

TIMEX® Half Ironman Train Smarter™ Plan *by Dave Scott*

Training Plan:	Half Ironman
Training Level:	Fitness Athlete
Training Weeks:	10
Hours Per Week:	6 - 13

Description:

This Half Ironman program requires 6 to 13 hours per week of training in all 3 disciplines. The program begins with marker sets that will immediately establish your baseline fitness. Throughout the 10 week program marker sets and bricks will be used to assess your progress. I suggest that you have completed an Olympic Distance race prior to selecting a Half Ironman event. However, if you are reasonably competent in one discipline don't shy away from this program. You'll have plenty of time to boost your confidence prior to race day.

Key Principles:

You may wish to familiarize yourself with the glossary of [terms](#) prior to utilizing this plan. Below are a few to know:

Aerobic Heart Rate / Pace (A) - Talking about the aerobic heart zone, ideal heart rate should be about 70 - 80% of maximum heart rate. This endurance-training zone helps in improving your cardiovascular development and also it helps in strengthening your heart

L-1 pace is approximately 10 seconds per mile slower than your Race Pace. On shorter repeats you may not see a rise in heart rate- use pace. L-2 is approx. 5 seconds per mile slower than Race Pace. L-3 is approx. Race Pace. For information on products that help track your training click [here](#).

Marker Sets (MS) - are test sets that will be included throughout your cycle. By comparing specific workouts throughout your plan, you can evaluate your progress. The sets allow you to evaluate your progress by evaluating heart rates, workloads, sendoff, repeat times, speed, perceived exertion and power. Marker sets are the true predictors of your potential race performance.

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	One	1	Marker Set: 3 x 600	:20"	Establish Race Pace (RP) Maintain moderate to hard pace. Average your times- this will be your RP. The Marker Sets will establish this pace on a weekly basis.
Run	One	1	8 Miles (A)		(A) Aerobic pace
Bike	One	2	Marker Set: 4 x 15'	1'	Hold highest speed and heart rate
Swim	One	3	Main Set: 10 x 100 Second Set: 8 x 50	:10"	Swim at RP Swim at RP less :5" on each 100 #1 at RP + 10"/mile slower , #2 at RP +
Run	One	3	Marker Set: 3 x 18'	1'	5"/mile slower , #3 at RP
Bike	One	4	Main Set: 6 x 4' Second Set: 30' (A)	2'	Highest speed. Final 1' of each is standing low gear
	One	5	OFF		
Swim	One	6	Main Set: 1500 for time Second Set: 10 x 25's (alternate by 25, back and free)	:10"	This is goal time for RP Fast on free and Cruise on back
Bike/Run	One	6	Brick, All Aerobic on Bike/Run Bike: 40 Miles Time Trial Gear (TTG) Run: 5K		
	One	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Two	1	Marker Set: 1200 for time Second Set: 8 x 100	:10"	Hold RP , less 5" on each 100
Run	Two	1	Main Set: 9 Miles (A)		Hold highest heart rate and speed. This is your Lactate Threshold (LT) - we will retest this throughout the program.
Bike	Two	2	Marker Set: 60' T.T. in (TTG)		Hold RP
Swim	Two	3	Main Set: 12 x 100 Second Set: 12 x 50 (alt.back and free)	:10" :15"	On free- hold RP , minus 5"
Run	Two	3	Marker Set: 45' of 3 x 15'	:30"	Hold highest speed possible. Take average heart rate of repeats for #2 and #3- this is your LT . Ideal Half Ironman RP is 20" to 30" slower per mile.
Bike	Two	4	Main Set: 6 x 4.5' Second Set: 30' (A)	2'	Highest speed. All Low Gear (LG)
	Two	5	OFF		
Swim	Two	6	Marker Set: 1800 at RP (final 300 at RP minus 4" faster per 100) Second Set: 8 x 100	:10"	Hold RP , less 5" on each 100
Bike/Run/Bike	Two	6	Brick: Bike-Run-Bike Bike: 35 miles= 10miles (A) + 10 miles RP + 15 miles in L.G. (A) Run: 8 miles= 2 miles (A) + 2 miles (RP) + 4 miles (A) Bike: 25 miles= approx. 8 miles (A) in (TTG) + 4 miles at RP , repeat 2x		
	Two	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Three	1	Marker Set: 1500 for time		2" faster per 100 than your RP (If RP is determined by the 1500 time trial average pace per 100 ie a 1:40 per 100, is 25" per 25 yards. So, a 125 goal pace would be 5 lengths x 25 seconds = 2:05 - 2 seconds = 2:03)
			Second Set: 6 x 125	15"	
Run	Three	1	Main Set: 10 miles= 3 miles (A) + 2 miles at RP at +10"/mile, Repeat 2x		
Bike	Three	2	Marker Set: 5 x 15'	1'	Hold L-1 for 5', L-2 for 5', L-3 for 5'
Swim	Three	3	Main Set: 12 x 100	10"	Swim at RP minus 5" per 100
			Second Set: 8 x 75	30"	Swim at fastest pace
Run	Three	3	Marker Set: 5 x 10'	1'	5' at RP + 5' at highest pace possible
Bike	Three	4	Main Set: 6 x 5'	2'	Bike at highest speed
			Second Set: 30' (A) -alt. 5' Big Gear (BG) + 5' LG		
	Three	5	OFF		
Swim	Three	6	Marker Set: 1800= 1200 at RP with final 600 at RP , minus 4" per 100		Note: Your RP will be faster than week One!
			Second Set: 10 x 75 (odd 75's very hard, even 75's back)	20"	
Run-Bike-Run	Three	7	Brick: R-B-R Run: 6' all at L-1 Bike: 50' (final 25 miles at RP) Run: 5' (alt. miles between RP and L-1)		These may be very close in heart rate

