

Half Distance Triathlon Build

Low Volume

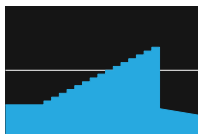
BUILD PHASE

8	4	287	3.4
Weeks	Hours/Wk	TSS®/Wk	Rides/Wk

Having established your fairly broad base of fitness, these Build blocks shift your training emphasis slightly away from intensity and more toward moderate-level suffering. The importance of tolerating this longer-term physiological & psychological challenge without succumbing to the urge to ease up is now your primary focus.

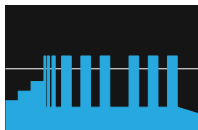
Week 1 - Tips

211 TSS 2:55 HOURS



Ramp Test

25	34	0.91
Min	TSS	IF®



Shortoff +1

60	83	0.91
Min	TSS	IF®



Frissell

90	94	0.79
Min	TSS	IF®

Week Description

Tuesday Ramp Test With 8 weeks of base work in your legs, it's time to reassess your FTP in order to keep your workouts in line with your increasing fitness. Stick with the same workout format (Ramp Test, 8 Minute FTP Test or 20 Minute FTP Test) that you used the first time and count this as the first strength-endurance workout of your Tri Build training block.

Wednesday Swim Base + VO2max + Speed Intervals (2100m) Warm-Up 300m Easy, RPE4; 8x25m CU Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 6x75m Hard, RPE9 w/ 45s rest between intervals; 6x25m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K 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 repeat 16 Hard, RPE 9, 30-second high-speed surges, recovering for only 30 seconds after each; run 10min Easy, RPE 4 to cool down for a total of 36 minutes of running

Thursday Shortoff +1 The greatest benefit of VO2max works comes with longer durations at that high aerobic uptake. By adding a minute to each of these intervals, you actually gain more than a minute's benefit since this extra time is spent at an already highly elevated workload. But keeping things elevated means not taking any breaks, and if small reductions in intensity are necessary to keep you powering along, shave a few percentage points and keep those pedals turning.

Friday Swim Threshold + Speed Intervals (2000m) Warm-Up 300m Easy, RPE4; 8x25m F&T drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; 4x50m 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 Run an Easy-Moderate 50 minutes at RPE6 pace and include 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

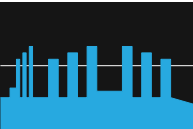
Saturday Frissell With a solid base of Sweet Spot endurance in your legs, it's time to overshoot your current race pace capabilities in order to lift them. Spending time slightly below your FTP is effective to this end and it's also more 'forgiving' and requires less recovery between workouts than does the harsher work done right at your FTP. This means more high-quality work and less time waiting to heal prior to your next workout. Make sure you're spending ample time in your aero position while still keeping your Target power at the top of your priorities.

Sunday Continuous Base Swim (2400m) Warm-Up 300m Easy, RPE 4; 1800m Easy-Moderate, RPE 6; Cool-Down 300m easy, RPE 4

Sunday Base Run Run 70min Easy-Moderate, RPE 6 with as few, if any, walking breaks.

Week 2 - Tips

258 TSS 3:30 HOURS



Givens

60 86 0.93
Min TSS IF[®]



Deerhorn

60 76 0.87
Min TSS IF[®]



Phoenix

90 96 0.80
Min TSS IF[®]

Week Description

TUESDAY

Givens

As you adjust to VO2max efforts lasting 3 full minutes each, a new objective enters the mix: determining how hard you can work for 3 minutes at a time and still repeat the effort productively. For some, 110% FTP is their max repeatable 3-minute power but for others, efforts all the way up at 130% FTP are possible. Find your breaking point, but don't surpass it - modify the Workout Intensity accordingly such that you complete each 3-minute torture test, barely.

