

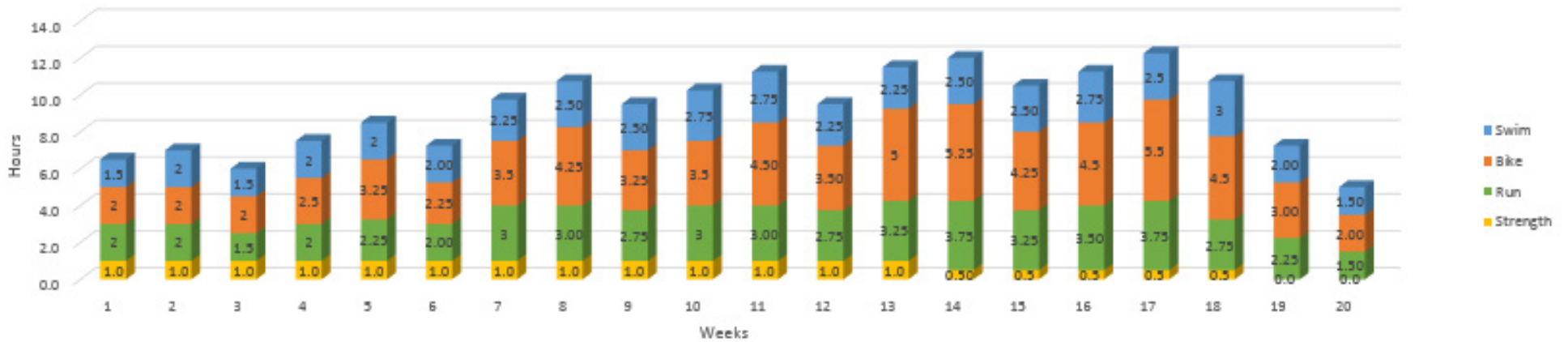


**RUN** | Novice IRONMAN 70.3 20 week Training Plan



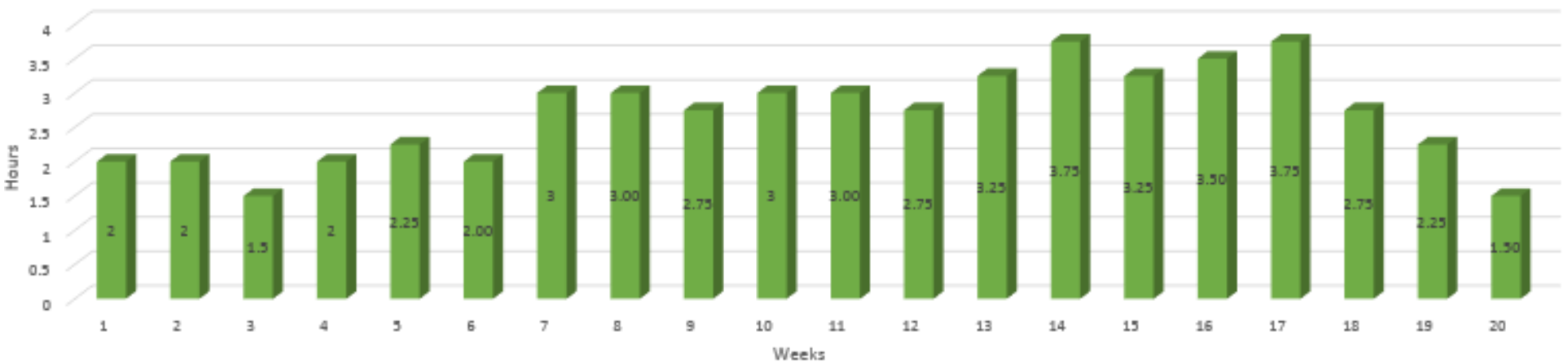
**Percentage Running**

Total Weekly Hours by Discipline



**Run Progression**

Run Hours per Week





## IRONMAN U RUN | Novice IRONMAN 70.3 20 week Training Plan



\* = higher intensity key session

E = endurance key session

L= add this time to current or additional session based on athlete's limiter

Microcycle 1 _GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00:40 [3] *	SW- 00:45 [3] *	BI- 00:45 [3] *	SW- 00:45 [2] -E	BI- 01:15 [2] -E	RU- 01:00 [2] -E	SWIM	1.5	2	21%
Session 2			SC- 00:45 (S&E)	RU-00:20 [2]		SC- 00:30 (S&E)		BIKE	2.0	2	29%
								RUN	2.0	3	29%
								STRENGTH	1.0	2	14%
								Limiter	0.5		7%
Zone 2									7.0	9.0	100%
Microcycle 2-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.40 [3] *	SW- 01.00 [3] *	BI- 00.45 [3] *	SW- 01.00 [2] -E	BI- 01.15 [2]-E	RU- 01.00 [2] -E	SWIM	2.0	2	27%
Session 2			SC- 00.30 (S&E)	RU-00.20 [2]		SC- 00.30 (S&E)		BIKE	2.0	2	27%
								RUN	2.0	3	27%
								STRENGTH	1.0	2	13%
								Limiter	0.5		7%
Zone 2									7.5	9	100%
Microcycle 3-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.30 [3] *	SW- 00.45 [3] *	BI- 00.45 [3] *	SW- 00.45 [2] -E	BI- 01.15 [2] -E	RU- 01.00 [2]-E	SWIM	1.5	2	23%
Session 2			SC- 00.45 (S&E)			SC 00: 45 (S&E)		BIKE	2.0	2	31%
								RUN	1.5	2	23%
								STRENGTH	1.0	2	15%
								Limiter	0.5		8%
Zone 2									6.5	8	100%



