

Half Distance Triathlon

Low Volume

SPECIALTY PHASE

TRIATHLETE

8 Weeks 3.4 Hours/Wk 221 TSS®/Wk 3.1 Rides/Wk

With the necessary endurance & strength in the bank, the objective becomes growing as familiar as possible with the very specific demands of racing long but not really long. This challenging mix of speed & endurance demands the very particular preparation offered over the course of this final pre-race block of training.

Week 1 - Tips

171 TSS 2:40 HOURS



Ramp Test

25 Min 34 TSS 0.91 IF®



Mansfield

60 Min 69 TSS 0.83 IF®



Leavitt

75 Min 68 TSS 0.74 IF®

Week Description

Tuesday Ramp Test It's pretty likely you've seen some improvement over the course of your Build phase, so we'll begin this specialized training phase by reassessing your FTP such that the final weeks leading up to your most important races are appropriately demanding and as productive as possible. Use the same test format you've used before, and make sure you feel rested and motivated heading into this workout.

Wednesday Swim Base + VO2max Intervals (2350m) Warm-Up 300m Easy, RPE4; 8x25m BB Drills w/ 10s rest between drills; 6x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 5x150m Hard, RPE9 w/ 75s rest between intervals; 8x25m K&R drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

Wednesday Run VO2max Intervals Run 10min working up to Easy-Moderate, RPE 6 pace to warm up, then have a go at 5x2-minute Hard, RPE9 high-speed surges with 2 minutes of recovery after each; run 10min Easy, RPE 4 to cool down for a total of 40 minutes of running.

Thursday Mansfield Get a feel for your newly estimated Functional Threshold Power with a reasonably tame but still demanding set of repeats far enough above your FTP to challenge your ability to generate power in your aero bars. If you find that you can keep your power on Target while riding low, commit to performing these 105% intervals in your aero position; otherwise, save the aero work for subthreshold workouts.

Friday Swim Threshold + Speed Intervals (2450m) Warm-Up 300m Easy, RPE4; 8x25m F drills w/ 10s rest between drills; 3x400m Moderate-Hard, RPE8 w/ 75s rest between intervals; 5x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

Friday Base Run + Strides Return once more to an Easy-Moderate 60 minutes at RPE6 pace and include another 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

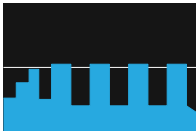
Saturday Leavitt Working steadily for 70 minutes - truly steadily considering the unrelenting nature of indoor trainers - is often surprisingly difficult for many riders. If, however, you wish to further the challenge and lift your weekly training load a little or perhaps you're targeting a higher power % during the bike leg of your race(s), check out the +1 and +2 versions of this same workout.

Sunday Continuous Base Swim (2800m) Warm-Up 200m Easy, RPE 4; 2400m Easy-Moderate, RPE 6; Cool-Down 200m easy, RPE 4

Sunday Long Base Run Repeat your longest run thus far by logging 1hr40min at an Easy-Moderate, RPE6 pace.

Week 2 - Tips

252 TSS 4:00 HOURS



[Jobs -2](#)

60 74 0.86
Min TSS IF®



[White](#)

75 65 0.72
Min TSS IF®



[Gibraltar](#)

105 113 0.80
Min TSS IF®

Week Description

TUESDAY

Jobs -2

Same rules as last week regarding riding in your aero position: only do so if you can keep your power on Target. Because the primary goal is raising your high-end endurance even more over these final weeks of training, and this is best accomplished by pushing your current boundaries with fairly short, uncomfortable but sustainable intervals - and ones that are a little longer than last week's.

WEDNESDAY

Swim Base + VO2max Intervals (2450m)

Warm-Up 300m Easy, RPE4; 8x25m FS Drills w/ 10s rest between drills; 7x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 5x150m Hard, RPE9 w/ 75s rest between intervals; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

WEDNESDAY

Run VO2max Intervals

Run 10min working up to Easy-Moderate, RPE 6 pace to warm up, then do an additional effort this week for a total of 6x2-minute Hard, RPE9 high-speed surges still with 2 minutes of recovery after each; run 10min Easy, RPE 4 to cool down for a total of 45 minutes of running.