WEDNESDAY

Swim Base + VO2max + Speed Intervals (2175m)

Warm-Up 300m Easy, RPE4; 8x25m FS Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 7x75m Hard, RPE9 w/ 45s rest between intervals; 6x25m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

WEDNESDAY

Run VO2max Intervals

Run 12min working up to Easy-Moderate, RPE 6 pace to warm up, then this week repeat 18 Hard, RPE 9, 30-second high-speed surges, recovering for only 30 seconds after each; run 10min Easy, RPE 4 to cool down for a total of 40 minutes of running

THURSDAY

Deerhorn

In what might be your first exposure to over-under intervals, this workout varies the usual format a bit and keeps your efforts more random and closer to the sort of demands faced during a steady-state effort that involves passing or mildly powering up hills. It's helpful to be mentally braced for the temporary discomfort this brings, and it's also useful to challenge your current lactate processing capabilities in an effort to improve them. Welcome to 40 minutes of 'practice'.

FRIDAY

Swim Threshold + Speed Intervals (2100m)

Warm-Up 300m Easy, RPE4; 8x25m S drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; 6x50m 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

Just like last week, run an Easy-Moderate 50 minutes at RPE6 pace and include 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Sweet Spot Ride + Base Run (Brick)

In the midst of a 90-minute bike workout, you'll sustain 75 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 a fairly short 20-minute run at an Easy-Moderate, RPE6 pace in order to get a feel for running off the bike as well as accumulating a bit of additional run mileage.

SUNDAY

Continuous Base Swim (2500m)

Warm-Up 250m Easy, RPE 4; 2000m Easy-Moderate, RPE 6; Cool-Down 250m easy, RPE 4

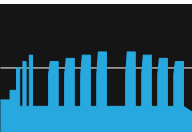
SUNDAY

Base Run

Run 40min Easy-Moderate, RPE 6 taking the occasional 1-minute walk-break whenever necessary to run with your best form.

Week 3 - Tips

270 TSS 3:30 HOURS



Owens

60 88 0.94
Min TSS IF®



Scylla

60 79 0.89
Min TSS IF®



Frissell +1

90 103 0.83
Min TSS IF®

Week Description

TUESDAY

Owens

Getting a little creative with your suffering this week, you'll face an assortment of efforts in the VO2max realm that not only vary the intensity but trim your usual 1:1 work-rest ratio down to a point where your recoveries are a little less generous and more aerobically demanding. All of this adds up to more time spent at a high aerobic uptake, less time spent drifting away from that high rate of respiration, and in time, greater improvements in sustainable power.

WEDNESDAY

Swim Base + VO2max + Speed Intervals (2250m)

Warm-Up 300m Easy, RPE4; 8x25m SA Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 8x75m Hard, RPE9 w/ 45s rest between intervals; 6x25m Sprints, All-Out, RPE 10 w/ 20s rest between sprints; 8x25m K 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 expand this workout a little further with 20 Hard, RPE9, 30-second high-speed surges and 30-second recoveries; run 10min Easy, RPE 4 to cool down for a total of 40 minutes of running

THURSDAY

Scylla

With a less randomized set of intervals, Scylla will ease you into slightly longer, leg-loading efforts above FTP and then give you ample time to bear the discomfort as you 'ride it off' just in time for another challenging but definitely doable minute above FTP, several times over.

FRIDAY

Swim Threshold + Speed Intervals (2200m)

Warm-Up 300m Easy, RPE4; 8x25m CS drills w/ 10s rest between drills; 5x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; 4x50m 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

Yet again, run an Easy-Moderate 50 minutes at RPE6 pace and include 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Frissell +1

Building on this same format from a couple weeks ago, you'll again repeat efforts slightly below your FTP which is both beneficial in terms of increased sustainable power, but also in that your race pace isn't likely to be quite so high. So if you can ride this hard, indoors probably without the same motivation that racing inspires, very probably with less effective cooling, just imagine how manageable slightly lower efforts will feel outside on race day.