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Microcycle 4-GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [3]*	SW- 01.00 [3] *	BI- 01.00 [3] *	SW- 01.00 [2-3] -E	BI- 01.50 [2-3] -E	RU- 01.15 [2-3]- E	SWIM	2.0	2	24%
Session 2			SC- 00.30 (S&E)			SC- 00.30 (S&E)		BIKE	2.5	2	30%
								RUN	2.0	2	24%
								STRENGTH	1.0	2	12%
								Limiter	0.75		9%
Zone 2-3									8.25	8	100%

Microcycle 5 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [3]*	SW- 01.00 [3]*	BI- 01.00 [3]*	SW- 01.00 [2-3]-E	BI- 02.25 [2-3]-E	RU- 01.30 [2-3]- E	SWIM	2	2	22%
Session 2			SC- 00.30(S&E)			SC- 00.30 (S&E)		BIKE	3.25	2	35%
								RUN	2.25	2	24%
								STRENGTH	1	2	11%
								Limiter	0.75		8%
Zone 2-3									9.25	8	100%

Microcycle 6 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.40 [3]*	SW- 00.45 [3]*	BI- 00:45 [3]*	SW- 01.15 [2]-E	BI- 01.30 [2]-E	RU- 01.20 [2]-E	SWIM	2	2	26%
Session 2			SC- 00:30 (S&E)			SC 0:30 (S&E)		BIKE	2.25	2	29%
								RUN	2	2	26%
								STRENGTH	1	2	13%
								Limiter	0.5		6%
Zone 2									7.75	8	100%



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Microcycle 7- GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [3-4]*	SW- 01.00 [3-4]*	BI- 01.00 [3-4]*	SW- 01.15 [2-3]-E	BI- 02.30[2-3]-E	RU- 01.45 [2]-E	SWIM	2.25	2	21%
Session 2		SC - 00:30 (MS)			SC- 00:30 (MS)	RU- 00:30 [2] (Brick)		BIKE	3.5	2	33%
								RUN	3	3	29%
								STRENGTH	1	2	10%
								Limiter	0.75		7%
Zone 2-3									10.5	9	100%
Microcycle 8 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [4]*	SW- 01:00 [4]*	BI- 01.00 [4]*	SW- 01:30 [2-3]-E	BI- 03:15- [2-3]-E	RU- 02:00 [2-3]-E	SWIM	2.5	2	22%
Session 2		SC - 00:30 (MS)			SC- 00:30 (MS)	RU- 00:15 [2] Brick		BIKE	4.25	2	37%
								RUN	3	3	26%
								STRENGTH	1	2	9%
								Limiter	0.75		7%
Zone 2-3									11.5	9	100%
Microcycle 9 -GP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [3]*	SW- 01.00 [3]*	BI- 0:45 [3]*	SW- 01:30 [2]-E	BI- 02.30 [2]-E	RU- 01.45 [2]-E	SWIM	2.5	2	25%
Session 2		SC- 00:30 (MS)		RU-00:15 [2] Optional as Brick	SC 00:30 (MS)			BIKE	3.25	2	33%
								RUN	2.75	3	28%
								STRENGTH	1	2	10%
								Limiter	0.5		0.05
Zone 2									10	9	100%



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Microcycle 10- SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [4]*	SW- 01.15 [4]*	BI- 01.00 [4]*	SW- 01.30 [2-3]-E	BI- 02:30 [2-3]-E	RU- 02:00 [2-3]-E	SWIM	2.75	2	25%
Session 2		SC - 00: 30 (MS)			SC- 00:30 (MS)	RU- 00:15 [2] (Brick)		BIKE	3.5	2	32%
								RUN	3	3	27%
								STRENGTH	1	2	9%
								Limiter	0.75		7%
Zone 3									11	9	100%
Microcycle 11 -SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [4]*	SW- 01.15 [4]*	BI- 01.15 [4]*	SW- 01.30 [3]-E	BI- 03.15 [3]-E	RU- 02.00 [2-3]-E	SWIM	2.75	2	23%
Session 2		SC - 00: 30 (MS)		RU-00.15 [2] (Optional as Brick)	SC- 00: 30 (MS)			BIKE	4.5	2	38%
								RUN	3	3	25%
								STRENGTH	1	2	8%
								Limiter	0.75		6%
Zone 3-4									12	9	100%
Microcycle 12 -SP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00:45 [3]*	SW- 01:00 [3]*	BI- 01:00 [3]*	SW- 01:15 [2-3]- E	BI- 02:30 [2-3]- E	RU- 01:45 [2-3]- E	SWIM	2.25	2	23%
Session 2		SC- 00:30 (MS)		RU-00:15 [2] (Optional as brick)	SC 00:30 (MS)			BIKE	3.5	2	35%
								RUN	2.75	3	28%
								STRENGTH	1	2	10%
								Limiter	0.5		5%
Zone 3									10	9	100%



