Triathlon Training Plan:
70.3 – 16 Week Plan

In partnership with

running withus | COACHING & CONSULTANCY
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Introduction

This training plan, put together by our coaching partners Running With Us, is designed to get you to the start line of the triathlon feeling prepared and confident that you can achieve your goal.

1 Is this the right plan for me?

This 70.3 triathlon plan is designed for those looking to complete this distance for the first time. We encourage you to complement the training outline with core conditioning and cross training as outlined in our Triathlon Guide.

2 What if I'm not there yet

Really focus on holding back your effort on your easy training sessions – many beginners try to train a little too hard. You can always mix the sessions in the plan with cross training.

3 Why train in this way?

If you keep doing the same things over and over again you can't expect different results. This plan is designed to add variety, structure and progression to your training. It will challenge you across a range of different heart rate zones and gradually build up your ability to run at your desired goal marathon pace.

4 Is this everything I need to know?

No – this plan is supported by our Triathlon Guide, which gives more detail on the structure of the training sessions and top tips on nutrition and recovery to leave you fitter, stronger and more energised as you progress through your training journey.

5 What do all the terms mean?

All the training schedules involve a broad variety of training sessions and intensities. We have a full glossary of different terms you will see in this guide, such as 'threshold' and 'progression'.

6 What if I miss a session, pick up a niggle or get sick?

No training plan is designed to be a tablet of stone; it's a guide and only one approach to get you in great shape. Training for a triathlon is a journey, though, and doesn't always go smoothly. Feel free to chop and change the plan and shift runs to different days that may work better for you. Take care not to train back-to-back 'hard' days – so try to avoid doing a threshold session followed the next day by another hard session, for example.

If you miss days through work, holiday, sickness or injury, don't try to play catch-up. Step back into the plan where you left off, and be patient. If you feel you need to catch up, check out our cross-training tips in the Triathlon Guide ... don't just add more sessions unless you are ready.

Notes

Always include a 10 minute easy warm up and cool down either side of 'threshold', 'hill' or 'interval' efforts. Check out our Triathlon Guide for our top core exercises and stretches. Remember to stretch well every day.

GLOSSARY

Here you will find a glossary of the terms used in our training plans.

Rest
To help your body cope with the workload, rest is going to be as important a part of your training schedule as the running itself. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've run a step, find yourself thinking up excuses not to train or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload.

Recovery Sessions
Training for endurance requires your body to work harder than it has ever done. To see improvement without breaking down, you'll need some recovery sessions. These should be nice and easy and you should feel relaxed. Enjoy the scenery. You should be breathing easily and be capable of holding a conversation throughout the swim, bike or run. This will mean that you are training in the 60–70% range of your Maximum Heart Rate (MHR). It also helps with the removal of the waste products which accumulate in your muscles after harder efforts.

Brick Sessions
Transition from one activity to another – ie bike to run. Note the duration and intensity of the session, including any intervals at effort and recovery.

Threshold Sessions
After the long run, threshold sessions are probably your most valuable workouts. They are completed at a controlled brisk pace, about 80–85% of your MHR, you'll only be capable of uttering a couple of words to your training partners. Tempo/threshold runs or bike sessions improve your lactate threshold (the speed above which your body struggles to cope with the lactic acid created by burning energy without oxygen), your economy and aerobic capacity .

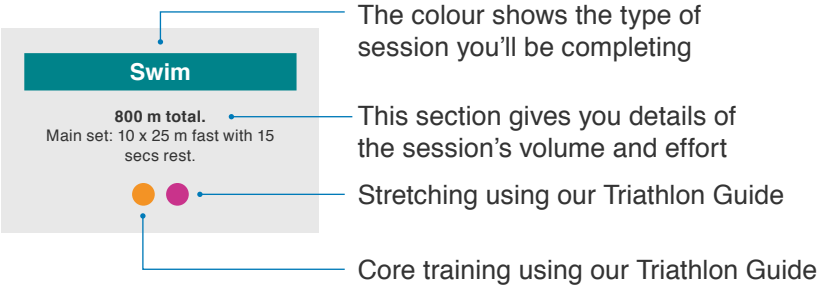
Interval Training
Intervals help to boost specific race pace speed and involve running, swimming or biking timed efforts with a controlled recovery. The effort level is around 85–100% of MHR, depending on the duration of the event you are training for and the length and volume of intervals used. A typical example might be 6 x 3 minutes @ 5km race pace with a 90 second recovery.

