20/40 Week Half Triathlon and Full Triathlon Training Plan

Easy Ride / Run	Ride or run the designated duration at a steady, comfortable pace
Endurance Swim/Ride/Run	Ride, run or swim the desingnated duration at a steady, moderate pace
Interval Ride/Run	Perform the designated number of intervals at the highest intensity level you can sustain through the end of the last interval without bonking. Recover after each interval with easy spinning or jogging for a duration equal to twice that of the hard interval. Warm up with at least 10 minutes of easy riding or running and cool down long enough to reach the designated total workout duration.
Interval Swim	Swim the designated number of intervals in the main set (MS) at the highest speed you can sustain through the end of the last interval without bonking. Rest on the wall for 10 seconds after 25- to 75-metre intervals, rest 15 seconds after 100- to 200- meter intervals, and rest 20 seconds after intervals longer than 200 meters. Apportion the remainder of the prescribed total workout distance to warm-up and cool-down metres and to drill, kick and pull sets.
Swim Time Trial	Swim the designated time-trial distance as though it were a race. Apportion the remainder of the designated total workout distance to a warm-up and a cool-down.
Tempo Ride/Run	Ride or run the first part of the total duration at a comfortable pace. Ride or run the last part at an effort level that feels challenging yet still relatively comfortable.
Transition Run	Immediately after you complete the prescribed bike workout, put on your running shoes and run the designated duration at a comfortable pace.
Note:	This plan was based upon a 20-week training schedule. It is doubled to a 40-week training plan. They designate Monday as a rest day; I have added strength training in this plan on Mondays.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		Main Set - 8x25m (1000m total)		Main Set - 4x100M (1000m total)	40 minutes with Cu20	25 Miles	6 Miles
Week-1	Strength Training	Interval Bike	5 Miles	Easy Bike	40 minutes with 6x:20 second relaxed sprints		Endurance Swim
		40 minutes with 6x:20 second sprints		40 minutes	second relaxed sprints		1000m
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
Work 2	Strongth Training	Main Set - 8x25m (1000m total)		Main Set - 4x100M (1000m total)	40 minutes with 6x:20 second relaxed sprints	25 Miles	6 Miles
Week-2	Strength Training	Interval Bike		Easy Bike			Endurance Swim
		40 minutes with 6x:20 second sprints		40 minutes			1000m
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run

		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		40 minutes with 6x:20 second sprints		45 minutes	Second relaxed sprints		1200m
RECOVERY	Strength Training	Interval Bike	5 Miles	Easy Bike	45 minutes with 6x:20 second relaxed sprints	30 Miles	Endurance Swim
Week-8	Strength Training	(1200m total)		(1200m total)	45 minutes with 530		6 Miles
		Main Set - 10x25M	Lady Hall	Main Set - 5x100m	The contract of the contract o	Ziidai dilee Dilee	
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		40 minutes with 6x:20 second sprints		45 minutes	2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -		1200m
RECOVERY	Strength Training	Interval Bike	5 Miles	Easy Bike	45 minutes with 6x:20 second relaxed sprints	30 Miles	Endurance Swim
Week-7	Strongth Training	Main Set - 10x25M (1200m total)		Main Set - 5x100m (1200m total)	AF minutes with 5022		6 Miles
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		40 minutes with 10x:20 second sprints		45 minutes	second relaxed sprints	33 1411163	1500m
Week-6	Strength Training	Interval Bike	5 Miles	Easy Bike	45 minutes with 8x:20	35 Miles	Endurance Swim
		Main Set - 12x25M (1200m total)		Main Set - 6x100m (1200m total)			8 Miles
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		40 minutes with 10x:20 second sprints	5 Miles	45 minutes	second relaxed sprints	3363	1500m
Week-5	Strength Training	Interval Bike	5 Miles	Easy Bike	45 minutes with 8x:20	35 Miles	Endurance Swim
		Main Set - 12x25M (1200m total)		Main Set - 6x100m (1200m total)			8 Miles
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
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		40 minutes with 8x:20 second sprints		45 minutes	·		1250m
Week-4	Strength Training	Interval Bike	5 Miles	Easy Bike	40 minutes with 8x:20 second relaxed sprints	30 Miles	Endurance Swim
	C T	Main Set - 10x25M (1100m total)		Main Set - 5x100m (1100m total)			7 Miles
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		40 minutes with 8x:20 second sprints		45 minutes	second relaxed sprints		1250m
Week-3	Strength Training	Interval Bike	5 Miles	Easy Bike	40 minutes with 8x:20	30 Miles	Endurance Swim
		Main Set - 10x25M (1100m total)		Main Set - 5x100m (1100m total)			7 Miles

