16 weeks to 70.3 Durban

Free IRONMAN 70.3 training plan · ~10 h a week (standard) · most age-groupers — race it, not just finish
Race day Sunday, 6 June 2027 · week 1 starts Monday, 15 February 2027

10 h	13 h	3:30	1:40
average week (1-15)	peak, week 11	longest ride	longest run

The plan in brief

- This free 16-week training plan for IRONMAN 70.3 Durban averages 10 hours a week, peaking at 13 hours in week 11, with recovery weeks 4, 8 and 12 and a two-week taper.
- It starts on Monday, 15 February 2027 and ends on race day, Sunday, 6 June 2027.
- A typical week has about 10 sessions — three swims, three rides, three runs and, in the first half, strength — with the time split roughly 45% bike, 30% run and 21% swim; the longest ride is 3:30 and the longest run 1:40.
- Adjusted for this course: rolling bike course.

Adjusted for this course

Rolling bike course
About 549 m of climbing. Ride your long rides on rolling terrain and practise holding race power over the tops instead of spiking it on every rise.

Five phases

Base	weeks 1-4	Aerobic engine and technique. Mostly easy, a little sweet spot, strength on Mondays.
Build 1	weeks 5-8	Threshold work on the bike and run, longer weekends, longer bricks.
Build 2	weeks 9-12	Race-specific: long efforts at 70.3 power and pace, the biggest weeks of the plan.
Peak	weeks 13-14	Race rehearsals: full fuelling, race kit, race pace off the bike.
Taper	weeks 15-16	Volume drops, intensity stays. Arrive fresh, not flat.

Weekly hours

WEEK	PHASE	DATES	TOTAL	SWIM	BIKE	RUN	STRENGTH
1	Base	15 Feb - 21 Feb	**8:40**	2:00	3:45	2:25	0:30
2	Base	22 Feb - 28 Feb	**9:10**	2:05	4:05	2:30	0:30
3	Base	1 Mar - 7 Mar	**10:05**	2:15	4:25	2:55	0:30
4	Base (recovery)	8 Mar - 14 Mar	**6:35**	1:15	3:05	1:55	0:20
5	Build 1	15 Mar - 21 Mar	**10:30**	2:20	4:35	3:05	0:30
6	Build 1	22 Mar - 28 Mar	**11:15**	2:25	5:05	3:15	0:30
7	Build 1	29 Mar - 4 Apr	**11:55**	2:35	5:20	3:30	0:30
8	Build 1 (recovery)	5 Apr - 11 Apr	**7:35**	1:25	3:30	2:20	0:20
9	Build 2	12 Apr - 18 Apr	**11:35**	2:30	5:15	3:25	0:25
10	Build 2	19 Apr - 25 Apr	**12:20**	2:35	5:40	3:40	0:25
11	Build 2	26 Apr - 2 May	**13:00**	2:40	5:55	4:00	0:25
12	Build 2 (recovery)	3 May - 9 May	**8:05**	1:25	3:50	2:30	0:20
13	Peak	10 May - 16 May	**11:30**	2:35	5:15	3:40	-
14	Peak	17 May - 23 May	**10:25**	2:20	4:55	3:10	-
15	Taper	24 May - 30 May	**7:55**	1:55	3:35	2:25	-
16	Race week	31 May - 6 Jun	**3:35**	1:15	1:20	1:00	-

Shaded rows are recovery weeks: about a third less, so the three weeks before turn into fitness.

Week by week

Every session with its duration and what to do. Key sessions are the ones to protect when life gets busy; the rest can move or shrink. Miss a few days? Pick the plan up where you are - don't try to catch up.

Week 1 Base · 15 Feb - 21 Feb — 8:40 h

Settle into the routine. Every session easy enough to finish wanting more.

