

**Half Ironman Distance Training**  
**70.3 (1.2 mile Swim/56 mile Bike/13.1 mile Run)**  
**13 Week Plan from Triathlete Magazine by Gale Bernhardt**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week 1</b>	REST	Swim 45 min Run 30 min	Bike 1 Hour	Swim 1 Hour Run 30 min	Bike 45 min	Swim 1 Hour Bike 1:30	Run 1 Hour
<b>Week 2</b>	REST	Swim 45 min Run 30 min	Bike 1 Hour	Swim 1 Hour Run 45 min	Bike 1 Hour	Swim 1 Hour Bike 2 Hours	Run 1:15
<b>Week 3</b>	REST	Swim 45 min Run 45 min	Bike 1 Hour	Swim 1 Hour Run 1 Hour	Bike 1 Hour	Swim 1 Hour Bike 2:15	Run 1:15
<b>Week 4</b>	REST	Swim 45 min Run 30 min	Run 30 min	Swim 45 min Bike 30 min	Bike 1 Hour	Bike 1:30 Run 30 min	REST
<b>Week 5</b>	REST	Swim 45 min Run 30 min	REST	Swim 30 min Bike 1 Hour	REST	Swim 1 Hour Bike 2:30	Run 1:30
<b>Week 6</b>	REST	Swim 45 min	Bike 1 Hour	Swim 1 Hour Run 45 min	REST	Swim 1 Hour Bike 3 Hours	Run 1:30
<b>Week 7</b>	REST	Swim 45 min Run 15 min	Bike 1 Hour	Swim 1 Hour Run 1 Hour	REST	Swim 1 Hour Bike 3:15	Run 1:45
<b>Week 8</b>	REST	Swim 45 min	Run 1 Hour	Swim 1 Hour	Bike 1 Hour	Bike 1:30 Run 45 min	REST
<b>Week 9</b>	REST	Swim 45 min Bike 30 min	Run 15 min	Bike 30 min Run 30 min	REST	Swim 1 Hour Bike 3:15	Run 1:45
<b>Week 10</b>	REST	Swim 45 min	Bike 1 Hour	Swim 1 Hour Run 30 min	REST	Swim 1 Hour Bike 3:30	Run 2 Hours
<b>Week 11</b>	REST	Swim 34 min Run 30 min	Bike 1 Hour	Swim 30 min Run 45 min	REST	Swim 1 Hour Bike 4 Hours	Run 2 Hours
<b>Week 12</b>	REST	Swim 45 min	Bike 1 Hour	Swim 1 Hour	Run 1 Hour	Bike 1 Hour Run 30 min	Bike 45 min
<b>Week 13</b>	REST	Run 30 min	Swim 30 min	Bike 30 min	REST	Bike 20 min Run 20 min	RACE DAY!