SUNDAY

Swim Time Trial (2350m)

Warm-Up 350m Easy, RPE 4; 1650m Hard, RPE 9; Cool-Down 350m easy, RPE 4

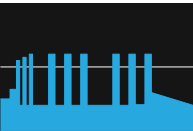
SUNDAY

Long Base Run

Nudge up your longest run this week by running 80 minutes at an Easy-Moderate, RPE6 pace.

Week 4 - Tips

293 TSS 4:35 HOURS



Emerald -3

60 69 0.83
Min TSS IF²



Mount Wood

60 65 0.81
Min TSS IF²



Glassy

80 81 0.78
Min TSS IF²



Cumberland

75 78 0.79
Min TSS IF²

Week Description

TUESDAY

Emerald -3

Only a total of 12 minutes of VO2max work this week, and it comes in a relatively friendly format since the concern is more about maintaining fitness and absorbing improvements. The intensity is set at 120% but you can reduce these as far down as 110% and still maintain the workout's objectives pretty well. So if your fatigue is high and you know it, err on the side of caution and trim the intensity a bit today.

WEDNESDAY

Swim Base + VO2max Intervals (1750m)

Warm-Up 300m Easy, RPE4; 8x25m HCU Drills w/ 10s rest between drills; 5x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 6x75m Hard, RPE9 w/ 45s 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 drop back down to 16 Hard, RPE 9, 30-second high-speed surges, recovering for only 30 seconds after each; run 10min Easy, RPE 4 to cool down for a total of 36 minutes of running

THURSDAY

Mount Wood

Still going to see some over-unders this week, but in an effort to make your recovery real and useful, your above-FTP pushes will be short-lived and your sub-threshold valleys will be more extended than usual. If you haven't already, try spending the valleys in your aero position, then sit upright during the surges if necessary.

FRIDAY

Swim Threshold Intervals (1800m)

Warm-Up 300m Easy, RPE4; 8x25m F&T drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; 8x25m SK drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

FRIDAY

Base Run + Strides

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

SATURDAY

Glassy

Endurance is still the name of the game, but recovery is too. Accordingly, Glassy will trim your effort back far enough that you'll still derive ample aerobic benefit without hampering your recovery in the process. Try spending a couple/few full, 15-minute intervals in aero. If you can't, it might be time to consider some fit changes or to further address any flexibility limitations that are forcing you to sit up or sacrifice power.

SUNDAY

Continuous Base Swim (1800m) OR Sprint 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

Sprint Triathlon OR Sweet Spot Ride + Base Run (Brick)

In the midst of a 75-minute bike workout, you'll sustain 60 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 a fairly short 30-minute run at an Easy-Moderate, RPE6 pace in order to have some experience quickly working up to your intended race pace post-bike-leg.



[Red Lake +3](#)

75 90 0.85
Min TSS IF®



[Bear Creek](#)

60 81 0.90
Min TSS IF®



[Mount Baldy](#)

90 103 0.83
Min TSS IF®

Week Description

TUESDAY

Red Lake +3

If working slightly below FTP strengthens the base for increases in FTP, working slightly above it serves to actualize those increases. Use these short but uncomfortable efforts to grow your boundaries, both physically and mentally - grow accustomed to the pain rather than trying to avoid it. If possible, spend some time in your aero posture, but on-Target power is still the top priority.

WEDNESDAY

Swim Base + VO2max Intervals (2100m)

Warm-Up 300m Easy, RPE4; 8x25m BB Drills w/ 10s rest between drills; 6x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 5x100m Hard, RPE9 w/ 60s 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 10x1-minute Hard, RPE9 high-speed surges with a minute's recovery after each; run 10min Easy, RPE 4 to cool down for a total of 40 minutes of running

THURSDAY

Bear Creek

Post-recovery-week over-unders - this is gonna hurt a bit. With that said, it's the sort of pain you're ready for, both physically and mentally. Endure the longer over-segments knowing that a greater training stimulus (read: more pain) is often what's necessary to cultivate a stronger, more capable athlete. And again, spend as much of the valleys in aero, rise when/if necessary, probably during the pushes slightly above FTP.