		Interval Swim	Easy Run	Interval Swim	Tempo Run	Endurance Bike	Endurance Run
		50 minutes with last 20 minutes comf. hard		50 minutes		10 minute easy run	(2100m total)
Week-14	Strength Training	Tempo Bike	6 Miles	Easy Bike	40 minutes with 10x1 minute fast uphill	50 miles easy bike +	Endurance Swim
		8x25 (1700m total)		(1700m total)		Transition Rail	11 Miles
		Interval Swim Main Set - 12x50M;	Easy Run	Interval Swim Main Set - 5x150m	Interval Run	Endurance Bike + Transition Run	Endurance Run
		minutes comf. hard		50 minutes			(2100m total)
		50 minutes with last 20	o ivilles	Easy Bike	minute fast uphill	50 miles easy bike + 10 minute easy run	Endurance Swim
Week-13	Strength Training	8x25 (1700m total) Tempo Bike	6 Miles	(1700m total)	40 minutes with 10x1	FO miles as subiles	
		Main Set - 12x50M;		Main Set - 5x150m		Transition Run	11 Miles
		Interval Swim	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
							(======
		45 minutes with 8x1:00 minute fast UH		45 minutes	hard		Main Set - 800m TT (1800m total)
Week-12	Strength Training	Interval Bike	6 Miles	Easy Bike	45 minutes with last 15 minutes comfortably	45 Miles	Swim Time Trial
	C T	(1600m total)		(1600m total)			10 Miles
		Interval Swim Main Set - 8x50M; 8x25	Easy Run	Interval Swim Main Set - 4x200m	Tempo Run	Endurance Bike	Endurance Run
		45 minutes with 8x1:00 minute fast UH		45 minutes	hard		Main Set - 800m TT (1800m total)
AAGGK-TT	Juengui Haililig	Interval Bike	6 Miles	Easy Bike	minutes comfortably	45 Miles	Swim Time Trial
Week-11	Strength Training	(1600m total)		(1600m total)	45 minutes with last 15		10 Miles
		Interval Swim Main Set - 8x50M; 8x25	Easy Run	Interval Swim Main Set - 4x200m	Tempo Run	Endurance Bike	Endurance Run
		minutes comf-hard		45 minutes			1700m
		Tempo Bike 45 minutes with last 15	5.5 Miles	Easy Bike	minute fast	40 Miles	Endurance Swim
Week-10	Strength Training	(1500m total)		(1500m total)	40 minutes with 6x1:00	40.44	9 Miles
		Main Set - 10x50M	Easy Run	Main Set - 5x150m	interval Kuli	Endurance bike	
		minutes comf-hard Interval Swim	Facus Burn	Interval Swim	Interval Run	Endurance Bike	Endurance Run
		45 minutes with last 15		45 minutes	minute fast		1700m
Week-9	Strength Training	Tempo Bike	5.5 Miles	Easy Bike	40 minutes with 6x1:00	40 Miles	Endurance Swim
		Main Set - 10x50M (1500m total)		Main Set - 5x150m (1500m total)			9 Miles

