# 16 weeks to 70.3 Rockford - Illinois

Free IRONMAN 70.3 training plan · ~10 h a week (standard) · most age-groupers — race it, not just finish
Race day Sunday, 13 June 2027 · week 1 starts Monday, 22 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 Rockford - Illinois 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, 22 February 2027 and ends on race day, Sunday, 13 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: flat and fast: live in the aero bars; warm race day.

## Adjusted for this course

**Flat and fast: live in the aero bars**
Only about 432 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.

**Warm race day**
Race-day highs around 27 °C. Rehearse your race-day drinking and sodium on the long rides from week 9 and do a few runs in the warm part of the day in the peak weeks.

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

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

| | | |
|---|---|---|
| **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. | **0:45** |
| | **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** 24 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** 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. | **0:45** |
| **Sat** 27 Feb | **Long ride** KEY - Steady Z2 (65–75% FTP, conversational). Eat 60 g of carbohydrate an hour from the first hour. | **2:00** |
| **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. | **1:00** |
| | **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 · 1 Mar - 7 Mar — 9:10 h

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

| | | |
|---|---|---|
| **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. 8×30 s up a moderate hill, hard but smooth, walk/jog down. Easy to finish. | **0:45** |
| **Wed** 3 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** 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. | **0:45** |
| | **Run · easy** - Easy Z2, conversational. 4×20 s strides at the end. | **0:40** |
| **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. | **2:15** |
| **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. | **1:05** |
| | **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 · 8 Mar - 14 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** 8 Mar | **Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility. | **0:30** |
| **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. | **0:50** |
| | **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** 10 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** 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. | **0:50** |
| | **Run · easy** - Easy Z2, conversational. 4×20 s strides at the end. | **0:45** |
| **Fri** 12 Mar | **Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm. | **0:50** |
| **Sat** 13 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** 14 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 · 15 Mar - 21 Mar — 6:35 h

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

| | | |
|---|---|---|
| **Mon** 15 Mar | **Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility. | **0:20** |
| **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. | **0:40** |
| | **Run · easy + strides** - Easy Z2 with 6×20 s relaxed strides. | **0:35** |
| **Wed** 17 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** 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. | **0:35** |
| | **Run · easy** - Easy Z2, conversational. 4×20 s strides at the end. | **0:30** |
| **Fri** 19 Mar | **Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm. | **0:40** |
| **Sat** 20 Mar | **Long ride · easy** KEY - Steady Z2. Practise eating every 20 minutes. | **1:40** |
| **Sun** 21 Mar | **Long run · easy** KEY - Easy Z2. | **0:50** |

## Week 5 Build 1 · 22 Mar - 28 Mar — 10:30 h

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

| | | |
|---|---|---|
| **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. 5×1 km at threshold (10 km race effort), 2 min jog. Easy to finish. | **0:50** |
| **Wed** 24 Mar | **Bike · threshold** KEY - 15 min warm-up. 4×8 min at 95–100% FTP, 4 min easy between. Cool-down. | **1:10** |
| **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. | **0:50** |
| | **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. | **0:55** |
| **Sat** 27 Mar | **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** 28 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 · 29 Mar - 4 Apr 11:15 h

*Longer threshold blocks; the weekend gets bigger.*

| | | |
|---|---|---|
| **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 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** 31 Mar | **Bike · threshold** KEY - 15 min warm-up. 3×12 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. | **0:45** |
| **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, 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** 4 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 · 5 Apr - 11 Apr 11:55 h

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

| | | |
|---|---|---|
| **Mon** 5 Apr | **Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility. | **0:30** |
| **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. | **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** 7 Apr | **Bike · threshold** KEY - 15 min warm-up. 3×15 min at 95–100% FTP, 4 min easy between. Cool-down. | **1:15** |
| **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. | **0:55** |
| | **Run · easy** - Easy Z2, conversational. Run by feel, not pace. | **0:50** |
| **Fri** 9 Apr | **Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm. | **1:00** |
| **Sat** 10 Apr | **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** 11 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 · 12 Apr - 18 Apr — 7:35 h

