



## June

Nine weeks to go! June is when we really start training like Ironmen and women. You now have an excellent base and we started triathlon-specific training last month so your transition runs should start feeling more natural (if that is ever possible). Now we start real training – it may be time to have “the talk” with your loved ones about not being around as much and reminding them that it is only for a few more weeks.

Not only does the training become more specific, but the preparation should become more specific too. Now is the time you want to nail down your hydration and fueling – figure out what works for you, how much fuel you can stomach without feeling gross, and start to monitor your pace and heart rates on the bike and run. You shouldn't be doing much at race pace, but when you do, really try to nail down what race pace intensity feels like.

This four and a half week training block includes three weeks building intensity and one recovery week. Please monitor yourself accordingly. You can always make-up a workout, but if you get injured now, it will be tough to be ready to PB on race day. Also, make sure you take the recovery week – next month will start off pretty hard. As always, the workouts identified in the attached calendar refer to articles in this month's newsletter. They are also all on the SpeedTheory blog.

Good luck, please email us if you have questions.



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## Ironman 70.3 Specific Build



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 60 Min - Tempo <a href="#">Run 1</a>	31 <a href="#">Swim – aerobic 1</a> <a href="#">Bike – Example workout 2</a> Run – T20 run	1 <a href="#">Bike – Example workout 1</a> or 75-90 mins	2 <a href="#">Swim – Threshold 1</a> <a href="#">Run – Intervals 1</a>	3 Off	4 Swim – 45 min choice swim Run - 100-120 mins
5 Bike – 3 hrs Run – T30 Run	6 60 min – easy run	7 <a href="#">Swim – aerobic 2</a> <a href="#">Bike – Example workout 2</a> or 75 mins TT position Run – T25	8 <a href="#">Bike – Example 1</a>	9 <a href="#">Swim – threshold 2</a> <a href="#">Run – Intervals 2</a>	10 Off	11 Swim – 45 min choice swim Run – 90 mins
12 Bike – 3 hrs Run – T40 Run	13 60 min Tempo <a href="#">Run 2</a>	14 <a href="#">Swim – aerobic 1</a> <a href="#">Bike Example 2</a>	15 <a href="#">Bike – Example 1</a>	16 <a href="#">Swim – Threshold 1</a> <a href="#">Run – Interval 1</a>	17 Off	18 Swim – 45 min choice Run – 120 mins
19 Bike – 4 hrs	20 Run - 50 min Fartlek	21 <a href="#">Swim – aerobic 2</a> Bike – 75-90 min	22 <a href="#">Bike – Example 1</a>	23 <a href="#">Swim - Aerobic 2</a> Easy 30 min run	24 Easy 30 min run or Off	25 Swim – 30 min Run – 60-80 mins
26 Bike – 2 hrs Run – T20 Run	27 60 min – Tempo <a href="#">Run 1</a>	28 <a href="#">Swim – aerobic 1</a> <a href="#">Bike – Example 1</a> Run – T20				