Mon 15 Feb	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 16 Feb	**Swim · technique** - Warm-up 300 m easy. Drills 8×50 m (catch-up, fingertip drag, 6-kick switch), 20 s rest. Main 6×100 m smooth at RPE 5, 20 s rest. Cool-down 200 m.	**0:45**
	Run · hills KEY - Easy 15 min. 8×30 s up a moderate hill, hard but smooth, walk/jog down. Easy to finish.	**0:45**
Wed 17 Feb	**Bike · sweet spot** KEY - 10 min warm-up. 3×10 min at 88–92% FTP (RPE 6–7), 5 min easy between. Cool-down.	**1:00**
Thu 18 Feb	**Swim · aerobic** - Warm-up 300 m. Main 3×400 m steady (RPE 4–5), 30 s rest, breathing every 3 strokes. Cool-down 200 m.	**0:45**
	Run · easy - Easy Z2, conversational. 4×20 s strides at the end.	**0:40**
Fri 19 Feb	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 20 Feb	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:00**
Sun 21 Feb	**Long run** KEY - Easy Z2. Walk the aid-station minute if you like — it's a habit worth having on race day.	**1:00**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:30**

Week 2 Base · 22 Feb - 28 Feb — 9:10 h

Same week, a little longer. Consistency is the whole game in base.

Mon 22 Feb	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 23 Feb	**Swim · technique** - Warm-up 300 m easy. Drills 8×50 m (catch-up, fingertip drag, 6-kick switch), 20 s rest. Main 6×100 m smooth at RPE 5, 20 s rest. Cool-down 200 m.	**0:50**
	Run · hills KEY - Easy 15 min. 8×30 s up a moderate hill, hard but smooth, walk/jog down. Easy to finish.	**0:45**
Wed 24 Feb	**Bike · sweet spot** KEY - 10 min warm-up. 3×12 min at 88–92% FTP (RPE 6–7), 5 min easy between. Cool-down.	**1:00**
Thu 25 Feb	**Swim · aerobic** - Warm-up 300 m. Main 3×400 m steady (RPE 4–5), 30 s rest, breathing every 3 strokes. Cool-down 200 m.	**0:45**
	Run · easy - Easy Z2, conversational. 4×20 s strides at the end.	**0:40**
Fri 26 Feb	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 27 Feb	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:15**
Sun 28 Feb	**Long run** KEY - Easy Z2. Walk the aid-station minute if you like — it's a habit worth having on race day.	**1:05**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:30**

Week 3 Base · 1 Mar - 7 Mar — 10:05 h

First brick run off the long ride. Find your swim CSS pace this week (400 m + 200 m test) if you don't know it.

Mon 1 Mar	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 2 Mar	**Swim · technique** - Warm-up 300 m easy. Drills 8×50 m (catch-up, fingertip drag, 6-kick switch), 20 s rest. Main 6×100 m smooth at RPE 5, 20 s rest. Cool-down 200 m.	**0:50**
	Run · hills KEY - Easy 15 min. 10×30 s up a moderate hill, hard but smooth, walk/jog down. Easy to finish.	**0:50**
Wed 3 Mar	**Bike · sweet spot** KEY - 10 min warm-up. 2×20 min at 88–92% FTP (RPE 6–7), 5 min easy between. Cool-down.	**1:05**
Thu 4 Mar	**Swim · aerobic** - Warm-up 300 m. Main 3×400 m steady (RPE 4–5), 30 s rest, breathing every 3 strokes. Cool-down 200 m.	**0:50**
	Run · easy - Easy Z2, conversational. 4×20 s strides at the end.	**0:45**
Fri 5 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 6 Mar	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:30**
	Brick run - Straight off the bike: easy, short strides, find your run legs.	**0:10**
Sun 7 Mar	**Long run** KEY - Easy Z2. Walk the aid-station minute if you like — it's a habit worth having on race day.	**1:10**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:35**

Week 4 Base · recovery week · 8 Mar - 14 Mar — 6:35 h

Recovery week: about a third less. Let the first block soak in.

Mon 8 Mar	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 9 Mar	**Swim · technique** - Warm-up 300 m easy. Drills 8×50 m (catch-up, fingertip drag, 6-kick switch), 20 s rest. Main 6×100 m smooth at RPE 5, 20 s rest. Cool-down 200 m.	**0:40**
	Run · easy + strides - Easy Z2 with 6×20 s relaxed strides.	**0:35**
Wed 10 Mar	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:45**
Thu 11 Mar	**Swim · aerobic** - Warm-up 300 m. Main 3×400 m steady (RPE 4–5), 30 s rest, breathing every 3 strokes. Cool-down 200 m.	**0:35**
	Run · easy - Easy Z2, conversational. 4×20 s strides at the end.	**0:30**
Fri 12 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 13 Mar	**Long ride · easy** KEY - Steady Z2. Practise eating every 20 minutes.	**1:40**
Sun 14 Mar	**Long run · easy** KEY - Easy Z2.	**0:50**

Week 5 Build 1 · 15 Mar - 21 Mar — 10:30 h

Threshold arrives. If you have a power meter, test FTP on Wednesday (20-min test) and set your zones.