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Four	1	Main Set: 10 x 200 Second Set: 8 x 100	15" 10"	Hold RP Hold RP minus :3"
Run	Four	1	Main Set: 11.5 miles= 2.5 miles (A) + 2.5 miles at RP + 10"/mile) 2x + 1.5 miles at RP		Hold L-1 for 5', L-2 for 10', L-3 for 5': final
Bike	Four	2	Marker Set: 3 x 20' (TTG) + 1 x 15'	1'	15' in LG (A)
Swim	Four	3	Main Set: 15 x 100 Second Set: 10 x 50	15" 5"	Swim at RP minus 7" per 100 Hold at RP
Run	Four	3	Marker Set: 6 x 1 mile with :30" RI		Odd's at RP, Even's at 25-35" faster per mile
Bike	Four	4	Main Set: 6 x 5.5' Second Set: 38' minus 7' at RP in (TTG) + 7' in BG at + 5 heart rate beats above TTG segments + 5' LG (A), 2x	2'	Highest Speed
	Four	5	OFF		
Swim	Four	6	Marker Set: 2100 Second Set: 10 x 50	5"	Each 700 yards is faster, final 700 at RP Hold at RP
Bike-Run-Bike	Four	6	Brick: B-R-B Bike: 45' (alt. 5 miles (A) I.G. and 10 miles at L-1 to L-2) Run: 9' (1/2 mile (A) + 1.5 mile at L-1 + 1 mile at RP), 3x Bike: 20 miles = (12 miles at L-1, 4 miles at RP, 4 miles at fastest speed)		
	Four	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Five	1	Marker Set: 1800 for time Second Set: 8 x 100	10"	Descend 1-3, 4-6, 7-9, 10-12 Hold RP minus 8" per 100 Hold RP minus 5" per 100
Run	Five	1	Main Set: 13 miles = 2miles (A) + 3 miles at RP , 2x + 3 miles at L-1		L-1 heart rate should be close to RP Hold L-1 for 10', L-2 for 5' - all standing; L-3 for 5' in BG ; 2 x 15' at LG (A) for 10' and RP for 5'
Bike	Five	2	Marker Set: 3 x 20' + 2 x 15'	1'	
Swim	Five	3	Main Set: 18 x 100 at RP minus :7" per 100 Second Set: 8 x 75	15" 30"	Swim at fastest speed
Run	Five	3	Marker Set: 6 x 10'	90"	6' at L-1 + 2' at L-2 + 2' at L-3
Bike	Five	4	Main Set: 6 x 5.5' Second Set: 38' minus 7' at RP in TTG + 7' in BG at + 5 heart rate beats above TTG segments + 5' LG (A) , 2x	2'	Highest Speed
	Five	5	OFF		
Swim	Five	6	Marker Set: 2400 Second Set: 20 x 25 = (3 x 25 free, fast + 1 x 25 back, cruise) 5x	10"	Each 600 is 5" faster. Finish the final 1200 at RP or faster
Run-Bike-Run	Five	6	Brick: R-B-R Run: 8 miles (alt. 1 mile at (A) + 1 mile at RP) Bike: 2.5 hours at (30' (A) + 30' at RP + 15' at highest speed possible, 2x) Run: 6 miles at (1/2 mile (A) + 2 miles at RP , minus 10" faster per mile + 1/2 mile easy, 2x)		
	Five	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Six	1	Main Set: 12 x 200 Second Set: 16 x 50	30"	Descend 1-3, 4-6, 7-9, 10-12. Hold RP minus 8" per 100 Hold at RP minus 12" per 100
Run	Six	1	Main Set: 13 miles = 2miles (A) + 3 miles at RP , 2x + 3 miles at L-1		L-1 heart rate should be close to RP
Bike	Six	2	Marker Set: 6 x 20'	1'	Hold (A) for first 5' block. Final 15' at RP
Swim	Six	3	Main Set: 21 x 100 Second Set: timed 500 at RP	15"	Hold at RP minus 5" per 100
Run	Six	3	Marker Set: 4 x 1.5 mile	1'	1/2 mile at L-1, 1/2 mile at L-2, 1/2 mile at L-3
Bike	Six	4	Main Set: 6 x 6' Second Set: 6 x 7' at RP	90"	Maintain highest speed
	Six	5	OFF		
Swim-Bike-Run	Six	6	Brick: S-B-R Swim: 1000 for time + 10 x 100 Bike: 65 miles (5 miles (A), 5 miles at 3-4 beats higher than RP , repeat) Run: 10 miles (1 mile (A) + 1.5 miles at 15" faster per mile than RP , repeat)	10"	