*Recovery week. Short, easy, nothing to prove.*

| | | |
|---|---|---|
| **Mon** 12 Apr | **Strength & mobility** - Squats, split squats, single-leg deadlifts, calf raises, planks — 3 sets of 8–12. Then 10 min mobility. | **0:20** |
| **Tue** 13 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** 14 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** 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. | **0:40** |
| | **Run · easy** - Easy Z2, conversational. Run by feel, not pace. | **0:35** |
| **Fri** 16 Apr | **Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm. | **0:40** |
| **Sat** 17 Apr | **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** 18 Apr | **Long run · easy** KEY - Easy Z2. | **0:55** |

## Week 9 Build 2 · 19 Apr - 25 Apr — 11:35 h

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

| | | |
|---|---|---|
| **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) in the aero position, 5 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 + 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** 25 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 · 26 Apr - 2 May — 12:20 h

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

| | | |
|---|---|---|
| **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. 3×2.5 km at 70.3 run pace (a little slower than half-marathon pace), 2 min jog. Easy to finish. | **0:55** |
| **Wed** 28 Apr | **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** 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. | **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 + 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** 2 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 · 3 May - 9 May — 13:00 h

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

| | | |
|---|---|---|
| **Mon** 3 May | **Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility. | **0:25** |
| **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. | **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** 5 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** 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. | **1:00** |
| | **Run · easy** - Easy Z2, conversational. Run by feel, not pace. | **0:50** |
| **Fri** 7 May | **Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm. | **1:05** |
| **Sat** 8 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** 9 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 · 10 May - 16 May — 8:05 h

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

| | | |
|---|---|---|
| **Mon** 10 May | **Strength & mobility** - Maintenance: 2 sets of the same moves, lighter. Then 10 min mobility. | **0:20** |
| **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. | **0:45** |
| | **Run · easy + strides** - Easy Z2 with 6×20 s relaxed strides. | **0:40** |
| **Wed** 12 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** 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. | **0:40** |
| | **Run · easy** - Easy Z2, conversational. Run by feel, not pace. | **0:35** |
| **Fri** 14 May | **Bike · easy** - Easy Z2 spin, indoors is fine. Smooth pedalling, 85–95 rpm. | **0:45** |
| **Sat** 15 May | **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** 16 May | **Long run · easy** KEY - Easy Z2. | **1:00** |

## Week 13 Peak · 17 May - 23 May — 11:30 h

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

| | | |
|---|---|---|
| **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. | **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** 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. | **0:55** |
| | **Run · easy** - Easy Z2, conversational. Run by feel, not pace. | **0:45** |
| **Fri** 21 May | **Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend. | **1:00** |
| **Sat** 22 May | **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** 23 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 · 24 May - 30 May 10:25 h

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

| | | |
|---|---|---|
| **Mon** 24 May | Rest | |
| **Tue** 25 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** 26 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** 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. | **0:50** |
| | **Run · easy** - Easy Z2, conversational. Run by feel, not pace. | **0:40** |
| **Fri** 28 May | **Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend. | **0:55** |
| **Sat** 29 May | **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** 30 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 · 31 May - 6 Jun 7:55 h

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

| | | |
|---|---|---|
| **Mon** 31 May | Rest | |
| **Tue** 1 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** 2 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** 3 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** 4 Jun | **Bike · easy + cadence** - Easy Z2 with 5×1 min at 100+ rpm. Fresh legs for the weekend. | **0:45** |
| **Sat** 5 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** 6 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 · 7 Jun - 13 Jun — 3:35 h

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

| | | |
|---|---|---|
| **Mon** 7 Jun | **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** 8 Jun | **Bike · openers** - Easy with 3×4 min at race power, 3 min easy between. | **0:50** |
| **Wed** 9 Jun | **Swim · easy** - Easy with a few race-pace 50s. | **0:25** |
| | **Run · easy** - Easy with 4 strides. | **0:20** |
| **Thu** 10 Jun | Rest | |
| **Fri** 11 Jun | **Swim · shake-out** - Easy, ideally on the course: sight the buoys, feel the water. | **0:20** |
| **Sat** 12 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** 13 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-rockford-illinois/training-plan**