Mon 15 Mar	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 16 Mar	**Swim · threshold** - Warm-up 400 m. Main 8×100 m at CSS pace (your 1,500 m time-trial pace), 15 s rest. 4×50 m fast/easy. Cool-down 200 m.	**0:55**
	Run · threshold KEY - Easy 15 min. 5×1 km at threshold (10 km race effort), 2 min jog. Easy to finish.	**0:50**
Wed 17 Mar	**Bike · threshold** KEY - 15 min warm-up. 4×8 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:10**
Thu 18 Mar	**Swim · endurance** - Warm-up 400 m. Main 3×500 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:50**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:45**
Fri 19 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:55**
Sat 20 Mar	**Long ride + tempo** KEY - Z2 on rolling roads, with 2×15 min at 80–85% FTP in the second hour. 60–80 g carbs an hour.	**2:30**
	Brick run - Straight off the bike: 5 min easy, then steady (RPE 6).	**0:15**
Sun 21 Mar	**Long run** KEY - Z2, last 15 min steady (RPE 6). Take a gel every 30–40 minutes.	**1:15**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:35**

Week 6 Build 1 · 22 Mar - 28 Mar 11:15 h

Longer threshold blocks; the weekend gets bigger.

Mon 22 Mar	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 23 Mar	**Swim · threshold** - Warm-up 400 m. Main 8×100 m at CSS pace (your 1,500 m time-trial pace), 15 s rest. 4×50 m fast/easy. Cool-down 200 m.	**0:55**
	Run · threshold KEY - Easy 15 min. 4×1.6 km at threshold (10 km race effort), 2 min jog. Easy to finish.	**0:55**
Wed 24 Mar	**Bike · threshold** KEY - 15 min warm-up. 3×12 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 25 Mar	**Swim · endurance** - Warm-up 400 m. Main 3×500 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:55**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:45**
Fri 26 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 27 Mar	**Long ride + tempo** KEY - Z2 on rolling roads, with 2×15 min at 80–85% FTP in the second hour. 60–80 g carbs an hour.	**2:50**
	Brick run - Straight off the bike: 5 min easy, then steady (RPE 6).	**0:15**
Sun 28 Mar	**Long run** KEY - Z2, last 15 min steady (RPE 6). Take a gel every 30–40 minutes.	**1:20**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:35**

Week 7 Build 1 · 29 Mar - 4 Apr 11:55 h

The hardest week of the first build. Sleep is training.

Mon 29 Mar	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 30 Mar	**Swim · threshold** - Warm-up 400 m. Main 10×100 m at CSS pace (your 1,500 m time-trial pace), 15 s rest. 4×50 m fast/easy. Cool-down 200 m.	**1:00**
	Run · threshold KEY - Easy 15 min. 3×2 km at threshold (10 km race effort), 2 min jog. Easy to finish.	**0:55**
Wed 31 Mar	**Bike · threshold** KEY - 15 min warm-up. 3×15 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 1 Apr	**Swim · endurance** - Warm-up 400 m. Main 3×500 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:55**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:50**
Fri 2 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 3 Apr	**Long ride + tempo** KEY - Z2 on rolling roads, with 3×15 min at 80–85% FTP in the second hour. 60–80 g carbs an hour.	**3:05**
	Brick run - Straight off the bike: 5 min easy, then steady (RPE 6).	**0:20**
Sun 4 Apr	**Long run** KEY - Z2, last 15 min steady (RPE 6). Take a gel every 30–40 minutes.	**1:25**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:40**

Week 8 Build 1 · recovery week · 5 Apr - 11 Apr — 7:35 h

Recovery week. Short, easy, nothing to prove.