Warming Up / Warm Down
When you are going to do any faster training (such as interval training), it is important to warm up gradually. A 10-15 minute easy swim, jog or bike lets your muscles warm up and improve their range of movement.

USING THE PLAN

Our training plans are structured as follows:

Anatomy of a session:



What the colours mean:

Swim

Swim session.
Note the duration and intensity of the session, including any intervals at effort and recovery.

Bike

Bike session.
Note the duration and intensity of the session, including any intervals at effort and recovery.

Run

Run session.
Note the duration and intensity of the session, including any intervals at effort and recovery.

Brick

Brick session.
Transition from one activity to another – ie bike to run.
Note the duration and intensity of the session, including any intervals at effort and recovery.

Rest

Rest is critical to adaptation and progression, you might be completing core or stretching on these days though!

70.3 Training Plan / 1

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly positives:
1	**Rest** Rest is vital to progression and adaptation. Note the yellow and pink dots to remind you to do the stretches and core conditioning in our guide.	**Bike** **50–60 mins** with 8 x 30 secs sprints included	**AM Swim** **Intervals session** 800m total. Main set: 10 x 25m fast with 15 secs rest. **PM Run** **45 mins** easy.	**Bike** **40–50 mins** steady	**AM Swim** **Intervals session** 800m total. Main set: 3 x 100m race pace with 15 secs rest. **PM Run** **40 mins** easy.	**Bike** **80 mins** easy	**AM Run** **60 mins** easy. **PM Swim** **Intervals session** 800m easy swim. Break into 50–100m intervals with 10–15 secs rest if needed.	
2	**Rest**	**Bike** **50–60 mins** with 8 x 30 secs sprints included	**AM Swim** **Intervals session** 1 km total. Main set: 12 x 25m fast with 15 secs rest. **PM Run** **Intervals session** 45 mins with 4 x 6 mins at threshold effort (90 secs rest)	**Bike** **45–60 mins** easy	**AM Swim** **Intervals session** 900m total. Main set: 4 x 100m race pace with 15 secs rest. **PM Run** **40 mins** easy.	**Bike** **90–100 mins** easy	**AM Run** **75 mins** easy. **PM Swim** **Intervals session** 1 km easy swim, break into 50–100m intervals with 10–15 secs rest if needed.	
3	**Rest** Stretching well the day after your hard Sunday sessions will help you feel better as you move through the week ahead!	**Bike** **Intervals session** 60 mins with 3 x 8 mins at 'threshold' effort with 2 mins easy spin.	**AM Swim** **Intervals session** 1 km total. Main set: 12 x 25m fast with 15 secs rest. **PM Run** **Intervals session** 45 mins with 4 x 6 mins at threshold effort (90 secs rest)	**Bike** **45–60 mins** easy	**AM Swim** **Intervals session** 1000m total. Main set: 3 x 200m race pace with 20–30 secs rest. **PM Run** **Intervals session** 45 mins with 4 x 6 mins at threshold effort with 90 secs rest.	**Bike** **1 hr 45 mins – 2 hrs** easy	**AM Run** **80-90 mins** easy. **PM Swim** **Intervals session** 1 km easy swim, break into 50–100m intervals with 10–15 secs rest if needed.	