THURSDAY

White

This time, your opportunity for zero-rest, 10-minute intervals comes during the week with slightly lighter overall volume. And once again, you can further the challenge and lift your weekly training load or practice a higher bike leg power goal by using the +1 or +2 versions of this same workout.

FRIDAY

Swim Threshold + Speed Intervals (2500m)

Warm-Up 300m Easy, RPE4; 8x25m SA drills w/ 10s rest between drills; 3x400m Moderate-Hard, RPE8 w/ 60s rest between intervals; 6x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

FRIDAY

Base Run + Strides

Return once more to an Easy-Moderate 65 minutes at RPE6 pace and include another 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Gibraltar + Endurance Run (Brick)

In the midst of a 1hr45min bike workout, you'll sustain 90 minutes of effort between 80-85% FTP pushing you very close to the effort you'll try to hold during your race-day bike leg. Then, you'll dismount and transition quickly into your running gear right before you take off on a60-minute run at a Easy-Moderate, RPE6 pace and grow a little more accustomed to a longer run this time around.

SUNDAY

Swim Time Trial (2531m)

Warm-Up 300m Easy, RPE 4; 1931m (1.2 miles) Hard, RPE 9; Cool-Down 300m easy, RPE 4

SUNDAY

Base Run

Just run 45min Easy-Moderate, RPE 6 coming off of yesterday's brick.

Week 3 - Tips

241 TSS 4:00 HOURS



Stevens

60 82 0.91
Min TSS IF®



Holt Hill

90 76 0.71
Min TSS IF®



Echo

90 83 0.74
Min TSS IF®

Week Description

Tuesday Stevens Not any longer than last week's, Stevens adds another interval to the mix and trims the recovery slightly in keeping with the goal of raising your sustainable power. Again, be aero if your power lands where it's supposed to or simply ride taller and keep the watts high and steady.

Wednesday Swim Base + VO2max Intervals (2500m) Warm-Up 300m Easy, RPE4; 8x25m SC Drills w/ 10s rest between drills; 6x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 6x150m Hard, RPE9 w/ 45s rest between intervals; 8x25m K&R drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

Wednesday Run VO2max Intervals Run 10min working up to Easy-Moderate, RPE 6 pace to warm up, then add just one more repeat by completing 7x2-minute Hard, RPE9 high-speed surges with 2 minutes of recovery after each; run 10min Easy, RPE 4 to cool down for another total of 45 minutes of running.

Thursday Holt Hill Your weekday Tempo workout offers an opportunity to target your climbing technique which will be of particular interest to athletes facing bike courses including some steeper grades. In any case, alternate +1 and +2 versions again exist if you're looking to raise the workout demand a bit. The format of this workout in particular better lends itself to some experimentation if you've be flirting with the idea of a faster-paced bike leg.

Friday Swim Threshold + Speed Intervals (2500m) Warm-Up 300m Easy, RPE4; 8x25m CS drills w/ 10s rest between drills; 3x400m Moderate-Hard, RPE8 w/ 45s rest between intervals; 6x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

Friday Base Run + Strides Return once more to an Easy-Moderate 70 minutes at RPE6 pace and include another 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

Saturday Echo If you played with some slightly higher sustained watts on Thursday, you can see if those power outputs carry into these no-rest intervals via the +1 and +2 versions of Echo, always reserving the option for a short backpedal break should you find yourself fading from time to time. Whichever version you choose, make sure you're spending ample time down low without allowing your power to stray off-Target.

Sunday Continuous Base Swim (3000m) Warm-Up 300m Easy, RPE 4; 2400m Easy-Moderate, RPE 6; Cool-Down 300m easy, RPE 4

Sunday Long Base Run This time, your final, pre-recovery-week long run sees another increase in your longest run yet at 1hr50min at an Easy-Moderate, RPE6 pace.