Mon 5 Apr	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 6 Apr	**Swim · threshold** - Warm-up 400 m. Main 10×100 m at CSS pace (your 1,500 m time-trial pace), 15 s rest. 4×50 m fast/easy. Cool-down 200 m.	**0:45**
	Run · easy + strides - Easy Z2 with 6×20 s relaxed strides.	**0:40**
Wed 7 Apr	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:50**
Thu 8 Apr	**Swim · endurance** - Warm-up 400 m. Main 3×500 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:40**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:35**
Fri 9 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 10 Apr	**Long ride · easy** KEY - Steady Z2 on rolling roads. Practise eating every 20 minutes.	**2:00**
	Brick run - Straight off the bike: 5 min easy, then steady (RPE 6).	**0:10**
Sun 11 Apr	**Long run · easy** KEY - Easy Z2.	**0:55**

Week 9 Build 2 · 12 Apr - 18 Apr — 11:35 h

Race-specific: long efforts at 70.3 power and pace. Practise race fuelling on every long session.

Mon 12 Apr	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 13 Apr	**Swim · race-pace sets** - Warm-up 400 m. Main 3×(4×100 m at CSS, 10 s rest), 60 s between rounds. Cool-down 200 m.	**1:00**
	Run · race pace KEY - Easy 15 min. 3×2.5 km at 70.3 run pace (a little slower than half-marathon pace), 2 min jog. Easy to finish.	**0:55**
Wed 14 Apr	**Bike · race power** KEY - 15 min warm-up. 3×15 min at 75–82% FTP (70.3 race power), 5 min easy between. Cool-down.	**1:15**
Thu 15 Apr	**Swim · endurance** - Warm-up 400 m. Main 3×500 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:55**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:45**
Fri 16 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 17 Apr	**Long ride + race power** KEY - Z2 on rolling roads, with 2×20 min at 70.3 race power (75–82% FTP). Race-day fuelling: 70–90 g carbs an hour.	**3:00**
	Brick run · race pace - Straight off the bike: first 5 min easy, then at 70.3 run pace. Hold form, quick cadence.	**0:20**
Sun 18 Apr	**Long run + race pace** KEY - Z2 with the last 20 min at 70.3 run pace. Race-day gels.	**1:25**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:35**

Week 10 Build 2 · 19 Apr - 25 Apr — 12:20 h

Bigger race-power blocks. The brick runs are where race pace starts to feel normal.

Mon 19 Apr	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 20 Apr	**Swim · race-pace sets** - Warm-up 400 m. Main 3×(4×100 m at CSS, 10 s rest), 60 s between rounds. Cool-down 200 m.	**1:00**
	Run · race pace KEY - Easy 15 min. 3×2.5 km at 70.3 run pace (a little slower than half-marathon pace), 2 min jog. Easy to finish.	**0:55**
Wed 21 Apr	**Bike · race power** KEY - 15 min warm-up. 3×15 min at 75–82% FTP (70.3 race power), 5 min easy between. Cool-down.	**1:20**
Thu 22 Apr	**Swim · endurance** - Warm-up 400 m. Main 2×1,000 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:55**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:50**
Fri 23 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 24 Apr	**Long ride + race power** KEY - Z2 on rolling roads, with 2×30 min at 70.3 race power (75–82% FTP). Race-day fuelling: 70–90 g carbs an hour.	**3:20**
	Brick run · race pace - Straight off the bike: first 5 min easy, then at 70.3 run pace. Hold form, quick cadence.	**0:25**
Sun 25 Apr	**Long run + race pace** KEY - Z2 with the last 20 min at 70.3 run pace. Race-day gels.	**1:30**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:40**

Week 11 Build 2 · 26 Apr - 2 May — 13:00 h

The biggest week of the plan. Nail the fuelling, protect the sleep.