FRIDAY

Swim Threshold + Speed Intervals (2400m)

Warm-Up 300m Easy, RPE4; 8x25m F drills w/ 10s rest between drills; 4x300m Moderate-Hard, RPE8 w/ 60s rest between intervals; 4x50m 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 50 minutes at RPE6 pace and include another 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY

Mount Baldy

Another opportunity to push your sustainable race pace a bit higher and send a clear and distinct message to your muscles: MORE POWER. Practice working harder than necessary while including recoveries so short that they're more about teasing you with relief than actually providing it - all part of what's necessary on your path to your best bike split yet.

SUNDAY

Continuous Base Swim (2500m)

Warm-Up 250m Easy, RPE 4; 2000m Easy-Moderate, RPE 6; Cool-Down 250m easy, RPE 4

SUNDAY

Long Base Run

Nudge up your longest run once more and log 90 minutes at an Easy-Moderate, RPE6 pace.

Week 6 - Tips

406 TSS 5:45 HOURS



[Red Lake +4](#)

75 97 0.88
Min TSS IF[®]



[Avalanche Spire](#)

75 89 0.84
Min TSS IF[®]



[Beacon](#)

90 107 0.84
Min TSS IF[®]



[Gibraltar](#)

105 113 0.80
Min TSS IF[®]

Week Description

Tuesday Red Lake +4 Same level of effort a little above FTP, same relatively generous recovery valleys, but a little more time at intensity this week, all aimed at increasing your ability to ride above your current capabilities. Again, ride aero if possible, but the greater concern here is your ability to sustain steady watts slightly above your FTP.

Wednesday Swim Base + VO2max Intervals (2200m) Warm-Up 300m Easy, RPE4; 8x25m SC Drills w/ 10s rest between drills; 7x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 5x100m Hard, RPE9 w/ 60s 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 tack on a couple more 1-minute Hard, RPE9 high-speed surges for a total of 12 this week, one minute's recovery after each; run 10min Easy, RPE 4 to cool down for a total of 45 minutes of running

Thursday Avalanche Spire Time to change things up just enough to keep the challenge interesting. Perhaps you'll find these more bearable, maybe you'll find a new level of disdain for OU's. In either case, don't let a little leg burn dissuade you from the necessary hard work that WILL make you faster and tougher. And if you've flirted with over-segments in your aero position, these gradual ramps are an excellent opportunity to refine your ability to stay low while staying on the gas.

Friday Swim Threshold + Speed Intervals (2400m) Warm-Up 300m Easy, RPE4; 8x25m BS drills w/ 10s rest between drills; 4x300m Moderate-Hard, RPE8 w/ 45s 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 Bump things up slightly to an Easy-Moderate 55 minutes at RPE6 pace this week and still include 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

Saturday Beacon A little more volume this week in order to keep those sustained-power capabilities on the rise, but the recoveries grow enough to keep you eager and ready for each subsequent 8-minute interval.

Sunday Continuous Base Swim (2600m) Warm-Up 300m Easy, RPE 4; 2000m Easy-Moderate, RPE 6; Cool-Down 300m easy, RPE 4

Sunday Sweet Spot Ride + Base Run (Brick) In the midst of a 105-minute 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 a 45-minute run at an Easy-Moderate, RPE6 pace in order to get a chance to settle into something close to your race pace.

Week 7 - Tips

316 TSS 4:03 HOURS



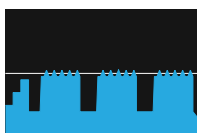
Elephants

75 98 0.88
Min TSS IF®



Fish -2

93 120 0.88
Min TSS IF®



Carpathian Peak +1

75 98 0.88
Min TSS IF®

Week Description

Tuesday Elephants Having already crammed 30 minutes of this type of work into the same workout duration, this week's challenge trims each interval's duration a little but also trims the recovery valleys substantially. Shorter intervals, shorter rest, greater eventual endurance during your supratherreshold workloads, higher FTP too.

