

20/40 Week Half Triathlon and Full Triathlon Training Plan

Easy Ride / Run	Ride or run the designated duration at a steady, comfortable pace
Endurance Swim/Ride/Run	Ride, run or swim the desingnated duration at a steady, moderate pace
Interval Ride/Run	Perform the designated number of intervals at the highest intensity level you can sustain through the end of the last interval without bonking. Recover after each interval with easy spinning or jogging for a duration equal to twice that of the hard interval. Warm up with at least 10 minutes of easy riding or running and cool down long enough to reach the designated total workout duration.
Interval Swim	Swim the designated number of intervals in the main set (MS) at the highest speed you can sustain through the end of the last interval without bonking. Rest on the wall for 10 seconds after 25- to 75-metre intervals, rest 15 seconds after 100- to 200- meter intervals, and rest 20 seconds after intervals longer than 200 meters. Apportion the remainder of the prescribed total workout distance to warm-up and cool-down metres and to drill, kick and pull sets.
Swim Time Trial	Swim the designated time-trial distance as though it were a race. Apportion the remainder of the designated total workout distance to a warm-up and a cool-down.
Tempo Ride/Run	Ride or run the first part of the total duration at a comfortable pace. Ride or run the last part at an effort level that feels challenging yet still relatively comfortable.
Transition Run	Immediately after you complete the prescribed bike workout, put on your running shoes and run the designated duration at a comfortable pace.
Note:	<i>This plan was based upon a 20-week training schedule. It is doubled to a 40-week training plan. They designate Monday as a rest day; I have added strength training in this plan on Mondays.</i>

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week-1	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 8x25m (1000m total)	5 Miles	Main Set - 4x100M (1000m total)	40 minutes with 6x:20 second relaxed sprints	25 Miles	6 Miles
		Interval Bike		Easy Bike			Endurance Swim
		40 minutes with 6x:20 second sprints		40 minutes			1000m
Week-2	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 8x25m (1000m total)	5 Miles	Main Set - 4x100M (1000m total)	40 minutes with 6x:20 second relaxed sprints	25 Miles	6 Miles
		Interval Bike		Easy Bike			Endurance Swim
		40 minutes with 6x:20 second sprints		40 minutes			1000m
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run

Week-3	Strength Training	Main Set - 10x25M (1100m total)	5 Miles	Main Set - 5x100m (1100m total)	40 minutes with 8x:20 second relaxed sprints	30 Miles	7 Miles
		Interval Bike		Easy Bike			Endurance Swim
		40 minutes with 8x:20 second sprints		45 minutes			1250m
Week-4	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 10x25M (1100m total)	5 Miles	Main Set - 5x100m (1100m total)	40 minutes with 8x:20 second relaxed sprints	30 Miles	7 Miles
		Interval Bike		Easy Bike			Endurance Swim
40 minutes with 8x:20 second sprints	45 minutes	1250m					
Week-5	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 12x25M (1200m total)	5 Miles	Main Set - 6x100m (1200m total)	45 minutes with 8x:20 second relaxed sprints	35 Miles	8 Miles
		Interval Bike		Easy Bike			Endurance Swim
40 minutes with 10x:20 second sprints	45 minutes	1500m					
Week-6	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 12x25M (1200m total)	5 Miles	Main Set - 6x100m (1200m total)	45 minutes with 8x:20 second relaxed sprints	35 Miles	8 Miles
		Interval Bike		Easy Bike			Endurance Swim
40 minutes with 10x:20 second sprints	45 minutes	1500m					
Week-7 <i>RECOVERY</i>	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 10x25M (1200m total)	5 Miles	Main Set - 5x100m (1200m total)	45 minutes with 6x:20 second relaxed sprints	30 Miles	6 Miles
		Interval Bike		Easy Bike			Endurance Swim
40 minutes with 6x:20 second sprints	45 minutes	1200m					
Week-8 <i>RECOVERY</i>	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 10x25M (1200m total)	5 Miles	Main Set - 5x100m (1200m total)	45 minutes with 6x:20 second relaxed sprints	30 Miles	6 Miles
		Interval Bike		Easy Bike			Endurance Swim
40 minutes with 6x:20 second sprints	45 minutes	1200m					
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run

