

# Half Distance Triathlon Base

Low Volume

## BASE PHASE

8	3.8	237	3.3
Weeks	Hours/Wk	TSS®/Wk	Rides/Wk

The low-volume version of the Half Distance Triathlon Base plan has triathletes swimming three times each week for up to 6000m, on the bike 3-4 times each week for no more than 5 hours total (including a few brick workouts), and running less than 3 hours each week.

The main objective here is to provide time-constrained Half Distance triathletes the necessary fitness to successfully complete a race at these extended distances. Athletes will achieve sufficient base fitness in all 3 disciplines, utilizing the minimum amount of time - no more than 10 hours per week.

Proficient swimmers are welcome to trim their 3 weekly swims down to 2 if their time constraints won't allow 10 weekly hours.

Note: Double-day workouts can be done in any order and separated by as little or as much time as you choose, as long as you can keep the quality of both workouts high.

## Week 1 - Tips

189 TSS 2:55 HOURS



### Ramp Test

25	34	0.91
Min	TSS	IF®



### Haku

60	59	0.77
Min	TSS	IF®



### Antelope

90	96	0.80
Min	TSS	IF®

## Week Description

**Tuesday FTP Assessment** Get a solid estimate of your current fitness via the Ramp Test. You have the option of using the 8-minute FTP Test or the 20 Minute FTP Test if you prefer, just see to it that you reassess using the same workout each time.

**Wednesday Swim Base Intervals (1400m)** Warm-Up 300m Easy, RPE4; 8x25m CU Drills w/ 10s rest between drills; 4x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 8x25m K Drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

**Wednesday Base Run + Speed Intervals** Run 35min Easy-Moderate, RPE6 and randomly insert 6x30s bursts of high speed, RPE9 over the course of the run with at least 1 minute of recovery running between bursts.

**Thursday Haku** Time to build some capacity! In particular, strength. By drilling it for a short 20 seconds at a time, your muscles will receive a loud-and-clear request for more - more muscle, more work, more power. This is true, on-the-bike strength work that will not only lift your ability to power the pedals for short durations but also much, much longer ones.

**Friday Swim Speed Intervals (1400m)** Warm-Up 300m Easy, RPE4; 8x25m F drills w/ 10s rest between drills; 4x100m of 25m Easy, RPE4/25m Hard, RPE8, 10s rest between intervals; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

**Friday Base Run** 35min at Easy-Moderate pace, RPE6. Walk briefly when necessary, no more than a minute though, if it means the difference between running well and sacrificing form while running efficiency suffers.

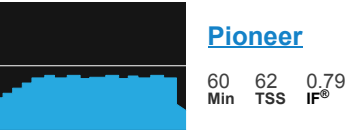
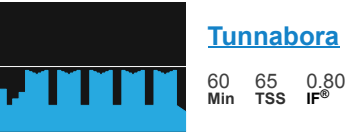
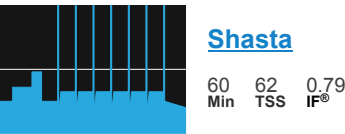
**Saturday Antelope** 50 total minutes of endurance work comprise your weekend ride as you face fairly long intervals, spending as much time down low, in your aero position as you can tolerate. Fortunately, the recovery between each interval is pretty generous in the interest of keeping the steady, endurance-building watts comin' for each of the 5 intervals. This is where your ability to ride at roughly this work level for multiple hours begins.

**Sunday Continuous Base Swim (1700m)** Warm-Up 250m Easy, RPE4; 1200m Easy-Moderate, RPE6; Cool-Down 250m easy, RPE4.

**Sunday Base Run** 50min at Easy-Moderate pace, RPE6. Again, walk briefly when necessary and try to recognize that quick walking breaks of a single minute can often keep the form high while costing very little in terms of aerobic fitness improvements.