Week-15 RECOVERY	Strength Training	Main Set - 16x50M (1500m total) Interval Bike 45 minutes with 6x90 seconds fast Interval Swim	6 Miles Easy Run	Main Set - 8x100m (1500m total) Easy Bike 45 minutes	45 minutes with last 15 minutes comfortable hard	40 miles Endurance Bike	8 Miles Endurance Swim Main Set - 1600m steady (1800 total) Endurance Run
Week-16 RECOVERY	Strength Training	Main Set - 16x50M (1500m total) Interval Bike 45 minutes with 6x90 seconds fast	6 Miles	Main Set - 8x100m (1500m total) Easy Bike 45 minutes	45 minutes with last 15 minutes comfortable hard	40 miles	8 Miles Endurance Swim Main Set - 1600m steady (1800 total)
			Foru Pun	Internal Corine	Internal Dun	Endurance Bike +	Fredunance Burn
Week-17	Changeth Tasining	Tempo Bike + Transition Run 55 min. bike w/last 20 min.	Easy Run	Interval Swim Main Set - 4x250m (1900m total)	Interval Run	Transition Run	Endurance Run 12 miles
week-17	Strength Training	comf. hard+10 min easy run	6 Miles	Easy Bike	45 minutes with 8x2:00	55 miles easy bike + 10 minute easy run	Endurance Swim
		Interval Swim MS: 8x75M (1900m)		50 minutes	minutes fast		2400m
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
Week-18	Strength Training	Transition Run 55 min. bike w/last 20 min. comf. hard+10 min easy run Interval Swim	6 Miles	Main Set - 4x250m (1900m total)	45 minutes with 8x2:00 minutes fast	Transition Run 55 miles easy bike + 10 minute easy run	12 miles Endurance Swim
		MS: 8x75m (1900m)		50 minutes		10 minute eday rum	2400m
		(23 8 6)		33			2.00
Т		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-19	Strength Training	Transition Run 55 minutes bike with 8x2:00 minutes fast + 10 minute easy	·	Main Set - 6x150m (2100m total)	50 minutes with last 20	Transition Run	10 miles
		Interval Swim	6 Miles	Easy Bike	minutes comfortably hard	60 miles easy bike + 15 minute easy run	Endurance Swim
		MS: 10x50m; 10x25m (2100m)		55 minutes	naru	13 minute easy run	2700m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-20	Strength Training	Transition Run 55 minutes bike with 8x2:00 minutes fast + 10 minute easy run	6 Miles	Main Set - 6x150m (2100m total)	50 minutes with last 20 minutes comfortably	Transition Run 60 miles easy bike +	10 miles
		Interval Swim MS: 10x50m; 10x25m		Easy Bike	hard	15 minute easy run	Endurance Swim

		(2100m)		של ווווווענכט			4700 111
		Interval Bike	Easy Run	Interval Swim	Easy Run	Easy Bike	
RACE WEEK	Strength Training	20 minutes with 3x1:00 minute hard	2.5 miles	Main Set - 4x150m (800m total)			Half Triathlon (70.3)
Week-21		Interval Swim	2.5 miles	Easy Bike	15 minutes	15 minutes	
		MS: 10x50m; (1100m total)		15 minutes			
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
(Optional)	Strength Training	Transition Run 1 hour bike with last 20 minutes comfortable hard + 10 minute easy run		Main Set - 6x200m (2300m total)	45 minutes with 8x2:00	Transition Run	13miles
Week-22	c c	Interval Swim	6 Miles	Easy Bike	minutes fast	65 miles easy bike + 10 minute easy run	Endurance Swim
		MS: 10x75m; 10x25m (2300m)		1 hour		10 minute easy run	3000m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-23	Strength Training	Transition Run 50 minute bike with 8x1:00 minute fast + 10 minute easy	6 Miles	Main Set - 12x100m (1800m total)	40 minutes with last 12 minutes comfortably hard	Transition Run 50 miles easy bike + 15 minute easy run	10 miles
RECOVERY		Interval Swim		Easy Bike			Endurance Swim
		MS: 10x75m; 10x50m (1800m)		50 minutes	Hara		2400m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-24	Strength Training	Transition Run 50 minute bike with 8x1:00 minute fast + 10 minute easy	5.00	Main Set - 12x100m (1800m total)	40 minutes with last 12	Transition Run	10 miles
RECOVERY		Interval Swim	6 Miles	Easy Bike	minutes comfortably hard	50 miles easy bike + 15 minute easy run	Endurance Swim
		MS: 10x75m; 10x50m (1800m)		50 minutes	Hara	13 minute easy run	2400m
			F 2			Endurance Bike +	Forders 2
		Tempo Bike + Transition Run	Easy Run	Interval Swim	Interval Run	Transition Run	Endurance Run
Week-25	Strength Training	1 hour 10 minute bike with last	C F Miles	Main Set - 4x300m (2500m total) 50 minutes with		14 miles	
		Interval Swim	6.5 Miles	Easy Bike	10x2:00 minutes fast	70 miles easy bike + 10 minute easy run	Endurance Swim
		MS: 10x75m; 18x50m (2500m)		1 hour			3000m