Week-9	Strength Training	Main Set - 10x50M (1500m total)	5.5 Miles	Main Set - 5x150m (1500m total)	40 minutes with 6x1:00 minute fast	40 Miles	9 Miles
		Tempo Bike		Easy Bike			Endurance Swim
		45 minutes with last 15 minutes comf-hard		45 minutes			1700m
Week-10	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 10x50M (1500m total)	5.5 Miles	Main Set - 5x150m (1500m total)	40 minutes with 6x1:00 minute fast	40 Miles	9 Miles
		Tempo Bike		Easy Bike			Endurance Swim
45 minutes with last 15 minutes comf-hard	45 minutes	1700m					
Week-11	Strength Training	Interval Swim	Easy Run	Interval Swim	Tempo Run	Endurance Bike	Endurance Run
		Main Set - 8x50M; 8x25 (1600m total)	6 Miles	Main Set - 4x200m (1600m total)	45 minutes with last 15 minutes comfortably hard	45 Miles	10 Miles
		Interval Bike		Easy Bike			Swim Time Trial
45 minutes with 8x1:00 minute fast UH	45 minutes	Main Set - 800m TT (1800m total)					
Week-12	Strength Training	Interval Swim	Easy Run	Interval Swim	Tempo Run	Endurance Bike	Endurance Run
		Main Set - 8x50M; 8x25 (1600m total)	6 Miles	Main Set - 4x200m (1600m total)	45 minutes with last 15 minutes comfortably hard	45 Miles	10 Miles
		Interval Bike		Easy Bike			Swim Time Trial
45 minutes with 8x1:00 minute fast UH	45 minutes	Main Set - 800m TT (1800m total)					
Week-13	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		Main Set - 12x50M; 8x25 (1700m total)	6 Miles	Main Set - 5x150m (1700m total)	40 minutes with 10x1 minute fast uphill	50 miles easy bike + 10 minute easy run	11 Miles
		Tempo Bike		Easy Bike			Endurance Swim
50 minutes with last 20 minutes comf. hard	50 minutes	(2100m total)					
Week-14	Strength Training	Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		Main Set - 12x50M; 8x25 (1700m total)	6 Miles	Main Set - 5x150m (1700m total)	40 minutes with 10x1 minute fast uphill	50 miles easy bike + 10 minute easy run	11 Miles
		Tempo Bike		Easy Bike			Endurance Swim
50 minutes with last 20 minutes comf. hard	50 minutes	(2100m total)					
		Interval Swim	Easy Run	Interval Swim	Tempo Run	Endurance Bike	Endurance Run

Week-15 <i>RECOVERY</i>	Strength Training	Main Set - 16x50M (1500m total)	6 Miles	Main Set - 8x100m (1500m total)	45 minutes with last 15 minutes comfortable hard	40 miles	8 Miles
		Interval Bike		Easy Bike			Endurance Swim
		45 minutes with 6x90 seconds fast		45 minutes			Main Set - 1600m steady (1800 total)
Week-16 <i>RECOVERY</i>	Strength Training	Interval Swim	Easy Run	Interval Swim	Tempo Run	Endurance Bike	Endurance Run
		Main Set - 16x50M (1500m total)	6 Miles	Main Set - 8x100m (1500m total)	45 minutes with last 15 minutes comfortable hard	40 miles	8 Miles
		Interval Bike		Easy Bike			Endurance Swim
45 minutes with 6x90 seconds fast	45 minutes	Main Set - 1600m steady (1800 total)					
Week-17	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		55 min. bike w/last 20 min. conf. hard+10 min easy run	6 Miles	Main Set - 4x250m (1900m total)	45 minutes with 8x2:00 minutes fast	55 miles easy bike + 10 minute easy run	12 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 8x75M (1900m)		50 minutes			2400m
Week-18	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		55 min. bike w/last 20 min. conf. hard+10 min easy run	6 Miles	Main Set - 4x250m (1900m total)	45 minutes with 8x2:00 minutes fast	55 miles easy bike + 10 minute easy run	12 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 8x75m (1900m)		50 minutes			2400m
Week-19	Strength Training	Interval Bike + Transition Run	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
		55 minutes bike with 8x2:00 minutes fast + 10 minute easy run	6 Miles	Main Set - 6x150m (2100m total)	50 minutes with last 20 minutes comfortably hard	60 miles easy bike + 15 minute easy run	10 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x50m; 10x25m (2100m)		55 minutes			2700m
Week-20	Strength Training	Interval Bike + Transition Run	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
		55 minutes bike with 8x2:00 minutes fast + 10 minute easy run	6 Miles	Main Set - 6x150m (2100m total)	50 minutes with last 20 minutes comfortably hard	60 miles easy bike + 15 minute easy run	10 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x50m; 10x25m		55 minutes			2700m

