16 weeks to 70.3 Les Sables d'Olonne

Free IRONMAN 70.3 training plan · ~10 h a week (standard) · most age-groupers — race it, not just finish
Race day Thursday, 1 July 2027 · week 1 starts Monday, 15 March 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 Les Sables d'Olonne 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 March 2027 and ends on race day, Thursday, 1 July 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: flat and fast: live in the aero bars.

Adjusted for this course

Flat and fast: live in the aero bars
Only about 421 m of climbing, so position is free speed. Every race-power block from week 9 is ridden in the aero position, and long rides finish with 20 minutes down on the bars.

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 Mar - 21 Mar	**8:40**	2:00	3:45	2:25	0:30
2	Base	22 Mar - 28 Mar	**9:10**	2:05	4:05	2:30	0:30
3	Base	29 Mar - 4 Apr	**10:05**	2:15	4:25	2:55	0:30
4	Base (recovery)	5 Apr - 11 Apr	**6:35**	1:15	3:05	1:55	0:20
5	Build 1	12 Apr - 18 Apr	**10:30**	2:20	4:35	3:05	0:30
6	Build 1	19 Apr - 25 Apr	**11:15**	2:25	5:05	3:15	0:30
7	Build 1	26 Apr - 2 May	**11:55**	2:35	5:20	3:30	0:30
8	Build 1 (recovery)	3 May - 9 May	**7:35**	1:25	3:30	2:20	0:20
9	Build 2	10 May - 16 May	**11:35**	2:30	5:15	3:25	0:25
10	Build 2	17 May - 23 May	**12:20**	2:35	5:40	3:40	0:25
11	Build 2	24 May - 30 May	**13:00**	2:40	5:55	4:00	0:25
12	Build 2 (recovery)	31 May - 6 Jun	**8:05**	1:25	3:50	2:30	0:20
13	Peak	7 Jun - 13 Jun	**11:30**	2:35	5:15	3:40	-
14	Peak	14 Jun - 20 Jun	**10:25**	2:20	4:55	3:10	-
15	Taper	21 Jun - 27 Jun	**7:55**	1:55	3:35	2:25	-
16	Race week	28 Jun - 4 Jul	**1:00**	0:20	0:30	0:10	-

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 Mar - 21 Mar — 8:40 h

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

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 · 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 Mar	**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 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.	**0:45**
	Run · easy - Easy Z2, conversational. 4×20 s strides at the end.	**0:40**
Fri 19 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 20 Mar	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:00**
Sun 21 Mar	**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 Mar - 28 Mar — 9:10 h

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

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 · 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 Mar	**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 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.	**0:45**
	Run · easy - Easy Z2, conversational. 4×20 s strides at the end.	**0:40**
Fri 26 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 27 Mar	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:15**
Sun 28 Mar	**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 · 29 Mar - 4 Apr — 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 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 · 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 31 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 1 Apr	**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 2 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 3 Apr	**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 4 Apr	**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 · 5 Apr - 11 Apr — 6:35 h

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

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 · 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 7 Apr	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:45**
Thu 8 Apr	**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 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. Practise eating every 20 minutes.	**1:40**
Sun 11 Apr	**Long run · easy** KEY - Easy Z2.	**0:50**

Week 5 Build 1 · 12 Apr - 18 Apr — 10:30 h

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

Mon 12 Apr	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 13 Apr	**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 14 Apr	**Bike · threshold** KEY - 15 min warm-up. 4×8 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:10**
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.	**0:50**
	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.	**0:55**
Sat 17 Apr	**Long ride + tempo** KEY - Z2, 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 18 Apr	**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 · 19 Apr - 25 Apr — 11:15 h

Longer threshold blocks; the weekend gets bigger.

Mon 19 Apr	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 20 Apr	**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 21 Apr	**Bike · threshold** KEY - 15 min warm-up. 3×12 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 22 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 23 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 24 Apr	**Long ride + tempo** KEY - Z2, 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 25 Apr	**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 · 26 Apr - 2 May — 11:55 h

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

Mon 26 Apr	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 27 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.	**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 28 Apr	**Bike · threshold** KEY - 15 min warm-up. 3×15 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 29 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 30 Apr	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 1 May	**Long ride + tempo** KEY - Z2, 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 2 May	**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 · 3 May - 9 May 7:35 h

Recovery week. Short, easy, nothing to prove.