		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
Week-26	Strength Training	Transition Run 1 hour 10 minute bike with last 20 minutes comfortably hard + 10 minute easy run	65.00	Main Set - 4x300m (2500m total)	50 minutes with	Transition Run	14 miles
		Interval Swim	6.5 Miles	Easy Bike	10x2:00 minutes fast	70 miles easy bike + 10 minute easy run	Endurance Swim
		MS: 10x75m; 18x50m (2500m)		1 hour		To minute easy run	3000m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike + Transition Run	Endurance Run
Week-27	Strength Training	Transition Run 1 hour 10 minute bike with 10x2:00 minutes hard + 10 minute easy run	C F Miles	Main Set - 2x400m; 4x100m (2600m total)	1 hour with last 20		11 miles
		Interval Swim	6.5 Miles	Easy Bike	minutes comfortably hard	55 miles easy bike + 20 minute easy run	Endurance Swim
		MS: 8x100m; 8x25m (2600m)		1 hour 15 minutes	,,	20 minute easy run	3300m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-28	Strength Training	Transition Run 1 hour 10 minute bike with 10x2:00 minutes hard + 10 minute easy run		Main Set - 2x400m; 4x100m (2600m total)	1 hour with last 20 minutes comfortably hard	Transition Run 55 miles easy bike + 20 minute easy run	11 miles
		Interval Swim		Easy Bike			Endurance Swim
		MS: 8x100m; 8x25m (2600m)		1 hour 15 minutes	Hara		3300m
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
Week-29	Strength Training	Transition Run 1 hour 15 minute bike with last 25 minutes comf. hard + 10 minute easy run	7 Miles	Main Set - 4x300m; 4x100m (2800m total)	55 minutes with 5x3:00		16 miles
		Interval Swim	7 Miles	Easy Bike	minutes fast	85 miles easy bike + 10 minute easy run	Endurance Swim
		MS: 6x75m; 6x50m (2800m)		1 hour 15 minutes		ŕ	3800m
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
Week-30	Strength Training	Transition Run 1 hour 15 minute bike with last 25 minutes comf. hard + 10 minute easy run	inute bike with last comf. hard + 10 run 7 Miles	Main Set - 4x300m; 4x100m (2800m total)	55 minutes with 5x3:00	Transition Run	16 miles
		Interval Swim		Easy Bike	minutes fast	85 miles easy bike + 10 minute easy run	Endurance Swim
		MS: 6x75m; 6x50m (2800m)		1 hour 15 minutes		23 milate easy run	3800m
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run