	Six	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Seven	1	Main Set: 500 at RP + 5 x 100	15"	Hold "3 to 5" faster than RP
Run	Seven	1	Main Set: 14.5 miles (1.5 miles (A) + 3.5 miles at RP , 2x) + 4.5 miles at L-1		
Bike	Seven	2	Marker Set: 60' at highest speed possible + 60' (alt. 5' (A) + 5' L-2 - no choice gears), stand up for a total of 15' within the 120'		
Swim	Seven	3	Main Set: 21 x 100 at RP minus 10" Second Set: 700 at RP	20"	
Run	Seven	3	Marker Set: 4 x 2 miles	1'	1/2 mile (A), 1/2 mile at RP , 1/2 mile at RP + 10" per mile, 1/2 mile at RP + 20" per mile slower
Bike	Seven	4	Main Set: 2 hours (A)		50% in LG
	Seven	5	OFF		
Swim	Seven	6	Main Set: 2000 for time Second Set: 20 x 50	10"	Repeat: three 50's hard, one easy
Run-Bike-Run	Seven	6	Brick: R-B-R Run: 6 miles (1.5 miles at RP + 5 miles at RP + 20" slower) Bike: 50 miles (10 miles at (A) + 20 miles at L-1 + 20 miles at RP) Run: 4 miles (1/2 mile (A) + 1/2 mile at RP)		Take 15 to 20 minute before beginning this brick, following your swim session
	Seven	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Eight	1	Main Set: 500 at RP + 5 x 100	15"	Hold "3 to 5" faster than RP
Run	Eight	1	Main Set: 14.5 miles (1.5 miles (A) + 3.5 miles at RP , 2x) + 4.5 miles at L-1		
Bike	Eight	2	Marker Set: 60' at highest speed possible + 60' (alt. 5' (A) + 5' L-2 - no choice gears), stand up for a total of 15' within the 120'		
Swim	Eight	3	Main Set: 21 x 100 at RP minus :10" Second Set: 700 at RP	20"	
Run	Eight	3	Marker Set: 4 x 2 miles	1'	1/2 mile (A), 1/2 mile at RP , 1/2 mile at RP + 10" per mile, 1/2 mile at RP + "20" mile
Bike	Eight	4	Main Set: 2 hours (A)		50% in LG
	Eight	5	OFF		
Swim	Eight	6	Main Set: 2000 for time Second Set: 20 x 50	10"	Repeat: three 50's hard, one easy
Run-Bike-Run	Eight	6	Brick: R-B-R Run: 6 miles (1.5 miles at RP + 5 miles at RP + 20" slower) Bike: 50 miles (10 miles at (A) + 20 miles at L-1 + 20 miles at RP) Run: 4 miles (1/2 mile (A) + 1/2 mile at RP)		Take 15 to 20 minute before beginning this brick, following your swim session
	Eight	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Nine	1	Main Set: 100+200+300+400, Repeat 2x	20"	Hold 200 and 400 at RP less "5" per 100, Hold 100 and 300 at RP + 10"
Bike	Nine	1	Main Set: 90' Time Trial (TT)		Each 15' segment, increase heart rate by 2 beats up to LT
Run	Nine	2	Main Set: 75' with 3 x 15' at RP	2'	
Swim	Nine	3	Main Set: 20 x 100 Second Set: 8 x 50	15" 30"	Descend 1-4 throughout the set Fast pace
Bike	Nine	3	Main Set: 8 x 10'	30"	Final 2' stand in TTG , build each block Hold RP on odd repeats, Hold RP + 20" per mile on even repeats
Run	Nine	3	Main Set: 6 x 1 mile	30"	Odd's in B.G., Even's in TTG - Build each 5' block to LT with 10' RI between.
Bike	Nine	4	Main Set: 90' with 7 x 5'	30"	
	Nine	5	OFF		
Swim-Bike-Run	Nine	6	Brick: S-B-R Swim: 2000 with final 500 at RP Bike: 40 miles with final 25 miles at RP Run: 9 miles- after 2 mile warm-up (WU), alt. miles at RP + 40" slower than RP		
	Nine	7	OFF		