Wednesday Swim Base + VO2max Intervals (2300m) Warm-Up 300m Easy, RPE4; 8x25m FS Drills w/ 10s rest between drills; 7x100m Easy-Moderate, RPE6 w/ 5s rest between intervals; 6x100m Hard, RPE9 w/ 60s rest between intervals; 8x25m K&R drills w/ 15s rest between drills; Cool-Down 300m easy, RPE4

Wednesday Tempo Run Run 15min 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 45 minutes of running

Thursday Fish -2 Heading toward your second recovery week, it's time to push the endurance challenge higher still. These are relatively long efforts, and there are more than a few of them, but you're ready for this sort of work. What's more, this is harder than you'll have to work on race day lending to a training approach bent on making your hardest days your training days. Train hard, race 'easy'.

Friday Swim Threshold + Speed Intervals (2400m) Warm-Up 300m Easy, RPE4; 8x25m S drills w/ 10s rest between drills; 4x300m Moderate-Hard, RPE8 w/ 30s rest between intervals; 4x50m 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 Bump things up once more to an Easy-Moderate 60 minutes at RPE6 pace this week and still include 6x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

Saturday Carpathian Peak +1 Love 'em or hate em', over-unders work. And longer ones work even better (longer to a point, anyway). Use this final round of peaking OU's to master the art of hurting, hurting even more, and then not backing off as far as everyone else; only as far as necessary. And make sure some of your controlled suffering is spent in your aero riding position.

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 This final, pre-recovery-week long run sees one more increase to your longest run yet at 1hr40min at an Easy-Moderate, RPE6 pace.

Week 8 - Tips

268 TSS 4:00 HOURS



Raymond

60 73 0.85
Min TSS IF®



Sill

60 74 0.86
Min TSS IF®



Dans

30 13 0.50
Min TSS IF®



Phoenix +1

90 108 0.85
Min TSS IF®

Week Description

TUESDAY

Raymond 4x5 108%, 5R

Time to back things off just enough to allow some of the benefit of your hard work to rise to the surface. At the same time, we don't want to sacrifice any of those hard-earned gains, so a little bit of intensity necessarily remains in the mix.

WEDNESDAY

Swim Base + VO2max Intervals (1800m)

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

WEDNESDAY**Tempo Run**

Run 15min up to Easy-Moderate, RPE6 to warm up, then run steadily, Moderate-Hard, RPE8 for just 15 minutes this week before cooling down for 10 minutes at an Easy, RPE 4pace for a total of 40 minutes of running

THURSDAY**Sill**

Final dose of over-under work and it's downright friendly in comparison to earlier weeks. With only a single minute spent on the far side of your lactic tipping point, you'll practically fly through these recovery week efforts as you continue to soak up your newfound improvements in holding higher watts.

FRIDAY**Swim Threshold Intervals (1600m)**

Warm-Up 300m Easy, RPE4; 8x25m BB drills w/ 10s rest between drills; 4x200m Moderate-Hard, RPE8 w/ 45s rest between intervals; Cool-Down 300m easy, RPE4

FRIDAY**Base Run + Strides**

This week, just run an Easy-Moderate 45 minutes at RPE6 pace and include only 4x20-second relaxed sprints at RPE10 with 40 seconds of rest after each one.

SATURDAY**Dans**

Take it easy today in anticipation of one of two scenarios tomorrow: 1) a reasonably demanding brick workout or 2) an Olympic-distance triathlon.

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 Threshold Ride + Tempo 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 85-90% FTP which will be 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 a fairly short 30-minute run at an Easy-Moderate, RPE6 pace where you'll get up to race pace quickly.