Week 4 - Tips

249 TSS 3:45 HOURS



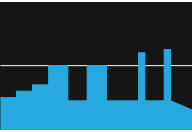
Adams

45 59 0.89
Min TSS IF®



Rendezvous

60 64 0.80
Min TSS IF®



Truuli -2

30 30 0.78
Min TSS IF®



FINISH

90 96 0.80
Min TSS IF[®]

Week Description

TUESDAY

Adams

A short and sweet smattering of several different supra-threshold efforts will expose you to enough stress to keep your fitness stable over the course of your recovery week while ideally allowing your body to start the rebound process in the days just ahead.

WEDNESDAY

Swim Base + VO2max Intervals (2150m)

Warm-Up 300m Easy, RPE4; 8x25m S Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 5x150m Hard, RPE9 w/ 75s rest between intervals; Cool-Down 300m easy, RPE4

WEDNESDAY

Run VO2max Intervals

Run 10min working up to Easy-Moderate, RPE 6 pace to warm up, then dial things back to only 5x2-minute Hard, RPE9 high-speed surges with 2 minutes of recovery after each; run 10min Easy, RPE 4 to cool down for a total of 40 minutes of running

THURSDAY

Rendezvous

Let's dial things back a little this week while also changing the steady-effort demand via some no-rest 'stepping' intervals. You'll start lower than race pace and finish higher than race pace, all with the goal of increasing your ability to maintain a slightly higher pace than your current capabilities allow.

FRIDAY

Swim Threshold + Speed Intervals (1200m)

Warm-Up 300m Easy, 2x200m Moderate-Hard, RPE8 w/ 60s rest between intervals; 4x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; Cool-Down 300m easy, RPE4

SATURDAY

Truuli -2

Much like the format of your final taper week, get a feel for facing a couple of taper workouts just prior to your most important event(s). These very short but often intense workouts are just enough to keep you sharp while avoiding any real fatigue and are to be done on the day directly preceding any A-priority racing.

SATURDAY

Base Run + Strides

Follow your bike workout later in the day with an Easy-Moderate 30 minutes at RPE6 pace and include just 4x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SUNDAY

Continuous Base Swim (1800m) or Olympic Distance Triathlon

Either warm-Up 300m Easy, RPE4; 1200m Easy-Moderate, RPE6; Cool-Down 300m easy, RPE4 OR compete in a B-priority practice race.

SUNDAY

Olympic-Distance Triathlon OR Phoenix + Endurance Run (Brick)

If you aren't racing today, do this 90-minute bike workout, in the midst of which you'll sustain 75 minutes of effort between 80-85% FTP which is likely to be close to the effort you'll try to hold during your race-day bike leg. Then, you'll dismount and transition quickly into your running gear right before you take off on a fairly short, 45-minute run at an Easy-Moderate, RPE6 pace where you'll get up to race pace quickly.

Week 5 - Tips

232 TSS 3:30 HOURS



Elwell

60 84 0.91
Min TSS IF[®]



Mont Gosford

75 64 0.71
Min TSS IF[®]



Ragged

75 84 0.82
Min TSS IF[®]

Week Description

TUESDAY

Elwell

This assortment of efforts devotes a little time to each of the supra-threshold power outputs you've employed over prior weeks in order to lift your sustainable power. But at this point in your training, the goal shifts from building capabilities toward maintaining them while gradually shedding some of the residual fatigue they brought on.

WEDNESDAY

Swim Base + VO2max Intervals (2450m)

Warm-Up 300m Easy, RPE4; 8x25m CU Drills w/ 10s rest between drills; 6x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 6x150m Hard, RPE9 w/ 75s rest between intervals; 8x25m K&R drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

WEDNESDAY

Tempo Run

Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 20 minutes; run 10min Easy, RPE 4 to cool down for a total of 40 minutes of running

THURSDAY

Mont Gosford

More mid-week Tempo work spent at the higher end of the aerobic realm in order to afford opportunities to spend plenty of time riding aero while practicing a pace similar to that which you'll sustain on race day. For a slightly greater challenge, have a crack at Most Gosford +1 and spend a little time pushing your power close to your FTP.