70.3 Training Plan / 2

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly positives:
4	**Rest** Remember to note down the positives at the end of each training week.	**Bike** **45–60 mins** with 2 x 10 mins at 'threshold' effort with 2 mins easy spin recovery.	**AM Swim** **Intervals session** 800m easy swim, break into 50–100m intervals with 10-15 secs rest. **PM Run** 45 mins easy.	**Bike** **40 mins** + 10 mins race effort.	**AM Swim** **Intervals session** 800m total. Main set: 10 x 50m race pace with 10 secs rest. **PM Run** **45–60 mins** with final 15 mins at threshold effort.	**Bike** **80 mins** easy	**AM Run** **60 mins** easy. **PM Swim** **Intervals session** 800m easy swim. Break into 50–100m intervals with 10–15 secs rest if needed.	
5	**Rest** Get into a good habit of regular stretching check out our training guide!	**Bike** **Intervals session** 60 mins with 3 x 10 mins at 'threshold' effort with 2 mins easy spin recovery.	**AM Swim** **Intervals session** 1–1.2 km total. Main set: 8 x 50m fast with 20 secs rest. **PM Run** **45–60 mins** easy.	**Bike** **50–60 mins** easy.	**AM Swim** **Intervals session** 1.2 km total. Main set: 4 x 200m race pace with 20–30 secs rest. **PM Run** **Intervals session** 45 mins with 5 x 5 mins at threshold effort with 90 secs rest.	**Brick** **Brick 1 Bike** **2 hrs 15 mins** easy effort, transitioning into **Brick 2 Run** **15 mins** easy.	**AM Run** **Intervals session** 90 mins with 3 x 15 mins race effort with 5 mins easy recovery. **PM Swim** **Intervals session** 1.4 km easy swim, break into 50–100m intervals with 10–15 secs rest if needed.	
6	**Rest**	**Bike** **Intervals session** 60 mins with 2 x 15 mins at 'threshold' effort with 2 mins easy spin recovery.	**AM Swim** **Intervals session** 1–1.2 km total. Main set: 10 x 50m fast with 20 secs rest. **PM Run** **45–60 mins** easy.	**Bike** **50–70 mins** easy.	**AM Swim** **Intervals session** 1.2 km total. Main set: 2 x 300m race pace with 30–40 secs rest. **PM Run** **Intervals session** 50–60 mins with 6 x 5 mins at threshold effort with 90 secs rest.	**Bike** **2 hrs 30 mins.**	**AM Run** **Intervals session** 90 mins with 3 x 15 mins race effort with 5 mins easy recovery. **PM Swim** **1.4 km** easy swim. Aim to complete.	

70.3 Training Plan / 3

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly positives:
7	**Rest** ● ●	**Bike** **Intervals session** 60–70 mins with the final 25 mins at 'threshold' effort.	**AM Swim** **Intervals session** 1–1.2 km total. Main set 3 x 100m, 50m, 25m fast with 20-30 secs rest between efforts and sets. **PM Run** **45-60 mins** easy.	**Bike** **60–70 mins** easy.	**AM Swim** **Intervals session** 1.3–1.5 km total. Main set: 4 x 200m race pace with 20–30 secs rest. **PM Run** **Intervals session** 60 mins with 12 mins, 10 mins, 8 mins at threshold effort with 120 secs rest.	**Brick** **Brick 1 Bike** **2 hrs 30 mins** steady bike mirroring race profile, transitioning into **Brick 2 Run** **15 mins** easy.	**AM Run** **75 mins** easy. **PM Swim** **Intervals session** 1.4 km swim with 800m time trial included.	
8	**Rest** This week is preparing you for the Half Marathon race on Sunday. ● ●	**Bike** **45–60 mins** relaxed ride.	**AM Swim** **Intervals session** 1 km total. Main set: 12 x 25m fast with 15 secs rest. **PM Run** **Intervals session** 45 mins with efforts of 5/4/3/2/1 getting faster each block with 90 secs rest.	**Bike** **45 mins** easy.	**AM Swim** **Intervals session** 900m total. Main set: 4 x 100m race pace with 15 secs rest. **PM Run** **40 mins** easy.	**Bike** **2 hrs** easy.	**Run** **Half Marathon** race at 70.3 effort.	
9	**Rest** ● ●	**Bike** **Intervals session** 75 mins bike with 4 x 10 mins with odd numbers at 70.3 effort, evens at threshold effort with 2 mins easy spin recovery.	**AM Swim** **Intervals session** 1–1.2km total. Main set: 4 x 100m + 50m fast with 20 secs rest between efforts and sets. **PM Run** **45-60 mins** easy.	**Bike** **50–70 mins** easy	**AM Swim** **Intervals session** 1.5 km total. Main set: 4 x 200m race pace with 20–30 secs rest. **PM Run** **Intervals session** 45–60 mins with 4 x 6 mins threshold effort with 2 mins jog recoveries.	**Brick** **Brick 1 Bike** **Intervals session** 2 hrs 30 mins bike to include 3 x 15 mins race effort transitioning into **Brick 2 Run** **15–20 mins** easy.	**AM Run** **80–90 mins** easy. **PM Swim** **1.6 km** swim.	

