



Challenge Wanaka 70.3 Training Plan

Intermediate - 12 Weeks

Welcome to your plan

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

This is an intermediate 12-week training guide and assumes you can swim comfortably for 2km, ride for approximately 2.5 hours and run for an hour 20mins, not all on the same day however.

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

General Information

The training volume per week for this plan ranges from 8 hours to 10+ 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 building up on the work you have been doing for the past few months and challenge yourself over increasing distances during the week and weekends.

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Strength 30 mins	Run 0:45 Z3	Swim 1hr Z3-4	Bike 0:45 Z3*	Swim 1:30 Z2 E	Bike 2:30 Z2 E	Run 1:30 Z2-3 [E]
PM	Rest	Rest	Rest	Run off the bike 0:15 Z2	Strength 30 mins	Rest	Swim 0:30 Z2

Week 2

AM	Rest	Run 0:45 Z4*	Swim 1:15 Z4*	Bike 1:00 Z3-4*	Swim 1:30 Z2-3 E	Bike 2:30 Z2 E	Run 2:00 Z2 E
PM	Rest	Strength 0:30	Rest	Run off the bike 0:30 Z2	Strength 30 mins	Rest	Swim 0:30 Z2 OW

Week 3

AM	Rest	Run 0:45 Z4*	Swim 1:15 Z4*	Bike 1:15 Z4*	Swim 1:30 Z2-3 [E]	Bike 3:15 Z3 E	Run 2:00 Z2
PM	Rest	Strength 0:30	Rest	Run off the bike 0:30 Z2	Strength 0:30	Rest	Rest

Weeks 4-6

This period is pre-competition build - working through your nutrition plan for the endurance sessions, transition practice and getting the appropriate amount of rest.

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Rest	Run 0:45 Z4*	Swim 1:00 Z3	Bike 1:00 Z3*	Swim 1:15 Z3 [E]*	Bike 2:30 Z2-3 E	Run 1:45 Z2 E
PM	Rest	Strength 0:30	Rest	Run 0:15 Z2-3	Strength 0:30	Rest	Swim 0:30 Z2 OW

Week 5

AM	Rest	Run 0:45 Z4*	Swim 1:15 Z4	Bike 1:15 Z4	Swim 1:30 Z3 [E]	Bike 3:00 Z3	Run 2:00 Z3 E
PM	Rest	Strength 0:30	Rest	Rest	Rest	Run off the bike 0:25 Z3-4	Rest

Week 6

AM	Rest	Run 0:45 Z3-4	Swim 1:15 Z4	Bike 1:15 Z3-4	Swim 1:30 Z3 E	Bike 3:30 Z3	Run 2:15 Z3 E
PM	Rest	Strength 0:30	Rest	Run off the bike 0:30 Z2	Rest Day	Run off the bike 0:30 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	Rest	Run 0:45 Z3	Swim 1:00 Z3	Bike 1:00 Z3-4*	Swim 1:30 Z3 OW	Bike 3:00 Z3 E	Run 1:45 Z3 E
PM	Rest	Strength 0:30	Run 0:45 Z2	Rest	Rest	Run off the bike 0:15 Z3	Rest

Week 8

AM	Rest	Run 0:45 Z4*	Swim 1:15 Z4	Bike 1:00 Z3-4	Swim 1:30 Z3-4 OW	Bike 3:30 Z3-4	Run 2:30 Z3-4
PM	Rest	Strength 0:30	Rest	Rest	Rest	Rest	Rest

Week 9

AM	Rest	Run 0:45 Z4*	Swim 1:15 Z4*	Bike 1:15 Z4	Swim 1:00 Z3 E	Bike 4:00 Z3	Run 1:45 Z3 E
PM	Rest	Strength 0:30	Mobility	Run off the bike 0:30 Z3	Rest	Run off the bike 0:30 Z3	Rest

Weeks 10-12

The focus for this period is building to 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	Rest	Run 1:00 Z3*	Swim 1:00 Z3* OW	Bike 1:00 Z3-4*	Swim 1:30 Z3 OW	Swim 0:30 Z3 OW	Run 1:30 Z3-4 E
PM	Rest	Strength	Rest	Rest	Rest Day	Bike 3:30 Z3 Run 0:30 Z4	Rest

Week 11

AM	Swim 0:45 Z2	Run 0:45 Z4*	Swim 0:45 Z4*	Bike 0:45 Z4	Swim 1:15Z3 OW	Bike 2:15 Z3 E	Run 1:15 Z3 E
PM	Rest	Rest	Rest	Rest	Rest Day	Run off the bike 15mins Z2	Rest Day

Week 12

	Race Week						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	Rest	Run 0:40 Z3	Swim 1:00 Z3	Bike 1:15 Z3*	Swim 0:20 Z2 OW	Race Day!	Rest & Celebrate
PM	Rest	Rest	Rest	Run 0:20 Z2	Rest		