Mon 26 Apr	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 27 Apr	**Swim · race-pace sets** - Warm-up 400 m. Main 3×(4×100 m at CSS, 10 s rest), 60 s between rounds. Cool-down 200 m.	**1:00**
	Run · race pace KEY - Easy 15 min. 3×3 km at 70.3 run pace (a little slower than half-marathon pace), 2 min jog. Easy to finish.	**1:00**
Wed 28 Apr	**Bike · race power** KEY - 15 min warm-up. 2×30 min at 75–82% FTP (70.3 race power), 5 min easy between. Cool-down.	**1:20**
Thu 29 Apr	**Swim · endurance** - Warm-up 400 m. Main 2×1,000 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**1:00**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:50**
Fri 30 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:05**
Sat 1 May	**Long ride + race power** KEY - Z2 on rolling roads, with 2×40 min at 70.3 race power (75–82% FTP). Race-day fuelling: 70–90 g carbs an hour.	**3:30**
	Brick run · race pace - Straight off the bike: first 5 min easy, then at 70.3 run pace. Hold form, quick cadence.	**0:30**
Sun 2 May	**Long run + race pace** KEY - Z2 with the last 30 min at 70.3 run pace. Race-day gels.	**1:40**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:40**

Week 12 Build 2 · recovery week · 3 May - 9 May — 8:05 h

Recovery week before the peak. Feeling flat midweek is normal.

Mon 3 May	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:20**
Tue 4 May	**Swim · race-pace sets** - Warm-up 400 m. Main 3×(4×100 m at CSS, 10 s rest), 60 s between rounds. Cool-down 200 m.	**0:45**
	Run · easy + strides - Easy Z2 with 6×20 s relaxed strides.	**0:40**
Wed 5 May	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:55**
Thu 6 May	**Swim · endurance** - Warm-up 400 m. Main 2×1,000 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:40**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:35**
Fri 7 May	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 8 May	**Long ride · easy** KEY - Steady Z2 on rolling roads. Practise eating every 20 minutes.	**2:10**
	Brick run · race pace - Straight off the bike: first 5 min easy, then at 70.3 run pace. Hold form, quick cadence.	**0:15**
Sun 9 May	**Long run · easy** KEY - Easy Z2.	**1:00**

Week 13 Peak · 10 May - 16 May — 11:30 h

Dress rehearsal: race kit, race fuel, race pace — find the problems now, not on race day.

Mon 10 May	Rest	
Tue 11 May	**Swim · open water** - Open water if you can (wetsuit): 2×15 min at race effort, sighting every 6 strokes, plus 3 practice starts. Pool fallback: 2×800 m at race pace.	**1:00**
	Run · race pace KEY - Easy 15 min. 2×4 km at 70.3 run pace, 3 min jog. Easy to finish.	**0:55**
Wed 12 May	**Bike · race power + spikes** KEY - 15 min warm-up. 3×15 min at race power with a 30 s surge to 110% FTP every 5 min (passing, climbs). Cool-down.	**1:15**
Thu 13 May	**Swim · endurance** - Warm-up 400 m. Main 2×1,000 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:55**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:45**
Fri 14 May	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**1:00**
Sat 15 May	**Race rehearsal ride** KEY - Dress rehearsal on rolling roads: race kit, race bike, race breakfast. 2×45 min at race power with exactly your race-day fuel and fluids.	**3:00**
	Brick run · race pace - Straight off the bike: first 5 min easy, then at 70.3 run pace. Hold form, quick cadence.	**0:30**
Sun 16 May	**Long run + race pace** KEY - Z2 with 2×15 min at 70.3 run pace. Last long run.	**1:30**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:40**

Week 14 Peak · 17 May - 23 May 10:25 h

Last block of real work. Confidence, not new fitness.

Mon 17 May	Rest	
Tue 18 May	**Swim · open water** - Open water if you can (wetsuit): 2×15 min at race effort, sighting every 6 strokes, plus 3 practice starts. Pool fallback: 2×800 m at race pace.	**0:55**
	Run · race pace KEY - Easy 15 min. 2×4 km at 70.3 run pace, 3 min jog. Easy to finish.	**0:50**
Wed 19 May	**Bike · race power + spikes** KEY - 15 min warm-up. 3×15 min at race power with a 30 s surge to 110% FTP every 5 min (passing, climbs). Cool-down.	**1:15**
Thu 20 May	**Swim · endurance** - Warm-up 400 m. Main 2×1,000 m steady at CSS + 5 s/100 m, 30 s rest. Cool-down 200 m.	**0:50**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:40**
Fri 21 May	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:55**
Sat 22 May	**Long ride + race power** KEY - Z2 on rolling roads with 3×20 min at race power. Last big ride.	**2:45**
	Brick run · race pace - Straight off the bike: first 5 min easy, then at 70.3 run pace. Hold form, quick cadence.	**0:20**
Sun 23 May	**Long run + race pace** KEY - Z2 with 2×15 min at 70.3 run pace. Last long run.	**1:20**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:35**

Week 15 Taper · 24 May - 30 May 7:55 h

Taper: about a third less volume, same intensity. Restlessness is a good sign.

