



8-Week Vineman 70.3 Half Ironman Training Plan

TriLaVie®

Martha Szufnarowski, Founder & Head Coach

70.3

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Build 5/16	Active Recovery Rest Restorative	Cycle/Run Cadence 90 RPMs Steady 1 hr 1 mile Run	Swim Set #2	Run 1 hour hilly *TLV Fun Run!	Active Recovery Rest Restorative	KEY TRAINING! OC Swim Series 1 mile Race Pace OC Run Course 7 miles Race Pace	Cycle - Long Rolling Course 45 miles Neg Split Pendelton Option
2 Build 5/23	Active Recovery Rest Restorative	Cycle/Run Cadence 90 RPMs Steady 1.5 hrs 1 mile Run	Swim Set #3	Run 1 hour hilly *TLV Fun Run!	Swim Open Water 1 Hour EZ	Cycle - Long 2x Santiago 50 miles Hard 6 mile Run	Swim/Run 1.5 miles Neg Split 6 miles Neg Split
3 Build 5/30	Memorial Day 1/2 Marathon (Racing?) Don't run on Sunday)	Cycle/Run Cycling - Interval 1hr Run 3 miles	Swim Set #4	Run Speed Set #1	Lake Swim Time Trial 1.5 Miles *No Wetsuit	KEY TRAINING! Cycle - Long 2x Santiago + 2x Cook's Hill 55 miles Hard 1 mile Run	Long Run/Walk 12 miles Splits: 3/7/2 Intervals of 1:1 *OC Triathlon
4 Build 6/6	Active Recovery Rest Restorative	Cycle/Run Strength Hills/Steady 1.5 hrs Run 3 miles	Swim Set #5	Run Speed Set #2	Swim Open Water Time Trial 1.5 Miles	Brick: Cycle/Run Rolling Course 60 mile Bike 8 mile Run	Long Run/Walk 8 miles Splits: 2/4/2 Intervals of 1:1
5 Build 6/13	Active Recovery Rest Restorative	Cycle/Run Strength Hills/Steady 1.5 hrs Run 3 miles	Swim Set #6	PC RACE Run 6 miles hilly *1mi warm-up	Lake Swim Time Trial 1.5 Miles *No Wetsuit	KEY TRAINING! Cycle - Strong 70 miles on SART *TLV Aid Station	Long Run/Walk 14 miles Steady + Strong! Intervals of 1:1
6 Peak 6/20	Active Recovery Rest Restorative	Cycle/Run Strength Hills/Steady 1.5 hrs Run 3 miles	Swim Marker Sets 5x500s	Run Speed Set #3	Lake Swim Time Trial 1.5 Miles *No Wetsuit	Brick -Challenge 56 miles Run 6 miles neg split HEAT TRAIN!	Long Run/Walk 13.1 Miles Race Style! *SDIT
7 Taper 6/27	Active Recovery Rest Restorative	Cycle/Run Cycling - Interval 1hr Run 1 mile	Lake Swim Time Trial 1.5 Miles *No Wetsuit	Run 6 miles Interval	Swim Open Water or Pool 1 hour Steady (or swim Sunday)	Brick-for-Fast Fun! 25 miles Santiago 30 min Run	Long Run/Walk 8 miles Splits: 2/4/2 Option to Swim/Run
8 Race Taper Week 7/4	Swimming Easy Aerobic 2000 Yds	Brick Bike 1 hour Run 15 min fast	Swim Open Water Time Trial 1.5 Miles	Race Site Check List: *Short Bike Ride to Check Gears and Parts!!!! *Swim Course - 1 loop is ok! *45 minute Run	Travel Day? Leave EARLY!! Team Dinner in Guerneville 6 - 9 pm Family and Friends Invited, Details coming	Team Photo at Finish Line Attend 1st Talk Martha's Race Review Talk Visit Expo - don't stay too long in the sun and heat! Drive to Review Course	Ironman Vineman 70.3