Week 2 - Tips

189 TSS3:00 HOURS



Week Description

TUESDAY

**Shasta**  
Abiding by the same strength-routine framework, try to improve on last week's workout quality by dialing in your highest, repeatable 20-second power such that you bury yourself each time yet maintain pretty even power from the first interval to the last, then do it one extra time.

WEDNESDAY

**Swim Base Intervals (1500m)**  
Warm-Up 300m Easy, RPE4; 8x25m F&T Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 8x25m K&R Drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

WEDNESDAY

**Base Run + Speed Intervals**  
Run 35min Easy-Moderate, RPE6 and randomly insert a couple more 30s bursts of high speed, RPE9 for a total of 8 this week. Separate them by at least 1 minute of regular-pace running between bursts.

THURSDAY

**Tunnabora**

While keeping your watts in a narrow and reasonably high range, you'll again target your ability to sustain a high percentage of your FTP but this time you'll also address how fluidly and quickly you turn the pedals.

FRIDAY

**Swim Speed Intervals (1600m)**

Warm-Up 300m Easy, RPE4; 8x25m CU drills w/ 10s rest between drills; 5x100m of 25m Build from RPE4 to RPE8/25m Descend from RPE8 to RPE4, 10s rest between intervals; 8x25m K drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

FRIDAY

**Base Run**

40min at Easy-Moderate pace, RPE6. Keep the walking breaks as part of your process if they're helping you maintain high run quality, but avoid using them as a crutch or an excuse to take a break. Use them if necessary but keep your running as continuous as possible if you're capable.

SATURDAY

**Brick Workout (Pioneer + 10min Transition Run)**

Very much in line with the steady-state nature of a half distance triathlon's bike leg, you'll work steadily for 45 minutes on the bike, in your aero position as often as possible, before dismounting, transitioning quickly into your running gear and hoofing it at an Easy-Moderate pace, RPE6 for only 15 minutes of heavy-leg running experience. Try not to let that initial lack of coordination discourage you - it will pass before you know it.

SUNDAY

**Continuous Base Swim (1800m)**

Warm-Up 300m Easy, RPE4; 1200m Easy-Moderate, RPE6; Cool-Down 300m easy, RPE4.

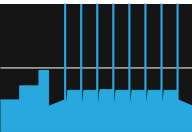
SUNDAY

**Base Run**

50min at Easy-Moderate pace, RPE6. Again, walk briefly when necessary but try to grow your continuous running stretches a minute or two each week. So if you ran for 8 minutes last week before walking for a minute, try to run for 9 or 10 minutes before walking during next week's base runs.

Week 3 - Tips

235 TSS 3:30 HOURS



**Berryessa**

60 64 0.80  
Min TSS IF®



**Ericsson**

60 64 0.80  
Min TSS IF®



## Galena

90 107 0.85  
Min TSS IF<sup>®</sup>

### Week Description

#### TUESDAY

##### Berryessa

If you managed to stay pretty consistent over last week's 7 high-power repeats, add another this week and keep the power high and steady throughout all 8 efforts. But if your power started falling off during the later repeats, dial your effort down a little bit during the earlier 30-second charges and try to finish as strongly as you start.

#### WEDNESDAY

##### Swim Base Intervals (1600m)

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

#### WEDNESDAY

##### Base Run + Speed Intervals

Run 40min Easy-Moderate, RPE6 and randomly insert 8x30s bursts of high speed, RPE9 just like last week, still separated by at least 1 minute of regular-pace running between bursts, but this week try to clean them up a little by running more fluidly, more relaxed, but just as fast.

#### THURSDAY

##### Ericsson

Another round of pedal efficiency (or your ability to turn the pedals with the minimal amount of effort and energy) improvements. And as will often be the case, you'll work in that narrow but highly productive power range. It will be close enough to your FTP to get your mind and body ready for the more rigorous workouts to follow in later training phases, but not too taxing that it prevents fairly rapid recovery.