70.3 Training Plan / 4

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly positives:
10	**Rest** ● ●	**Bike** **Intervals session** 75 mins with 20 mins at 70.3 effort, 3 mins easy, 15 mins at threshold effort.	**AM Swim** **Intervals session** 1.2 km total. Main set 10 x 75m, fast with 15 secs rest. **PM Run** **60 mins** easy.	**Bike** **70–80 mins** easy.	**AM Swim** **Intervals session** 1.6–2 km total. Main set: 5 x 200m at race pace with 20–30 secs rest. **PM Run** **60 mins** as a progression of 20 mins easy, 20 mins steady, 20 mins threshold effort.	**Bike** **2 hrs 45 mins – 3 hrs** easy.	**AM Run** **Intervals session** 1 hr 45 mins with 2 x 20 mins at 70.3 effort with 5 mins easy. **PM Swim** **1.6 km** swim.	
11	**Rest** ● ●	**Bike** **75 mins** with final 30 mins at threshold effort.	**AM Swim** **Intervals session** 1.4 km total. Main set: 12 x 50m fast with 15 secs rest. **PM Run** **60 mins** easy.	**Bike** **50–70 mins** easy.	**AM Swim** **Intervals session** 1.6–2 km total. Main set: 2 x 400m at race pace with 30 secs rest. **PM Run** **Intervals session** 50–60 mins to include 10 mins threshold, 5 x 2 mins fast, 10 mins threshold (90 secs rest throughout).	**Brick** **Brick 1 Bike** **2 hrs 45 mins** easy bike transitioning into **Brick 2 Run** **20 mins** easy.	**AM Run** **1 hr 45 mins** easy. **PM Swim** **2 km** swim.	
12	**Rest** ● ●	**Bike** **Intervals session** 75–90 mins with 2 x 20 mins at 70.3 race effort with 3–5 mins easy spin between each.	**Swim** **Intervals session** 1.5 km total. 2 x 100m, 10 x 75m fast with 30 secs recovery between reps and sets.	**Bike** **45 mins** easy.	**AM Swim** **Intervals session** 1km with 2 x 300m at race pace with 30 secs rest. **PM Run** **30 mins** as 10 mins easy, 10 mins steady, 10 mins threshold.	**Run** **60 mins** easy.	**Bike** Optional **Sportive** or **60–80 km ride**.	

