Bike - 30 min c pick-ups Run – 10 min !!

August 1st – 1.2 miles cool swim + 58 miles hilly bike + 13.1 mile hilly run = 70.3 Calgary Personal Best  
**Smile when you cross the finish line!**

Example workouts:

Swim: <http://www.speedtheory.ca/blog/?p=846>

Bike: <http://www.speedtheory.ca/blog/?p=858>

Run: <http://www.speedtheory.ca/blog/?p=862>