		(2100m)		35 minutes		2700m	
RACE WEEK Week-21	Strength Training	Interval Bike	Easy Run	Interval Swim	Easy Run	Easy Bike	Half Triathlon (70.3)
		20 minutes with 3x1:00 minute hard	2.5 miles	Main Set - 4x150m (800m total)	15 minutes	15 minutes	
		Interval Swim		Easy Bike			
		MS: 10x50m; (1100m total)		15 minutes			
<i>(Optional)</i> Week-22	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour bike with last 20 minutes comfortable hard + 10 minute easy run	6 Miles	Main Set - 6x200m (2300m total)	45 minutes with 8x2:00 minutes fast	65 miles easy bike + 10 minute easy run	13miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x75m; 10x25m (2300m)		1 hour			3000m
Week-23 <i>RECOVERY</i>	Strength Training	Interval Bike + Transition Run	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
		50 minute bike with 8x1:00 minute fast + 10 minute easy run	6 Miles	Main Set - 12x100m (1800m total)	40 minutes with last 12 minutes comfortably hard	50 miles easy bike + 15 minute easy run	10 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x75m; 10x50m (1800m)		50 minutes			2400m
Week-24 <i>RECOVERY</i>	Strength Training	Interval Bike + Transition Run	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
		50 minute bike with 8x1:00 minute fast + 10 minute easy run	6 Miles	Main Set - 12x100m (1800m total)	40 minutes with last 12 minutes comfortably hard	50 miles easy bike + 15 minute easy run	10 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x75m; 10x50m (1800m)		50 minutes			2400m
Week-25	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour 10 minute bike with last 20 minutes comfortably hard + 10 minute easy run	6.5 Miles	Main Set - 4x300m (2500m total)	50 minutes with 10x2:00 minutes fast	70 miles easy bike + 10 minute easy run	14 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x75m; 18x50m (2500m)		1 hour			3000m

Week-26	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour 10 minute bike with last 20 minutes comfortably hard + 10 minute easy run	6.5 Miles	Main Set - 4x300m (2500m total)	50 minutes with 10x2:00 minutes fast	70 miles easy bike + 10 minute easy run	14 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x75m; 18x50m (2500m)		1 hour			3000m
Week-27	Strength Training	Interval Bike + Transition Run	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
		1 hour 10 minute bike with 10x2:00 minutes hard + 10 minute easy run	6.5 Miles	Main Set - 2x400m; 4x100m (2600m total)	1 hour with last 20 minutes comfortably hard	55 miles easy bike + 20 minute easy run	11 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 8x100m; 8x25m (2600m)		1 hour 15 minutes			3300m
Week-28	Strength Training	Interval Bike + Transition Run	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
		1 hour 10 minute bike with 10x2:00 minutes hard + 10 minute easy run	6.5 Miles	Main Set - 2x400m; 4x100m (2600m total)	1 hour with last 20 minutes comfortably hard	55 miles easy bike + 20 minute easy run	11 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 8x100m; 8x25m (2600m)		1 hour 15 minutes			3300m
Week-29	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour 15 minute bike with last 25 minutes conf. hard + 10 minute easy run	7 Miles	Main Set - 4x300m; 4x100m (2800m total)	55 minutes with 5x3:00 minutes fast	85 miles easy bike + 10 minute easy run	16 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 6x75m; 6x50m (2800m)		1 hour 15 minutes			3800m
Week-30	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour 15 minute bike with last 25 minutes conf. hard + 10 minute easy run	7 Miles	Main Set - 4x300m; 4x100m (2800m total)	55 minutes with 5x3:00 minutes fast	85 miles easy bike + 10 minute easy run	16 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 6x75m; 6x50m (2800m)		1 hour 15 minutes			3800m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run