#### FRIDAY

##### Swim Speed Intervals (1600m)

Warm-Up 300m Easy, RPE4; 8x25m FS drills w/ 10s rest between drills; 6x100m of 25m Easy, RPE4/25m Hard, RPE8, 10s rest between intervals; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

#### FRIDAY

##### Base Run

40min at Easy-Moderate pace, RPE6. Shoot for those slightly longer stretches this week but keep your form at the top of your list of priorities. Much like swimming, small improvements in your technique can go a long way toward making you faster (and less prone to injury).

#### SATURDAY

##### Galena

Taking the traditional 2x20 Sweet Spot workout a step further, this longer bike workout will challenge your endurance capabilities over the course of 3 long efforts all aimed at improving your mental and physical stamina. Do your best to spend time in your aero position and keep the pedals turning forward for each long set. But use 10-second backpedals - much the same way you occasionally use 1-minute walk breaks - if your form or cadence start to tank.

SUNDAY

Continuous Base Swim (2000m)

Warm-Up 250m Easy, RPE4; 1500m Easy-Moderate, RPE6; Cool-Down 250m easy, RPE4.

SUNDAY

Base Run

55min at Easy-Moderate pace, RPE6. Nearly an hour of running so fluidly and lightly that it's hard to tell you're even working. Walk briefly when necessary and only if necessary.

Week 4 (Recovery) - Tips

222 TSS 3:45 HOURS



Haku

60 59 0.77  
Min TSS IF®



Birch

45 34 0.67  
Min TSS IF®



Geiger

60 67 0.82  
Min TSS IF®



Pioneer

60 62 0.79  
Min TSS IF®

Week Description

TUESDAY

Haku

Your recovery week sees a brief return to fewer but no less intense strength intervals. Maintain high, steady watts throughout each 20-second effort, even if that requires trimming this workout to 4 or 5 anaerobic repeats.

WEDNESDAY

### Swim Base Intervals (1200m)

Warm-Up 300m Easy, RPE4; 8x25m SC Drills w/ 10s rest between drills; 4x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; Cool-Down 300m easy, RPE4.

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#### WEDNESDAY

### Base Run + Speed Intervals

Run 35min Easy-Moderate, RPE6 and sprinkle in just 6x30s bursts of high speed, RPE9 this week. Separate them by at least 1 minute of regular-pace running between bursts.

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#### THURSDAY

### Birch

Just take it easy today and keep the watts fairly low, the workout pretty short but your training schedule on track as you shed some of the first 3 weeks' fatigue.

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#### FRIDAY

### Swim Speed Intervals (1400m)

Warm-Up 300m Easy, RPE4; 8x25m BB drills w/ 10s rest between drills; 6x100m of 25m Build from RPE4 to RPE8/25m Descend from RPE8 to RPE4, 10s rest between intervals; Cool-Down 300m easy, RPE4.

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#### FRIDAY

### Base Run

35min at Easy-Moderate pace, RPE6. Feel free to extend the occasional walking break up to 2 minutes in the interest of recharging your mind and body this week.

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#### SATURDAY

### Geiger

This weekend keeps the intensity steady but drops the total interval time and durations and only asks you to work manageably hard for 10 minutes at a time. Do your best to keep the pedals turning for each interval in its entirety and save the recovery/backpedaling for the recovery valleys.

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#### SUNDAY

### Continuous Base Swim (1600m)

Warm-Up 200m Easy, RPE4; 1200m Easy-Moderate, RPE6; Cool-Down 200m easy, RPE4.

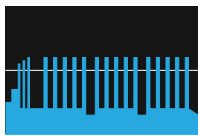
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#### SUNDAY

### Brick Workout (Pioneer + 15min Transition Run)

You're encouraged to treat this as a short triathlon dress rehearsal by performing this brick workout directly on the heels of your swim if possible. In any case, practice your swim-to-bike transition before hopping on your bike. Then, practice your bike-to-run transition before running through your bike leg's fatigue for 15 quick minutes.