FRIDAY

Swim Threshold + Speed Intervals (2550m)

Warm-Up 300m Easy, RPE4; 8x25m SC drills w/ 10s rest between drills; 5x250m Moderate-Hard, RPE8 w/ 60s rest between intervals; 6x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

FRIDAY

Base Run + Strides

Return once more to an Easy-Moderate 70 minutes at RPE6 pace and include 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Ragged

Last week introduced you to this exhaustive workout format while this week grows the demand noticeably. The power requirements stay the same, but each step asks that you endure your efforts for substantially longer thereby increasing your ability to sustain higher speeds for longer and longer durations. Stay aero as much as possible, but sit up when you're considering a backpedal break. Often enough, just riding tall for a minute or two is all that's really necessary to keep the pedals turning over.

SUNDAY

Continuous Base Swim (3000m)

Warm-Up 300m Easy, RPE 4; 2400m Easy-Moderate, RPE 6; Cool-Down 300m easy, RPE 4

SUNDAY

Long Base Run

Grow your longest run a little more and log 1 hour 50 minutes at an Easy-Moderate, RPE6 pace.

Week 6 - Tips

278 TSS 4:00 HOURS



Sierra

60 86 0.93
Min TSS IF[®]



Piute

75 79 0.80
Min TSS IF[®]



Gibraltar

105 113 0.80
Min TSS IF®

Week Description

TUESDAY

Sierra

Another round of mixed intervals that, while still capable of elevating your highest sustainable power, are now more about exploiting your endurance via shorter recovery durations and keeping you sharp and gradually reducing your fatigue via fewer intervals at each power output.

WEDNESDAY

Swim Base + VO2max Intervals (2450m)

Warm-Up 300m Easy, RPE4; 8x25m FS Drills w/ 10s rest between drills; 6x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 6x150m Hard, RPE9 w/ 60s rest between intervals; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

WEDNESDAY

Tempo Run

Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 25 minutes; run 10min Easy, RPE 4 to cool down for a total of 45 minutes of running

THURSDAY

Piute

Back to a midweek version of your weekly progression workout which means a little less work due to a shorter workout window. But this will still be a demanding 60 minutes of non-stop power output, one that will end well above your expected race power output. But by growing familiar with these higher power demands, every workload below them becomes that much more tolerable and less taxing on your body as a whole.

FRIDAY

Swim Threshold + Speed Intervals (2500m)

Warm-Up 300m Easy, RPE4; 8x25m HCU drills w/ 10s rest between drills; 5x250m Moderate-Hard, RPE8 w/ 45s rest between intervals; 5x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K&R drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

FRIDAY

Base Run + Strides

This week, run an Easy-Moderate 75 minutes at RPE6 pace and include another 4x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Gibraltar + Endurance Run (Brick)

A repeat of your earlier 1hr45min bike workout where you'll again sustain 90 minutes of effort between 80-85% FTP pushing you very close to the effort you'll try to hold during your race-day bike leg. Then, you'll dismount and transition quickly into your running and take off on a 75-minute run this time, still at a Easy-Moderate, RPE6 pace and grow your post-bike run a bit before heading into your taper.

SUNDAY

Swim Time Trial (2531m)

Warm-Up 300m Easy, RPE 4; 1931m (1.2 miles) Hard, RPE 9; Cool-Down 300m easy, RPE 4

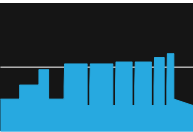
SUNDAY

Base Run

Just run 40min Easy-Moderate, RPE 6 coming off of yesterday's brick.

Week 7 - Tips

209 TSS 3:00 HOURS



Sonora

60 86 0.93
Min TSS IF[®]



Rendezvous

60 64 0.80
Min TSS IF[®]



Slide Mountain

60 59 0.77
Min TSS IF[®]

Week Description

TUESDAY

Sonora

During this last step of pushing your endurance capabilities during super-FTP intervals a bit further, the recovery valleys shrink one last time to a diminutive 1 minute each. But hey, you'll be done even sooner than usual and you'll gain a new appreciation for how important it is to stay below your FTP if you plan to last for multiple hours without falling apart.

