16 weeks to 70.3 Oceanside

Free IRONMAN 70.3 training plan · ~10 h a week (standard) · most age-groupers — race it, not just finish
Race day Saturday, 3 April 2027 · week 1 starts Monday, 14 December 2026

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 Oceanside 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, 14 December 2026 and ends on race day, Saturday, 3 April 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; cool conditions; cold water.

Adjusted for this course

Rolling bike course

About 655 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.

Cool conditions

Race-day highs around 17 °C. Test your bike layers and gloves on the cool long rides — a cold descent costs more watts than any aero helmet saves.

Cold water

Water around 17 °C. Get into open water from week 13 if you can, and practise the first 200 m calm — cold-water gasping is a pacing problem, not a fitness one.

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

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 · 14 Dec - 20 Dec — 8:40 h

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

Mon 14 Dec	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 15 Dec	**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 16 Dec	**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 17 Dec	**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 18 Dec	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 19 Dec	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:00**
Sun 20 Dec	**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 · 21 Dec - 27 Dec — 9:10 h

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

Mon 21 Dec	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 22 Dec	**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 23 Dec	**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 24 Dec	**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 25 Dec	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 26 Dec	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:15**
Sun 27 Dec	**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 · 28 Dec - 3 Jan — 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 28 Dec	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 29 Dec	**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 30 Dec	**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 31 Dec	**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 1 Jan	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 2 Jan	**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 3 Jan	**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 · 4 Jan - 10 Jan — 6:35 h

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

Mon 4 Jan	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 5 Jan	**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 6 Jan	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:45**
Thu 7 Jan	**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 8 Jan	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 9 Jan	**Long ride · easy** KEY - Steady Z2. Practise eating every 20 minutes.	**1:40**
Sun 10 Jan	**Long run · easy** KEY - Easy Z2.	**0:50**

Week 5 Build 1 · 11 Jan - 17 Jan — 10:30 h

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

Mon 11 Jan	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 12 Jan	**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 13 Jan	**Bike · threshold** KEY - 15 min warm-up. 4×8 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:10**
Thu 14 Jan	**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 15 Jan	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:55**
Sat 16 Jan	**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 17 Jan	**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 · 18 Jan - 24 Jan — 11:15 h

Longer threshold blocks; the weekend gets bigger.

Mon 18 Jan	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 19 Jan	**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 20 Jan	**Bike · threshold** KEY - 15 min warm-up. 3×12 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 21 Jan	**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 22 Jan	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 23 Jan	**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 24 Jan	**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 · 25 Jan - 31 Jan — 11:55 h

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

Mon 25 Jan	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 26 Jan	**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 27 Jan	**Bike · threshold** KEY - 15 min warm-up. 3×15 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 28 Jan	**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 29 Jan	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 30 Jan	**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 31 Jan	**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 · 1 Feb - 7 Feb — 7:35 h

Recovery week. Short, easy, nothing to prove.

Mon 1 Feb	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 2 Feb	**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 3 Feb	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:50**
Thu 4 Feb	**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 5 Feb	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 6 Feb	**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 7 Feb	**Long run · easy** KEY - Easy Z2.	**0:55**

Week 9 Build 2 · 8 Feb - 14 Feb — 11:35 h

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

Mon 8 Feb	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 9 Feb	**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 10 Feb	**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 11 Feb	**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 12 Feb	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 13 Feb	**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 14 Feb	**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 · 15 Feb - 21 Feb 12:20 h

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

Mon 15 Feb	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 16 Feb	**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 17 Feb	**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 18 Feb	**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 19 Feb	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 20 Feb	**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 21 Feb	**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 · 22 Feb - 28 Feb 13:00 h

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

Mon 22 Feb	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 23 Feb	**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 24 Feb	**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 25 Feb	**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 26 Feb	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:05**
Sat 27 Feb	**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 28 Feb	**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 · 1 Mar - 7 Mar — 8:05 h

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

Mon 1 Mar	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:20**
Tue 2 Mar	**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 3 Mar	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:55**
Thu 4 Mar	**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 5 Mar	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 6 Mar	**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 7 Mar	**Long run · easy** KEY - Easy Z2.	**1:00**

Week 13 Peak · 8 Mar - 14 Mar — 11:30 h

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

Mon 8 Mar	Rest	
Tue 9 Mar	**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 10 Mar	**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 11 Mar	**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 12 Mar	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**1:00**
Sat 13 Mar	**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 14 Mar	**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 · 15 Mar - 21 Mar — 10:25 h

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

Mon 15 Mar	Rest	
Tue 16 Mar	**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 17 Mar	**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 18 Mar	**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 19 Mar	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:55**
Sat 20 Mar	**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 21 Mar	**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 · 22 Mar - 28 Mar — 7:55 h

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

Mon 22 Mar	Rest	
Tue 23 Mar	**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 24 Mar	**Bike · openers** KEY - 10 min easy. 3×5 min at race power, 3 min easy. 3×30 s fast. Spin out.	**1:00**
Thu 25 Mar	**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 26 Mar	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:45**
Sat 27 Mar	**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 28 Mar	**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 · 29 Mar - 4 Apr — 2:35 h

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

Mon 29 Mar	**Bike · openers** - Easy with 3×4 min at race power, 3 min easy between.	**0:50**
Tue 30 Mar	**Swim · easy** - Easy with a few race-pace 50s.	**0:25**
	Run · easy - Easy with 4 strides.	**0:20**
Wed 31 Mar	Rest	
Thu 1 Apr	**Swim · shake-out** - Easy, ideally on the course: sight the buoys, feel the water.	**0:20**
Fri 2 Apr	**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**
Sat 3 Apr	**RACE DAY** KEY - Swim calm, ride your power, run the first 5 km slower than you want to. Eat and drink to plan.	
Sun 4 Apr	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-oceanside/training-plan