70.3 Training Plan / 5

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly positives:
13	**Rest** ● ●	**Bike** **Intervals session** 75–90 mins with 60 mins as 3 mins 70.3 effort, 3 mins threshold effort with no rest.	**AM Swim** **Intervals session** 1.4–1.6km total. Main set: 4 x 100m, 50m, 25m fast with 20–30 secs rest between efforts and sets. **PM Run** **60–70 mins** easy.	**Bike** **50-70 mins** easy	**AM Swim** **Intervals session** 1.6–2km total. Main set: 10 x 100m with first 5 at race pace with 30 secs rest. **PM Run** **Intervals session** 50–60 mins to include 10 mins threshold + 5 x 2 mins fast + 10 mins threshold. 90 secs rest throughout.	**Brick** **Brick 1 Bike** **3 hrs** easy bike transitioning into **Brick 2 Run** **20 mins** easy.	**AM Run** **1 hr 40–50 mins** with the final 45 mins at 70.3 effort. **PM Swim** **2 km** swim.	
14	**Rest** ● ●	**Bike** **Intervals session** 75–90 mins with 25 mins at 70.3 effort, 15 mins at threshold, 5 mins hard with 3 mins easy between each.	**AM Swim** **Intervals session** 1.4–1.6 km total. Main set: 12 x 50m, fast with 15 secs rest **PM Run** **60 mins** easy.	**Bike** **50–70 mins** easy.	**AM Swim** **Intervals session** 1.6–2 km. Main set: 0/100/200/300/200/100/50 m at race pace all with 20 secs rest. **PM Run** **Intervals session** 50–60 mins to include 12 mins threshold + 5 x 2 mins fast + 12 mins threshold. 90 secs rest throughout.	**Bike** **Intervals session** 2 hrs 30 mins to include 2 x 30 mins at 70.3 effort with 15 mins easy recovery.	**AM Run** **1 hr 30 mins** easy. **PM Swim** **1.2 km** swim.	
15	**Rest** ● ●	**Bike** **Intervals session** 60 mins with 45 mins as 3 mins 70.3 effort, 3 mins threshold effort with no rest.	**Run** **60 mins** easy.	**Bike** **50 mins** easy.	**AM Swim** **Intervals session** 1.2 km to include 800m time trial. **PM Run** **Intervals session** 40 mins to include 4 x 6 mins threshold effort with 90 secs rest.	**Brick** **Brick 1 Bike** **90–105 mins** easy bike transitioning into **Brick 2 Run** **40 mins** easy.	**Swim** **800m** swim.	

70.3 Training Plan / 6

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly positives:
16	**Rest**	**Bike** **Intervals session** 45 mins spin with 3 x 6 mins at 70.3 effort with 2 mins easy spin.	**AM Swim** **Intervals session** 1.1 km with 4 x 100m fast with 20 secs rest. **PM Run** **30 mins** easy.	**Bike** **30–40 mins** easy spin.	**Run** **15 mins** easy, **10 mins** race pace.	**AM Swim** **10 mins** easy swim. **PM Bike** **15 mins** easy bike.	**70.3 Race Day** **Good luck!**	

Important Notes

Warm ups and cool downs

It is important to do a 15 minute warm-up and cool-down before threshold, continuous hills or interval sessions.

Stretch

Try to stretch every day for at least 10 minutes.

Swim warm ups and cool downs

Please do a 4 x 25 m or 2 x 50 m easy warm up and cool down around faster swim sets.

Eat

Always eat within 20–30 minutes of finishing a run, swim or cycle.

Cross Training

Always substitute sessions for cross training if you are injured, very sore or it's not safe to train.

Open water

If your swim is in open water please practice some of your swims in a wetsuit. Only swim open water in training in supervised and safe environments.

Core conditioning

Please add core conditioning, pilates or yoga classes once or twice a week if you have time.

Pacing

Always train at your target pace in race paced sessions, don't compromise or train too hard. Tiredness always catches up so take extra rest if required.

Contact

We're here for you

For support, information or if you just want to chat,
call us free on 0300 100 0200 (Monday to Friday, 9am–5pm),
email triathlon@macmillan.org.uk
or visit macmillan.org.uk

Macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales (261017),
Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

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