WEDNESDAY

Swim Base + VO2max Intervals (1950m)

Warm-Up 300m Easy, RPE4; 8x25m F&T Drills w/ 10s rest between drills; 4x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 4x150m Hard, RPE9 w/ 45s rest between intervals; 8x25m K drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

WEDNESDAY

Tempo Run

Run 10min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for 30 minutes; run 10min Easy, RPE 4 to cool down for a total of 50 minutes of running

THURSDAY

Rendezvous

As we continue to taper your workload, your progression workout reaches its low point where the 5 progressive steps are each only 10 minutes in duration. If you've struggled with remaining aero during the longer steps, see if you can last for the majority of each of these slightly shorter no-rest intervals.

FRIDAY

Swim Threshold + Speed Intervals (2200m)

Warm-Up 300m Easy, RPE4; 8x25m CU drills w/ 10s rest between drills; 4x250m Moderate-Hard, RPE8 w/ 30s rest between intervals; 4x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K&R drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

FRIDAY

Base Run + Strides

Drop back down to an Easy-Moderate 50 minutes at RPE6 pace and include 4x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Slide Mountain

Since tapering is still the name of the game, today's workout is short, sweet and in line with your race-day power output. Spend each of these efforts in your aero position, and target the cadence you plan to employ during your upcoming bike leg.

SUNDAY

Continuous Base Swim (2200m)

Warm-Up 200m Easy, RPE 4; 1800m Easy-Moderate, RPE 6; Cool-Down 200m easy, RPE 4

SUNDAY

Long Base Run

Start trimming your longest run and bring it down to 1 hour 20 minutes at an Easy-Moderate, RPE6 pace.

Week 8 - Tips

139 TSS 2:15 HOURS



Adams

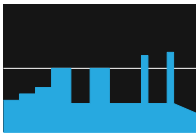
45 59 0.89
Min TSS IF®



Mont Albert

60 50 0.70
Min TSS IF®

Truuli -2



30 30 0.78
Min TSS IF[®]

Week Description

Tuesday Adams This week brings a shortened version of the same workout you've face for 3 weeks now, and this one even includes generously long recovery valleys. Soak in some recovery but get in some intensity while keeping the workout's training load relatively low.

Wednesday Swim Base + VO2max Intervals (1450m) Warm-Up 300m Easy, RPE4; 8x25m BB Drills w/ 10s rest between drills; 2x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 3x150m Hard, RPE9 w/ 75s rest between intervals; Cool-Down 300m easy, RPE4

Wednesday Tempo Run Run 10min up to Easy-Moderate, RPE6 to warm up, then run a steady, Moderate-Hard, RPE8 pace for just 15 minutes as you taper your weekly tempo work; run 10min Easy, RPE 4 to cool down for a total of 35 minutes of running

Thursday Mont Albert One final bike workout very close to your probable race pace sees you on the bike for a forgiving but useful hour-long set of Tempo intervals. Stay low if you like, sit tall if you're still a little tired, and keep your spin on the lighter, quicker side of things.

Friday Swim Threshold + Speed Intervals (1200m) Warm-Up 300m Easy, 2x200m Moderate-Hard, RPE8 w/ 60s rest between intervals; 4x50m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; Cool-Down 300m easy, RPE4

Saturday Truuli -2 Just like you practiced way back in Week 4, keep these workouts both short but briefly intense and remind your muscles and your mind what it feels like to do some work.

Saturday Recovery Run + Strides After your openers ride, do a super short, 20-minute run at an Easy, RPE4 pace and work in a final 4x20-second relaxed sprints with 40 seconds of recovery jogging between each in order to open your legs up a bit prior to tomorrow's event.

Sunday Half Distance Triathlon