Week-31 <i>RECOVERY</i>	Strength Training	Transition Run	6 Miles	Main Set - 2x400m; 4x100m (2300m total)	50 minutes with last 15 minutes comfortably hard	Transition Run	10 miles	
		1 hour bike with 10x2:00 minutes hard + 10 minute easy run				50 miles easy bike + 15 minute easy run		
		Interval Swim				Swim Time Trial		
		MS: 16x50m; 6x50m (2300m)		1 hour			1650m as fast as possible (2400 total)	
Week-32 <i>RECOVERY</i>	Strength Training	Interval Bike + Transition Run	Easy Run	Main Set - 2x400m; 4x100m (2300m total)	50 minutes with last 15 minutes comfortably hard	Endurance Bike + Transition Run	Endurance Run	
		1 hour bike with 10x2:00 minutes hard + 10 minute easy run	6 Miles			50 miles easy bike + 15 minute easy run	10 miles	
		Interval Swim	Easy Bike			Swim Time Trial		
		MS: 16x50m; 6x50m (2300m)		1 hour			1650m as fast as possible (2400 total)	
Week-33	Strength Training	Tempo Bike + Transition Run	Easy Run	Main Set - 4x400m (3000m total)	1 hour with 3x5:00 minutes fast	Endurance Bike + Transition Run	Endurance Run	
		1 hour 20 minute bike with last 30 minutes conf. Hard + 10 minute easy run	7 Miles				100 miles easy bike + 10 minute easy run	18 miles
		Interval Swim	Easy Bike				Endurance Swim	
		MS: 10x100m; 10x50m (3000m total)		1 hour 20 minutes			4000M	
Week-34	Strength Training	Tempo Bike + Transition Run	Easy Run	Main Set - 4x400m (3000m total)	1 hour with 3x5:00 minutes fast	Endurance Bike + Transition Run	Endurance Run	
		1 hour 20 minute bike with last 30 minutes conf. Hard + 10 minute easy run	7 Miles				100 miles easy bike + 10 minute easy run	18 miles
		Interval Swim	Easy Bike				Endurance Swim	
		MS: 10x100m; 10x50m (3000m total)		1 hour 20 minutes			4000M	
Week-35	Strength Training	Interval Bike + Transition Run	Easy Run	Main Set - 4x300m; 4x100 (3000m total)	1 hour with last 25 minutes comfortably hard	Endurance Bike + Transition Run	Endurance Run	
		1 hour 20 minute bike with 3x5:00 minutes hard + 10 minute easy run	7 Miles				70 miles easy bike + 1 hour easy run	20 miles
		Interval Swim	Easy Bike				Endurance Swim	
		MS: 8x75m; 8x50m; 8x25m (3000m total)		1 hour 30 minutes			4000M	
		Interval Bike + Transition Run	Easy Run	Main Set - 4x300m; 4x100 (3000m total)	1 hour with last 25 minutes comfortably hard	Endurance Bike + Transition Run	Endurance Run	
		1 hour 20 minute bike with 3x5:00 minutes hard + 10 minute easy run						20 miles

Week-36	Strength Training	3x5:00 minutes hard + 10 minute easy run	7 Miles	7x100 (3000m total)	1 hour with last 25 minutes comfortably hard	70 miles easy bike + 1 hour easy run	Endurance Swim
		Interval Swim		Easy Bike			4000M
		MS: 8x75m; 8x50m; 8x25m (3000m total)		1 hour 30 minutes			
Week-37	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour bike with last 20 minutes comfortable hard + 10 minute easy run	7 Miles	Main Set - 4x400m (2600m total)	45 minutes with 6x2:00 minutes fast	50 miles easy bike + 10 easy run	22miles
		Interval Swim		Easy Bike			Endurance Swim
MS: 10x100m; 10x50m; (2600m total)	1 hour	4000M					
Week-38	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour bike with last 20 minutes comfortable hard + 10 minute easy run	7 Miles	Main Set - 4x400m (2600m total)	45 minutes with 6x2:00 minutes fast	50 miles easy bike + 10 easy run	22 miles
		Interval Swim		Easy Bike			Endurance Swim
MS: 10x100m; 10x50m; (2600m total)	1 hour	4000m					
Week-39	Strength Training	Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
		1 hour bike with last 20 minutes comfortable hard + 10 minute easy run	7 Miles	Main Set - 4x400m (2600m total)	45 minutes with 6x2:00 minutes fast	50 miles easy bike + 10 easy run	10 miles
		Interval Swim		Easy Bike			Endurance Swim
MS: 10x100m; 10x50m; (2600m total)	1 hour	4000m					
RACE WEEK Week-40	Strength Training	Interval Bike	Easy Run	Interval Swim	Easy Run	Easy Bike	Full Triathlon
		45 minutes with 6x1:00 minute hard	5 miles	Main Set - 4x300m (1600m total)	30 minutes	20 minutes	
		Interval Swim		Easy Bike			
MS: 10x50m; (2200m total)	30 minutes						

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