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60 68 0.82  
Min TSS IF®



### Glassy

80 81 0.78  
Min TSS IF®



### Boarstone

120 97 0.70  
Min TSS IF®

## Week Description

### TUESDAY

#### Baird -1

Time to work on developing some high-end power as you target both leg speed and leg strength for one intense minute at a time. Think of VO2max work as pulling your power up from the top while the later Sweet Spot workouts push your endurance up from the bottom.

### WEDNESDAY

#### Swim Base Intervals + Sprints (1700m)

Warm-Up 300m Easy, RPE4; 8x25m CU Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 8x25m Sprints, All-Out, RPE10 w/ 20s rest between sprints; 8x25m K Drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

### WEDNESDAY

#### Base Run + Anaerobic Repeats

10min Warm-Up, Easy, RPE4 then perform 10x30s all-out repeats, RPE10 with 2 minutes of recovery, RPE2 between them; 10min Cool-Down, RPE4 for roughly 45 minutes of running.

### THURSDAY

#### Glassy

These 4 intervals will undulate between modest and mildly challenging levels of effort while splitting a focus between aerobic improvements as well as muscular ones. So ideally, you'll improve your ability to burn fat for fuel and pull more oxygen from your bloodstream while you also derive some improvements in your higher-end, more muscle-based endurance.

### FRIDAY

#### Swim Speed Intervals (1850m)

Warm-Up 300m Easy, RPE4; 6x50m HCU drills w/ 10s rest between drills; 5x150m of 50m Easy, RPE4/25m Hard, RPE8, 15s rest between intervals; 8x25m K&R drills w/15s rest between drills; Cool-Down 300m easy, RPE4.

### FRIDAY

#### Base Run + Uphill Strides

Run 40min Easy-Moderate, RPE6 and then conclude your run with 2x20s controlled sprints, RPE10, preferably uphill w/ 40s of recovery between them. Keep the hill fairly tame such that you can run with a bit of speed and a fairly open stride, not too choppy.

SATURDAY

Boarstone

Steady mileage at a highly aerobic work rate is the name of the game. Use these unrelenting, long stretches of time to pack some fatigue into your slow-twitch fibers and grow their capabilities as a result. By lifting your aerobic capacity, you'll become capable of working at higher percentages of your FTP while relying on less glycogen in the process - last longer, go faster, burn less sugar.

SUNDAY

Continuous Base Swim (2100m)

Warm-Up 300m Easy, RPE4; 1500m Easy-Moderate, RPE6; Cool-Down 300m easy, RPE4.

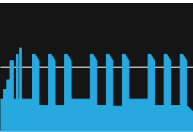
SUNDAY

Base Run

60min at Easy-Moderate pace, RPE6. Keep using the walk-breaks as necessary, but also keep extending your continuous running segments. If you're managing these runs continuously, no breaks at all, then start working to run more fluidly staying lighter on your feet.

Week 6 - Tips

276 TSS4:00 HOURS



Mills

60	77	0.88
Min	TSS	IF®



Tray Mountain

90	103	0.83
Min	TSS	IF®



Phoenix

90	96	0.80
Min	TSS	IF®

Week Description

TUESDAY

Mills

Still targeting high-end power via increased leg speed and strength, this week's VO2max offering extends the interval duration to 2 minutes each. If this requires a drop in the intensity, try these intervals as low as 110% FTP and then see if you can increase that percentage over the course of the workout. Maybe you can, maybe 110% is hard enough; in either case, use these intervals to grow your ability to withstand short-term pain as you increase your aerobic power.



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WEDNESDAY

**Swim Base Intervals + Sprints (1825m)**

Warm-Up 300m Easy, RPE4; 8x25m F&T Drills w/ 10s rest between drills; 6x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 9x25m Sprints, All-Out, RPE10 w/ 20s rest between sprints; 8x25m SK Drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

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WEDNESDAY

**Base Run + Anaerobic Repeats**

10min Warm-Up, Easy, RPE4 then perform 12x30s all-out repeats, RPE10 with 2 minutes of recovery, RPE2 between them; 10min Cool-Down, RPE4 for roughly 50 minutes of running.

