



Challenge Wanaka 70.3 Training Plan

Beginner - 12 Weeks

Welcome to your plan

Congratulations for taking the step to challenge yourself and undertake a 70.3 Triathlon!

This is a beginner 12-week training guide and assumes you can swim comfortably, ride for approximately 2 hours and run for an hour.

We hope that this guide can support your journey, improve your fitness and most importantly, you have fun!

General Information

The training volume per week for this plan ranges from 7 hours to 9+ hours, including a mixture of all three disciplines plus strength & conditioning.

The plan works on a three week build then a 1 week taper to help your body and mind recover.

Training zones

Zones	% of HR Max
Zone 1 - Easy (Recovery)	68-73%
Zone 2 - Steady (Endurance)	73-80%
Zone 3 - Moderate (Tempo)	80-87%
Zone 4 - Hard (Threshold)	87-93%
Zone 5 - Max Speed (VO2 Max)	93-100%

Other Information

** = Higher intensity key session*

E= Endurance focus key session

OW - Open Water Swim

Weeks 1-3

The focus for this period is general preparation and consistency - getting into a good routine and finding a balance with your work/life schedule.
The volume and intensity builds slowly.

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Swim 1400m Steady Z2	Bike 40mins Z4 - Threshold	Run 30mins VO2 Max Intervals	Swim 1500m Z3 Pulling Focus	Rest Day	Bike 2hr Z2	Run 1hr Z2
PM	Rest	Mobility 15 mins	Rest	Strength 30 mins	Rest Day	Mobility 15mins	Rest

Week 2

AM	Swim Z3 40mins	Bike 45mins Z3 - Moderate	Run 40mins Z3 Moderate	Run 40mins Z3 Moderate	Rest Day	Bike 2hr Z2	Run 1hr Z2
PM	Rest	Strength 30 mins	Rest	Strength 30 mins	Rest Day	Run off the bike 20 mins Z1-2	Rest

Week 3

AM	Swim Z3 40mins	Bike 55mins Z3 - Moderate	Run 40mins Z3 Moderate	Swim Z3 50 mins	Rest Day	Bike 2:40hr Z2	Run 1:20hr Z2
PM	Strength 45 mins	Rest	Strength 45 mins	Mobility	Rest Day	Run off the bike 25 mins Z1-2	Recovery Swim 20mins Z1

Weeks 4-6

The focus for this period is having an active recovery week in week 4 - then getting into the preparation phase - building skills, increasing distance and working on your nutrition.

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Swim Z2 40mins	Bike 45 mins Z2 Easy	Rest	Run 40mins Z3	Swim Z3 40mins	Bike 1hr Z2	Run 1hr Z2
PM	Rest	Rest	Rest	Strength 30 mins	Rest	Mobility 15mins	Rest

Week 5

AM	Strength 45 mins	Bike 45mins Z3 - Moderate	Run 45mins Z3 Moderate	Swim Z3 1hr Moderate	Rest Day	Bike 2:50hr Z2-3[E]	Swim OW 1.6km Z2-3
PM	Rest	Strength 30 mins	Rest	Strength 30 mins	Rest Day	Run off the bike 1:10hr Z1-2	Rest

Week 6

AM	Strength 45 mins	Bike 1hr Z3 - Moderate	Run 1hr Z3 Moderate	Swim 1:10hr Z3-Moderate	Rest Day	Bike 2:50hr Z2-3[E]	Swim OW 2km Z2-3
PM	Rest	Run off the bike 20mins Z3	Strength 30 mins	Mobility	Rest Day	Run off the bike 1:20hr Z1-2	Rest

Weeks 7-9

The focus for this period is building on the previous weeks, and shifting into the final build phase.

More brick sessions & focus on transitions, and taking advantage of those rest days.

Week 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Strength 45 mins	Bike 1:10 Z3*	Run 1hr Z3	Swim 1:10 Z3 [E]	Rest Day	Bike 3hr Z2-3[E]	Swim OW 2.2km Z2-3
PM	Rest	Rest	Strength 45 mins	Rest	Rest Day	Run off the bike 1:30hr Z1-2	Rest

Week 8

AM	Rest	Run 45mins Z3 Moderate	Swim 1hr Z4*	Bike 1hr Z4*	Rest Day	Swim OW 2km Z2	Bike 1:30hr Z2
PM	Rest	Rest	Rest	Rest	Rest Day	Rest	Run off the bike 20mins Z2

Week 9

AM	Rest	Bike 1:10hr Z3 - Moderate	Run 1hr Z4 - Hard	Swim 1:30hr Z3 [E]	Rest Day	Bike 2:30hr Z2-3[E]	Swim OW 40min Z2
PM	Rest	Strength 30 mins	Mobility	Strength 30 mins	Rest Day	Rest	Rest

Weeks 10-12

The focus for this period is getting into building into race day! The last three weeks put together what you've learnt so far, with more brick sessions and higher intensity work. Week 12 is taper week leading into the race.

Week 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Strength 45 mins	Bike 1:10 Z3*	Run 45min Z3	Swim 1.6km [2]	Rest Day	Bike 2hr Z2-3[E]	Swim OW 50mins [2]
PM	Rest	Rest	Strength 45 mins	Rest	Rest Day	Run off the bike 1:00hr Z1-2	Rest

Week 11

AM	Rest	Bike 45mins [3]*	Run 45min Z4*	Swim 1:30hr Z3 Endurance	Rest Day	Bike 1:30hr Z2	Swim OW 1:00hr Z2
PM	Rest	Rest	Strength 45 mins	Rest	Rest Day	Run off the bike 45mins Z2	Rest Day

Week 12

Race Week

AM	Rest	Bike 35mins Z3	Run 30mins [4]	Run 25mins [2]	Rest Day	Race Day!	Rest & Celebrate
PM	Rest	Swim 1:15hr Z2-3 [E]	Rest	Swim 30mins Z2 OW	Rest Day		