

Sample 20 Week Half Ironman Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week							
1	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes	Run Intensity: Easy Time: 60 Minutes
2	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Easy Time: 120 minutes	Run Intensity: Easy Time: 60 Minutes
3	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 30 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 30 minutes	OFF	Bike Intensity: Easy Time: 90 minutes	Run Intensity: Easy Time: 60 Minutes
4	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 40 minutes	OFF	Bike Intensity: Easy Time: 110 minutes	Run Intensity: Easy Time: 60 Minutes
5	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 40 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Moderate Time: 120 minutes	Run Intensity: Moderate Time: 60 Minutes

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6	Swim Intensity: Moderate Time: 60 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Moderate Time: 150 minutes	Run Intensity: Moderate Time: 65 Minutes
7	Swim Intensity: Moderate Time: 60 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	OFF	Bike Intensity: Moderate Time: 150 minutes	Run Intensity: Moderate Time: 70 Minutes
8	Swim Intensity: Moderate Time: 75 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	OFF	Bike Intensity: Moderate Time: 120 minutes	Run Intensity: Moderate Time: 60 Minutes

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9	Swim Intensity: Moderate Time: 45 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 80 Minutes
10	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 90 Minutes
11	Swim Intensity: Moderate Time: 75 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 75 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 150 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 60 Minutes
12	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 90 Minutes

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13	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 180 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 100 Minutes
14	Swim Intensity: Moderate Time: 75 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 75 minutes	OFF	Bike Intensity: Moderate Time: 150 minutes	Run Intensity: Moderate Time: 110 Minutes
15	Swim Intensity: Moderate Time: 45 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike Intensity: Moderate Time: 210 minutes	Run Intensity: Moderate Time: 120 Minutes
16	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate High Time: 40 minutes	Swim Intensity: Moderate Time: 60 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 240 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 90 Minutes

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17	Swim Intensity: Moderate Time: 75 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 210 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 120 Minutes
18	Swim Intensity: Moderate Time: 45 minutes	Bike/Run Brick Intensity: Moderate- High Time: 45 minutes Run 20 mins off the bike	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 75 minutes	OFF	Bike Intensity: Moderate Time: 180 minutes	Run Intensity: Moderate Time: 150 Minutes
19	Swim Intensity: Moderate Time: 60 minutes	Bike Intensity: Moderate- High Time: 45 minutes	Run Intensity: Moderate- High Time: 40 minutes	Swim Intensity: Moderate Time: 45 minutes	OFF	Bike/Run Brick Intensity: Moderate Time: 120 minutes Run off the bike 30 min MOD	Run Intensity: Moderate Time: 75 Minutes
20	Swim Intensity: Moderate Time: 45 minutes	Bike Intensity: Moderate Time: 40 minutes	Run Intensity: Moderate- High Time: 30 minutes	Swim Intensity: Easy Time: 30 minutes	OFF	Bike /Run Brick Intensity: Easy Time: 30 minutes Bike 20 minutes Run	RACE DAY!