Discipline	Week	Day	Workout	Rest Interval	Notes
Swim	Ten	1	Main Set: 100+200+300+400, Repeat 2x	20"	Hold 200 and 400 at RP less "5" per 100, Hold 100 and 300 at RP + 10"
Bike	Ten	1	Main Set: 90' with 3 x 12' at RP	2'	
Run	Ten	2	Main Set: 45' with 4 x 5' at RP	90"	
Swim	Ten	3	Main Set: 16 x 100 Second Set: 4 x 50	see Notes 30"	RI on #1-8 is :15", RI on #9-16 is 30" . Hold at steady pace
Bike	Ten	4	Main Set: 60' with final 20' at RP		
	Ten	5	OFF		
Swim	Ten	6	Main Set: 1000 with 6 x 50 build	20"	
Bike	Ten	6	Main Set: 15 miles (A) with 6 x 90"	90"	Build to RP
Run	Ten	6	Main Set: 3 miles (A) with 4 x 50" build to RP		
	Ten	7	RACE DAY		

Dave Scott, Inc.
 Apr-09

Training Plan: Half Ironman, Warm-Up (WU) Schedule
 Training Level: Fitness Athlete
 Training Weeks: 10

Swim	WU #1	Rest Interval	Notes
	100 Free + 50 Back	none	Repeat 3x
	Kick 50 flutter + Swim 25 Free	none	Repeat 4x

WU #2	Rest Interval	Notes
8 x 75	"10"	Kick flutter every 3rd length

WU #3	Rest Interval	Notes
150 Free + 50 Back + 25 Kick dolphin		Repeat 4x, continuous

Bike	<p>Start on lower (easier) gear and gradually build up RPM's as your body warms up. Hold cadence at 95-105 for 2 to 5 minutes. Continue WU with :30" standing and 20" seated and repeat 4-6x. Finish WU with steady pace and cadence, elevating your heart rate to your aerobic zone.</p>	Total time 8 to 20'
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Run	<p>Start off slowly with shorter strides. Gradually increase stride length and tempo after 3-5'. Elevate your heart rate to aerobic zone before beginning the main set.</p>	Total time 8 to 15'
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Dave Scott, Inc.
Apr-09

Training Plan: Half Ironman, Race Pace for Bike and Run
Training Level: Fitness Athlete
Training Weeks: 10

Bike

Race Pace

6-10 heart rate beats lower than 60' T.T.
Speed is typically 8 to 1.5 MPH slower than 60' T.T.

Run

Race Pace

1/2 IM RP is +25 to 35" slower per mile than 45' T.T.
The 45' T.T. should be close to your lactate threshold heart rate speed (L-3)