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THURSDAY

**Tray Mountain**

How's a little 3x20 Sweet Spot workout sound for your midweek ride? How's spending at least half of each interval in your aero position sound? How's 20 minutes of continuous pedaling, 3 times in a row sound? It all sounds great if eventually sailing through 56 miles on the bike and setting a new PR in the process is on your agenda. Get after it.

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FRIDAY

**Swim Speed Intervals (1900m)**

Warm-Up 300m Easy, RPE4; 6x50m FS drills w/ 10s rest between drills; 8x100m of 25m Build from RPE4 to RPE8/25m Descend from RPE8 to RPE4, 10s rest between intervals; 8x25m K drills w/15s rest between drills; Cool-Down 300m easy, RPE4.

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FRIDAY

**Base Run + Uphill Strides**

Run 40min Easy-Moderate, RPE6 and then conclude your run with 4x20s controlled sprints, RPE10, this week, preferably uphill w/ 40s of recovery between them. Keep that hill fairly tame and try to run much the same way you would on the flat, just working harder.

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SATURDAY

**Brick Workout (Phoenix + 20min Transition Run)**

Following a brief warm-up, you'll settle into your aero position and work steadily for 75 minutes - rising when necessary but staying aero as much as possible - on the bike before dismounting, transitioning quickly into your running gear and hoofing it at an Easy-Moderate pace, RPE6 for 20 minutes while you get clear of the fatigue from riding, establish a manageable pace and get your running legs under you.

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SUNDAY

**Swim Time Trial (1600m)**

Warm-Up 400m Easy, RPE4; 800m Moderate-Hard, RPE8; Cool-Down 400m easy, RPE4. Shoot for a pace that's more in line with your goal race pace, and if at all possible, try doing this swim in open water.

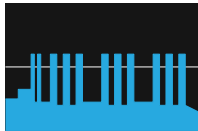
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SUNDAY

**Base Run**

35min at Easy-Moderate pace, RPE6. Short and sweet this week, so if you've yet to run continuously for more than 30 minutes, here's a chance to impress yourself with your progress.

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**Dade -1**

60	81	0.90
Min	TSS	IF®

**Spruce Knob**

90	94	0.79
Min	TSS	IF®

**Ochoco**

150	120	0.69
Min	TSS	IF®

**Week Description****TUESDAY****Dade -1**

Last week you showed yourself you could gut it out for 2 minutes at a time, over and over again. This week you'll step things up only slightly by holding steadier watts well above FTP, all in the interest of expanding your ability to process more oxygen, pump more blood, and do both at a lower heart rate over time. Put another way, you're strengthening your heart and your muscles and raising your capacity for good, old-fashioned work.

**WEDNESDAY****Swim Base Intervals + Sprints (1950m)**

Warm-Up 300m Easy, RPE4; 8x25m CS Drills w/ 10s rest between drills; 7x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 10x25m Sprints, All-Out, RPE10 w/ 20s rest between sprints; 8x25m K&R Drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4.

**WEDNESDAY****Base Run + Anaerobic Repeats**

10min Warm-Up, Easy, RPE4 then perform yet another additional 30-second, all-out repeat, RPE10 this week for a total of 10. Recover for 2 minutes between repeats at RPE2 and then cool down for 10 minutes, RPE4 for roughly 50 minutes of running.

**THURSDAY****Spruce Knob**

Treat each of these half-hour workouts as your one-and-only effort of the day and don't get ahead of yourself. Make each one high-quality, mostly or entirely aero, and maybe even consider making those small fit changes you've been considering between intervals if you want a good side-by-side comparison.

**FRIDAY****Swim Speed Intervals (1900m)**

Warm-Up 300m Easy, RPE4; 8x25m HCU drills w/ 10s rest between drills; 6x150m of 50m Easy, RPE4/25m Hard, RPE8, 15s rest between intervals; 8x25m SK drills w/15s rest between drills; Cool-Down 300m easy, RPE4.