Mon 3 May	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 4 May	**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 5 May	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:50**
Thu 6 May	**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 7 May	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 8 May	**Long ride · easy** KEY - Steady Z2. Practise eating every 20 minutes.	**2:00**
	Brick run - Straight off the bike: 5 min easy, then steady (RPE 6).	**0:10**
Sun 9 May	**Long run · easy** KEY - Easy Z2.	**0:55**

Week 9 Build 2 · 10 May - 16 May 11:35 h

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

Mon 10 May	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 11 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.	**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 12 May	**Bike · race power** KEY - 15 min warm-up. 3×15 min at 75–82% FTP (70.3 race power) in the aero position, 5 min easy between. Cool-down.	**1:15**
Thu 13 May	**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 14 May	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 15 May	**Long ride + race power** KEY - Z2, with 2×20 min at 70.3 race power (75–82% FTP) in the aero bars. 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 16 May	**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 · 17 May - 23 May — 12:20 h

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

Mon 17 May	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 18 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.	**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 19 May	**Bike · race power** KEY - 15 min warm-up. 3×15 min at 75–82% FTP (70.3 race power) in the aero position, 5 min easy between. Cool-down.	**1:20**
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.	**0:55**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:50**
Fri 21 May	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 22 May	**Long ride + race power** KEY - Z2, with 2×30 min at 70.3 race power (75–82% FTP) in the aero bars. 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 23 May	**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 · 24 May - 30 May — 13:00 h

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

Mon 24 May	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 25 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.	**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 26 May	**Bike · race power** KEY - 15 min warm-up. 2×30 min at 75–82% FTP (70.3 race power) in the aero position, 5 min easy between. Cool-down.	**1:20**
Thu 27 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.	**1:00**
	Run · easy - Easy Z2, conversational. Run by feel, not pace.	**0:50**
Fri 28 May	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:05**
Sat 29 May	**Long ride + race power** KEY - Z2, with 2×40 min at 70.3 race power (75–82% FTP) in the aero bars. 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 30 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 · 31 May - 6 Jun — 8:05 h

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

Mon 31 May	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:20**
Tue 1 Jun	**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 2 Jun	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:55**
Thu 3 Jun	**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 4 Jun	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 5 Jun	**Long ride · easy** KEY - Steady Z2. 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 6 Jun	**Long run · easy** KEY - Easy Z2.	**1:00**

Week 13 Peak · 7 Jun - 13 Jun — 11:30 h

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

Mon 7 Jun	Rest	
Tue 8 Jun	**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 9 Jun	**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 10 Jun	**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 11 Jun	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**1:00**
Sat 12 Jun	**Race rehearsal ride** KEY - Dress rehearsal: 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 13 Jun	**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 · 14 Jun - 20 Jun 10:25 h

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

Mon 14 Jun	Rest	
Tue 15 Jun	**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 16 Jun	**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 17 Jun	**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 18 Jun	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:55**
Sat 19 Jun	**Long ride + race power** KEY - Z2 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 20 Jun	**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 · 21 Jun - 27 Jun 7:55 h

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

Mon 21 Jun	Rest	
Tue 22 Jun	**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 23 Jun	**Bike · openers** KEY - 10 min easy. 3×5 min at race power, 3 min easy. 3×30 s fast. Spin out.	**1:00**
Thu 24 Jun	**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 25 Jun	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:45**
Sat 26 Jun	**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 27 Jun	**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 · 28 Jun - 4 Jul 1:00 h

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

Mon 28 Jun	Rest	
Tue 29 Jun	**Swim · shake-out** - Easy, ideally on the course: sight the buoys, feel the water.	**0:20**
Wed 30 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**
Thu 1 Jul	**RACE DAY** KEY - Swim calm, ride your power, run the first 5 km slower than you want to. Eat and drink to plan.	
Fri 2 Jul	Recovery	
Sat 3 Jul	Recovery	
Sun 4 Jul	Recovery	

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-les-sables-dolonne/training-plan