16 weeks to 70.3 Port Macquarie

Free IRONMAN 70.3 training plan · ~10 h a week (standard) · most age-groupers — race it, not just finish
Race day Sunday, 17 October 2027 · week 1 starts Monday, 28 June 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 Port Macquarie 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, 28 June 2027 and ends on race day, Sunday, 17 October 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 536 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	28 Jun - 4 Jul	**8:40**	2:00	3:45	2:25	0:30
2	Base	5 Jul - 11 Jul	**9:10**	2:05	4:05	2:30	0:30
3	Base	12 Jul - 18 Jul	**10:05**	2:15	4:25	2:55	0:30
4	Base (recovery)	19 Jul - 25 Jul	**6:35**	1:15	3:05	1:55	0:20
5	Build 1	26 Jul - 1 Aug	**10:30**	2:20	4:35	3:05	0:30
6	Build 1	2 Aug - 8 Aug	**11:15**	2:25	5:05	3:15	0:30
7	Build 1	9 Aug - 15 Aug	**11:55**	2:35	5:20	3:30	0:30
8	Build 1 (recovery)	16 Aug - 22 Aug	**7:35**	1:25	3:30	2:20	0:20
9	Build 2	23 Aug - 29 Aug	**11:35**	2:30	5:15	3:25	0:25
10	Build 2	30 Aug - 5 Sept	**12:20**	2:35	5:40	3:40	0:25
11	Build 2	6 Sept - 12 Sept	**13:00**	2:40	5:55	4:00	0:25
12	Build 2 (recovery)	13 Sept - 19 Sept	**8:05**	1:25	3:50	2:30	0:20
13	Peak	20 Sept - 26 Sept	**11:30**	2:35	5:15	3:40	-
14	Peak	27 Sept - 3 Oct	**10:25**	2:20	4:55	3:10	-
15	Taper	4 Oct - 10 Oct	**7:55**	1:55	3:35	2:25	-
16	Race week	11 Oct - 17 Oct	**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 · 28 Jun - 4 Jul — 8:40 h

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

Mon 28 Jun	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 29 Jun	**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 30 Jun	**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 1 Jul	**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 2 Jul	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 3 Jul	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:00**
Sun 4 Jul	**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 · 5 Jul - 11 Jul — 9:10 h

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

Mon 5 Jul	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 6 Jul	**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 7 Jul	**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 8 Jul	**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 9 Jul	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 10 Jul	**Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour.	**2:15**
Sun 11 Jul	**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 · 12 Jul - 18 Jul — 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 12 Jul	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 13 Jul	**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 14 Jul	**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 15 Jul	**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 16 Jul	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:50**
Sat 17 Jul	**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 18 Jul	**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 · 19 Jul - 25 Jul — 6:35 h

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

Mon 19 Jul	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 20 Jul	**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 21 Jul	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:45**
Thu 22 Jul	**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 23 Jul	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 24 Jul	**Long ride · easy** KEY - Steady Z2. Practise eating every 20 minutes.	**1:40**
Sun 25 Jul	**Long run · easy** KEY - Easy Z2.	**0:50**

Week 5 Build 1 · 26 Jul - 1 Aug — 10:30 h

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

Mon 26 Jul	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 27 Jul	**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 28 Jul	**Bike · threshold** KEY - 15 min warm-up. 4×8 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:10**
Thu 29 Jul	**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 30 Jul	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:55**
Sat 31 Jul	**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 1 Aug	**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 · 2 Aug - 8 Aug 11:15 h

Longer threshold blocks; the weekend gets bigger.

Mon 2 Aug	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 3 Aug	**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 4 Aug	**Bike · threshold** KEY - 15 min warm-up. 3×12 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 5 Aug	**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 6 Aug	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 7 Aug	**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 8 Aug	**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 · 9 Aug - 15 Aug 11:55 h

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

Mon 9 Aug	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:30**
Tue 10 Aug	**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 11 Aug	**Bike · threshold** KEY - 15 min warm-up. 3×15 min at 95–100% FTP, 4 min easy between. Cool-down.	**1:15**
Thu 12 Aug	**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 13 Aug	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 14 Aug	**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 15 Aug	**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 · 16 Aug - 22 Aug 7:35 h

Recovery week. Short, easy, nothing to prove.

Mon 16 Aug	**Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility.	**0:20**
Tue 17 Aug	**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 18 Aug	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:50**
Thu 19 Aug	**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 20 Aug	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:40**
Sat 21 Aug	**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 22 Aug	**Long run · easy** KEY - Easy Z2.	**0:55**

Week 9 Build 2 · 23 Aug - 29 Aug 11:35 h

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

Mon 23 Aug	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 24 Aug	**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 25 Aug	**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 26 Aug	**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 27 Aug	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 28 Aug	**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 29 Aug	**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 · 30 Aug - 5 Sept — 12:20 h

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

Mon 30 Aug	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 31 Aug	**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 1 Sept	**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 2 Sept	**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 3 Sept	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:00**
Sat 4 Sept	**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 5 Sept	**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 · 6 Sept - 12 Sept — 13:00 h

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

Mon 6 Sept	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:25**
Tue 7 Sept	**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 8 Sept	**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 9 Sept	**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 10 Sept	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**1:05**
Sat 11 Sept	**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 12 Sept	**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 · 13 Sept - 19 Sept — 8:05 h

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

Mon 13 Sept	**Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility.	**0:20**
Tue 14 Sept	**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 15 Sept	**Bike · easy spin** - Easy spin with 4×1 min high cadence (100+ rpm). Keep it light — this is a recovery week.	**0:55**
Thu 16 Sept	**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 17 Sept	**Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm.	**0:45**
Sat 18 Sept	**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 19 Sept	**Long run · easy** KEY - Easy Z2.	**1:00**

Week 13 Peak · 20 Sept - 26 Sept — 11:30 h

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

Mon 20 Sept	Rest	
Tue 21 Sept	**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 22 Sept	**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 23 Sept	**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 24 Sept	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**1:00**
Sat 25 Sept	**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 26 Sept	**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 · 27 Sept - 3 Oct 10:25 h

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

Mon 27 Sept	Rest	
Tue 28 Sept	**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 29 Sept	**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 30 Sept	**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 1 Oct	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:55**
Sat 2 Oct	**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 3 Oct	**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 · 4 Oct - 10 Oct 7:55 h

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

Mon 4 Oct	Rest	
Tue 5 Oct	**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 6 Oct	**Bike · openers** KEY - 10 min easy. 3×5 min at race power, 3 min easy. 3×30 s fast. Spin out.	**1:00**
Thu 7 Oct	**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 8 Oct	**Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend.	**0:45**
Sat 9 Oct	**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 10 Oct	**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 · 11 Oct - 17 Oct — 3:35 h

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

Mon 11 Oct	**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 12 Oct	**Bike · openers** - Easy with 3×4 min at race power, 3 min easy between.	**0:50**
Wed 13 Oct	**Swim · easy** - Easy with a few race-pace 50s.	**0:25**
	Run · easy - Easy with 4 strides.	**0:20**
Thu 14 Oct	Rest	
Fri 15 Oct	**Swim · shake-out** - Easy, ideally on the course: sight the buoys, feel the water.	**0:20**
Sat 16 Oct	**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 17 Oct	**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-port-macquarie/training-plan