FRIDAY

Base Run + Uphill Strides

Run 45min Easy-Moderate, RPE6 and then conclude your run with 6x20s controlled sprints, RPE10, this week, preferably uphill w/ 40s of recovery between them. You know the deal, don't pick a hill that's too steep for some reasonably fast running.

SATURDAY

Big Squaw

Steady mileage at a highly aerobic work rate is once again the objective and steady hours of unrelenting, seemingly unending muscle stress, light though it may be, will slow-cook your endurance fibers and grow their capabilities over time. Keep it fairly easy, keep it long, and limit any backpedal-breaks you might need to 10 seconds each.

SUNDAY

Continuous Base Swim (2300m)

Warm-Up 250m Easy, RPE4; 1800m Easy-Moderate, RPE6; Cool-Down 250m easy, RPE4.

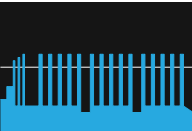
SUNDAY

Long Base Run

Run for 65min at an Easy-Moderate pace, RPE6. The goal here is steady, continuous mileage and a slower form of fatigue than you'll see during your shorter base runs. Accordingly, reduce the intensity to 4 or 5RPE if it keeps your legs turning over, non-stop and injury-free.

Week 8 (Recovery) - Tips

243 TSS 4:00 HOURS



Baird -1

60 68 0.82  
Min TSS IF®



Pettit

60 39 0.63  
Min TSS IF®



Tallac

60 74 0.86  
Min TSS IF®



Pioneer

60 62 0.79  
Min TSS IF®

Week Description

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TUESDAY

**Baird -1**

Remember when 1-minute repeats at 120% FTP were hard? Before the days of 2-minute repeats? Well it's time for a happy return to the no longer ignorant bliss of short VO2max efforts as you retain your recent gains via some shorter, kinder efforts.

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WEDNESDAY

**Swim Base Intervals + Sprints (1500m)**

Warm-Up 300m Easy, RPE4; 8x25m SC Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 8x25m Sprints, All-Out, RPE10 w/ 20s rest between sprints; Cool-Down 300m easy, RPE4.

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WEDNESDAY

**Base Run + Anaerobic Repeats**

10min Warm-Up, Easy, RPE4 then dial things back to 10x30-second, all-out repeats, RPE10 this week. Recover for a couple minutes between repeats at RPE2 and then cool down for 10 minutes, RPE4 for about 45 minutes of running.

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THURSDAY

**Pettit**

Keep things light and easy today, and if an hour seems less than recuperative based on your level of fatigue, feel free to trim this ride down as far as 30 minutes.

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FRIDAY

**Swim Speed Intervals (1750m)**

Warm-Up 300m Easy, RPE4; 8x25m BB drills w/ 10s rest between drills; 5x150m of 50m Build from RPE4 to RPE8/25m Descend from RPE8 to RPE4, 15s rest between intervals; 8x25m K drills w/15s rest between drills; Cool-Down 300m easy, RPE4.

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FRIDAY

**Base Run + Uphill Strides**

Run 35min Easy-Moderate, RPE6 and then conclude your run with just 4x20s controlled sprints, RPE10, this week, preferably uphill but flat land works too this week, and follow each with 40s of recovery.

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SATURDAY

**Tallac**

Take things relatively easy with some Sweet Spot work done preferably in your aero position, at least for a few minutes at a time. Learn to produce, on-Target power for long-ish durations in your low position even though you may still be working through a fair amount of fatigue during this workout.

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SUNDAY

**Continuous Base Swim (1800m)**

Warm-Up 300m Easy, RPE4; 1200m Easy-Moderate, RPE6; Cool-Down 300m easy, RPE4.

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SUNDAY

**Brick Workout (Pioneer + 15min Transition Run)**

One more opportunity to treat this as a short triathlon dress rehearsal by performing the brick segment directly following your swim. Whether you go that route or not, practice your swim-to-bike transition before hopping on your bike. Then, practice your bike-to-run transition before a short but challenging 15-minute run.

