

6 Month Half Ironman Training Plan

Week	Swim	Bike	Run	BRIC	Strength Training	Weekly Volume	Notes
1-4	2x/week: 30 mins (1 km)	2x/week: 60 mins (30 km)	2x/week: 45 mins (8 km)	None	2x/week: 30 mins	5 hours	Focus on form and building base fitness
5-8	2x/week: 45 mins (1.5 km)	2x/week: 90 mins (45 km)	2x/week: 60 mins (10 km)	1x/week: 60 mins Bike + 15 mins Run	2x/week: 30 mins	7.5 hours	Gradually increase distance
9-12	3x/week: 45 mins (1.5 km)	3x/week: 90 mins (45 km)	3x/week: 60 mins (10 km)	1x/week: 90 mins Bike + 30 mins Run	2x/week: 30 mins	10 hours	Increase frequency, introduce more brick workouts
13-16	3x/week: 60 mins (2 km)	3x/week: 120 mins (60 km)	3x/week: 75 mins (12 km)	1x/week: 120 mins Bike + 45 mins Run	2x/week: 30 mins	13 hours	Reach 2/3 race distance in each discipline
17-20	3x/week: 60 mins (2 km)	3x/week: 150 mins (75 km)	3x/week: 90 mins (15 km)	1x/week: 150 mins Bike + 60 mins Run	2x/week: 30 mins	16 hours	Continue to build distance and endurance
21-24	3x/week: 75 mins (2.5 km)	3x/week: 180 mins (90 km)	3x/week: 105 mins (18 km)	1x/week: 180 mins Bike + 75 mins Run	2x/week: 30 mins	20 hours	Reach race distance in each discipline
25	3x/week: 60 mins (2 km)	3x/week: 120 mins (60 km)	3x/week: 75 mins (12 km)	1x/week: 120 mins Bike + 45 mins Run	2x/week: 30 mins	13 hours	Begin taper, reduce volume but maintain intensity
26	2x/week: 45 mins (1.5 km)	2x/week: 60 mins (30 km)	2x/week: 45 mins (8 km)	None	1x/week: 30 mins	6 hours	Taper continues; reduce volume further; rest and prepare for race day