Mon 24 May	Rest	
Tue 25 May	**Swim · sharpen** - Warm-up 300 m. 6×100 m at race pace, 20 s rest. 4×25 m fast. Cool-down 200 m.	**0:45**
	Run · sharpen KEY - Easy 15 min. 5×2 min at 10 km pace, 2 min jog. Easy to finish.	**0:40**
Wed 26 May	**Bike · openers** KEY - 10 min easy. 3×5 min at race power, 3 min easy. 3×30 s fast. Spin out.	**1:00**
Thu 27 May	**Swim · easy** - Easy 1,500–2,000 m with 4×50 m at race pace. Leave the pool wanting more.	**0:40**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:30**
Fri 28 May	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:45**
Sat 29 May	**Shorter long ride** KEY - Z2 with 3×10 min at race power. Check the bike: tyres, gears, nothing new from here.	**1:50**
	Brick run - Straight off the bike: 5 min easy, then steady (RPE 6).	**0:15**
Sun 30 May	**Long run · short** KEY - Easy Z2 with 3×3 min at race pace.	**1:00**
	Swim · recovery *(optional)* - Optional, after the long run or later in the day: easy 1,200–1,500 m with a few drills. Loosens the legs.	**0:30**

Week 16 Race week · 31 May - 6 Jun 3:35 h

Race week. Short, sharp, rested. Trust the work.

Mon 31 May	**Swim · race pace** - 10 min easy, 6×50 m at race pace, easy to finish.	**0:30**
	Run · openers - Easy with 4×1 min at 70.3 pace.	**0:30**
Tue 1 Jun	**Bike · openers** - Easy with 3×4 min at race power, 3 min easy between.	**0:50**
Wed 2 Jun	**Swim · easy** - Easy with a few race-pace 50s.	**0:25**
	Run · easy - Easy with 4 strides.	**0:20**
Thu 3 Jun	Rest	
Fri 4 Jun	**Swim · shake-out** - Easy, ideally on the course: sight the buoys, feel the water.	**0:20**
Sat 5 Jun	**Bike · check ride** - 30 min easy with 3×1 min at race power — check gears and brakes, then rack it.	**0:30**
	Run · shake-out - 10 min easy with 3 strides.	**0:10**
Sun 6 Jun	**RACE DAY** KEY - Swim calm, ride your power, run the first 5 km slower than you want to. Eat and drink to plan.	

How hard is "easy"?

INTENSITY	RPE	BIKE	RUN	FEELS LIKE
Z1–2 · easy	2–4	55–75% FTP	conversational	Most of the plan. You could talk in full sentences.
Z3 · steady	5–6	76–87% FTP	marathon effort	Comfortably hard; short sentences.
70.3 race pace	6–7	75–82% FTP	a touch slower than half-marathon pace	The effort you can hold for the whole race. Practise it until it feels boring.
Sweet spot	6–7	88–92% FTP	—	Big aerobic gains for the time spent. Base-phase bike work.
Z4 · threshold	7–8	95–100% FTP	10 km race effort	Hard, controlled, a few words at a time.
Z5 · hard	9	106%+ FTP	short hill reps	Short reps only. Full recovery between.

CSS is your critical swim speed, roughly your pace for a hard 1,500 m. FTP is the power you can hold for about an hour. No power meter or test yet? Ride and run by the effort column.

A general plan for healthy adults who already swim, ride and run a little - not medical advice. If you have an injury or a health condition, check with a professional first.

The interactive version, with the 7 / 10 / 13 h switch and a calendar export:
https://www.metrica.fit/races/im703-durban/training-plan