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Microcycle 13- PRE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	SC - 01.00 (Pwr)	RU- 01.00 [3-4] *	SW- 01.00 [3-4] *	BI- 01.00 [3-4] *	SW- 01.15 [2-3]-E	BI- 04:00 [2-3]-E	RU- 01:30 [2-3]-E	SWIM	2.25	2	20%
Session 2				RU-00.30 [2] (Optional as brick)		RU- 00:15 [3] (Brick)		BIKE	5	2	43%
								RUN	3.25	4	28%
								STRENGTH	1	1	9%
Zone 3-4									11.5	9	100%
Microcycle 14- PRE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	SC - 00:30 (Pwr)	RU- 01.00 [4]*	SW- 01.15 [4]*	BI- 01:15 [4]*	SW- 01:15 [2-3]-E	BI- 04:00 [2-3]-E	RU- 2:15 [2-3]-E	SWIM	2.5	2	21%
Session 2						RU-00:30 [3] Brick		BIKE	5.25	2	44%
								RUN	3.75	3	31%
								STRENGTH	0.5	1	4%
Zone 3-4									12	8	100%
Microcycle 15- PRE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	SC- 00.30 (Pwr)	RU- 00:40 [4]*	SW- 01:00 [4]*	BI- 01:15 [3-4]*	SW- 01:00 [2-3]-E	SW- 00:30- [3]	RU- 01:45 [2-3]-E	SWIM	2.5	3	24%
Session 2				RU-00.30 [2-3]		BI- 03:00- [3]-E		BIKE	4.25	2	40%
Session 3						RU- 00:20 - [3]		RUN	3.25	4	31%
								STRENGTH	0.5	1	5%
Zone 3									10.5	10	100%



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Microcycle 16-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1		RU- 00.45 [4]*	SW- 01.15 [4]*	BI- 01:00 [4]*	SW- 01:30 [3]-E	BI- 03:30 [3]-E	RU- 2:00 [3]-E	SWIM	2.75	2	24%
Session 2		SC - 00:30 (Maint)		RU-00.30 [2-3]		RU- 00:15 [2-3] (Brick)		BIKE	4.5	2	40%
								RUN	3.5	4	31%
								STRENGTH	0.5	1	4%
Zone 4									11.25	9	100%
Microcycle 17-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	SC - 00:30 (Maint)	RU- 01.00 [4]*	SW- 01.15 [4]*	BI- 01.15 [4] *	SW- 01.15 [3]-E	BI- 04.15 [3]-E	RU- 2:15 [3]-E	SWIM	2.5	2	20%
Session 2				RU-00.15 [2-3]		RU- 00.15 [3-4] (Brick)		BIKE	5.5	2	67%
								RUN	3.75	4	31%
								STRENGTH	0.5	1	4%
Zone 4									12.25	9	
Microcycle 18 -C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1	OFF	RU- 00.45 [4]*	SW- 01:00 [4]*	BI- 01.00 [4]*	SW- 01:30 L [3]- E	BI- 03:30 L [3]	RU- 01:45 L [3]- E	SWIM	3	3	28%
Session 2		SC- 00.30 (Maint)				RU- 00:15 L [2-3] (Brick)	SW- 0:30 [2]	BIKE	4.5	2	42%
								RUN	2.75	3	26%
								STRENGTH	0.5	1	5%
Zone 3-4									10.75	9	100%



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Microcycle 19 -C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1		RU- 00:45 [4]*	SW- 00:45 [4]*	BI-0:45 [4]	SW- 01:15 [3-4]-E	BI-2:15 [3]-E	RU- 1.15 L [3]-E	SWIM	2	2	28%
Session 2						RU- 00.15 S [3]		BIKE	3	2	41%
								RUN	2.25	3	31%
								STRENGTH	0		0%
Zone 3									7.25	7	100%
Microcycle 20-C	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		HRS	# SESSIONS	%VOLUME
Session 1		RU- 00:40 [3]*	SW- 01:00 [3]*	BI-1:15 [3]*	SW- 00:30 [2-3]	BI-00:45 [2]	RACE	SWIM	1.5	3	30%
Session 2				RU- 00:20 [2-3]	RU- 00:30 [2-3]			BIKE	2	3	40%
								RUN	1.5	3	30%
								STRENGTH	0		0%
Zone 3									5	9	100%