		Transition Run				Transition Run	
Week-31	Strength Training	1 hour bike with 10x2:00 minutes hard + 10 minute easy run	CANILO	Main Set - 2x400m; 4x100m (2300m total)	50 minutes with last 15		10 miles
RECOVERY		Interval Swim	6 Miles	Easy Bike	minutes comfortably hard	50 miles easy bike + 15 minute easy run	Swim Time Trial
		MS: 16x50m; 6x50m (2300m)		1 hour	11010	15 minute cusy run	1650m as fast as possible (2400 total)
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-32 RECOVERY	Strength Training	Transition Run 1 hour bike with 10x2:00 minutes hard + 10 minute easy run	6 Miles	Main Set - 2x400m; 4x100m (2300m total)	50 minutes with last 15 minutes comfortably	Transition Run 50 miles easy bike +	10 miles
		Interval Swim	o wines	Easy Bike	hard	15 minute easy run	Swim Time Trial
		MS: 16x50m; 6x50m (2300m)		1 hour			1650m as fast as possible (2400 total)
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
Week-33	Strength Training	Transition Run 1 hour 20 minute bike with last 30 minutes comf. Hard + 10 minute easy run	7 Miles	Main Set - 4x400m (3000m total)	1 hour with 3x5:00	100 miles easy bike +	18 miles
		Interval Swim	7 Willes	Easy Bike	minutes fast	10 minute easy run	Endurance Swim
		MS: 10x100m; 10x50m (3000m total)		1 hour 20 minutes		,	4000M
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
Week-34	Strength Training	Transition Run 1 hour 20 minute bike with last 30 minutes comf. Hard + 10 minute easy run	7.04	r 20 minute bike with last nutes comf. Hard + 10 (3000m total)	1 hour with 3x5:00	Transition Run 100 miles easy bike + 10 minute easy run	18 miles
		Interval Swim	, ivilies	Easy Bike	minutes fast		Endurance Swim
		MS: 10x100m; 10x50m (3000m total)		1 hour 20 minutes		·	4000M
		Interval Bike +	Easy Run	Interval Swim	Tempo Run	Endurance Bike +	Endurance Run
Week-35	Strength Training	Transition Run 1 hour 20 minute bike with 3x5:00 minutes hard + 10		Interval Swim Main Set - 4x300m; 4x100 (3000m total)	1 hour with last 25	Transition Run	Endurance Run 20 miles
Week-35	Strength Training	Transition Run 1 hour 20 minute bike with	Easy Run 7 Miles	Main Set - 4x300m;	1 hour with last 25 minutes comfortably	Transition Run 70 miles easy bike + 1	
Week-35	Strength Training	Transition Run 1 hour 20 minute bike with 3x5:00 minutes hard + 10 minute easy run		Main Set - 4x300m; 4x100 (3000m total)	1 hour with last 25	Transition Run	20 miles
Week-35	Strength Training	Transition Run 1 hour 20 minute bike with 3x5:00 minutes hard + 10 minute easy run Interval Swim MS: 8x75m; 8x50m;		Main Set - 4x300m; 4x100 (3000m total) Easy Bike	1 hour with last 25 minutes comfortably	Transition Run 70 miles easy bike + 1	20 miles Endurance Swim

Week-36	Strength Training	Interval Swim MS: 8x75m; 8x50m; 8x25m (3000m total)	7 Miles	Easy Bike 1 hour 30 minutes	1 nour with last 25 minutes comfortably hard	70 miles easy bike + 1 hour easy run	Endurance Swim 4000M
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
Week-37	Strength Training	Transition Run 1 hour bike with last 20 minutes comfortable hard + 10 minute easy run	7 Miles	Main Set - 4x400m (2600m total)	45 minutes with 6x2:00	Transition Run	22miles
		Interval Swim	7 ivilles	Easy Bike	minutes fast	50 miles easy bike + 10 easy run	Endurance Swim
		MS: 10x100m; 10x50m; (2600m total)		1 hour			4000M
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike +	Endurance Run
Week-38	Strength Training	Transition Run 1 hour bike with last 20 minutes comfortable hard + 10 minute easy run	es	Main Set - 4x400m (2600m total)	45 minutes with 6x2:00	Transition Run 50 miles easy bike +	22 miles
		Interval Swim		Easy Bike	minutes fast	10 easy run	Endurance Swim
		MS: 10x100m; 10x50m; (2600m total)		1 hour		·	4000m
		Tempo Bike +	Easy Run	Interval Swim	Interval Run	Endurance Bike + Transition Run	Endurance Run
Week-39	Strength Training	Transition Run 1 hour bike with last 20 minutes comfortable hard + 10 minute easy run		Main Set - 4x400m (2600m total)	45 minutes with 6x2:00		10 miles
		Interval Swim	7 Miles	Easy Bike	minutes fast	50 miles easy bike + 10 easy run	Endurance Swim
		MS: 10x100m; 10x50m; (2600m total)		1 hour			4000m
		Interval Bike	Easy Run	Interval Swim	Easy Run	Easy Bike	
RACE WEEK	Strength Training	45 minutes with 6x1:00 minute hard	F miles	Main Set - 4x300m (1600m total)	20 minutes	30 minutes	full Triathlon
Week-40		Interval Swim	5 miles	Easy Bike	30 minutes	20 minutes	
		MS: 10x50m; (2200m total)		30 minutes			

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