

Training and Racing at the Half Ironman Distance

Go 70.3 or Go Home!

Making the Decision to “Go the Distance”

- Training and preparation is essential. This distance shouldn't be done at the last minute like a Sprint or Olympic distance Triathlon.
- It is a “doable” distance even with the pressures of real life compared to the major commitment needed to prepare for a full 140.6 Ironman.
- Choosing the right race to make sure there is proper time to train and taper appropriately.
- The 70.3 distance allows some flexibility but still requires a focused discipline that yields great rewards when you cross the finish line.
- The Half Ironman Triathlon is a good stepping stone towards the decision to take on the full Ironman distance event. (70.3 time x 2 plus 1 hour theory)

Training Set Up

- For optimal performance, a 4-5 month program is recommended. (Perfect for Soma!)
- Just like any Triathlon program, the elements of Base, Peak and Taper bring you to the starting line.
- The 70.3 distance allows the age grouper Triathlete to train like a pro by base and peak training at longer distances than race day distances.

Base Weeks

- Month #1
 - Long Bike at 30 miles at Training HR.
 - Long Run at 6-7 miles at Training HR.
 - Brick once or twice a week with 20 miles or (45 min) Bike. followed with 15 or 30 min. Run.
 - Swim weekly totals at 3000+ yds.
- Month #2
 - Long Bike at 40 miles at Training HR.
 - Long Run 8-9 miles at Training HR.
 - Brick options at 30 mile Bike with 20 min Run or 45-60 min. Bike with 30-45 min Run.
 - Swim weekly totals at 4,000+ yds.

Peak Weeks

- Month #3
 - Long Bike at 50-55 miles with pushes at Threshold and hills.
 - Long Run 10-12 miles with speed pick ups.
 - Bricks can include 40 mile Bike with 30 min Run or 45-60 min Bike with 45 min Run.
 - Swim weekly totals at 4,000- 5,000 yds.

- **Month #4 (up to 4 weeks until Race Day)**
 - Long Bike at 65-70 miles with pushes at Threshold and hills.
 - Long Run 12-15 miles with tempo or race pace pick ups.
 - Bricks may be up to 50 miles with 45 min Run or 1 hour Bike followed with 1 hour Run.
 - Swim weekly totals at 6,000+ yds including race pace straight 2,200 yds set.

- **Taper (3 weeks until Race Day)**
 - Most of your taper is focused on rest and time in the water to stay aerobically fit and injury free.
 - Focus on Bike and Run workouts no more than 75% of your biggest previous rides/runs at your Training HR at 3-4 weeks out.
 - And no more than 50% of your biggest previous rides/runs at your training HR at week 2 from Race Day.
 - One week out error to the side of doing less rather than more. You cannot improve fitness but you can hurt your performance by overtraining.

- **Nutrition**
 - Considering a 5-7 hour day of racing, nutrition preparation is essential to a successful day.
 - Personal preferences in sports nutrition work as long as you consider caloric replacement that includes electrolyte, carbohydrate and protein supplementation.
 - Liquid and solid meal replacement is to be considered.
 - Will you use your own nutrition or nutrition provided on the race course? (or a combination of both)
 - Trial and error happens during the weeks of training and not on race day!

- **Other considerations**
 - Place an Olympic distance Triathlon within Month 4 to test your race readiness. (including transitions)
 - Use cross training options like spinning classes and core strength training to keep your training fresh.
 - Look for organized open water swimming training sessions or splash and dashes to fine tune your swim.
 - Walk through your race and write down your goal splits (including transitions) to come up with a projected finish time.
 - Make sure you factor in rest day within your training week.
 - Ride and/or run the race course if possible to get familiar with the venue.
 - Will you or won't you pee on the bike?

- **Questions/Open Discussion**