



Welcome to the wonderful world of endurance triathlons! Now commonly known as the 70.3, the Half Ironman Triathlon is a long distance, challenging race. It calls upon endurance, mental strength, obsessive nutrition, strategy and tons of training! Don't forget extreme organization, forsaking family, friends and a normal life.

If you are embarking on this life-changing journey, you already met high-level criteria:

1. Base training in triathlons at Olympic distance
2. Ability to train 6-7 days a week, sometimes 2x/day
3. Endurance sports experience of some sort in the recent past
4. 65% -100% Distance with Swim (1.2mi), Bike (56 mi), Run (13.1 mi)
5. A “fire-in-the belly” of determination that supersedes all obstacles in your way

The TriLaVie Plan is a focused plan. It assumes you are busy women with the need to execute training sessions that are targeted to

- making the distance,
- getting faster at the distance,
- putting it altogether strong and competitive.

Some of you want to “finish,” and that is admirable. But keep track of times, intensities, and general energy levels as you train. Executing the race at your peak performance is desirable.

This is not a social event. This is a competitive race. You will shine and the moment is forever.

As you review your training plan, keep in mind that it is the ideal plan to execute. However, we all miss sessions on occasion. If that happens, do not “make-up” the session at a later date thereby jeopardizing the foundation, build, peak intention of the periodization cycles. If you have to miss a day or 2, re-arrange, play to your limiters (not strengths....), and move on to the next phase.

As you start this plan, your long distances are here: Swim: 1 mile comfortably, Bike: 2 hours comfortably, Run: 6 miles comfortably.

If you've done more than this, you can modify, but don't go more than 20% over the plan distance. You'll start to compromise speed, strength and lengthen recovery. That is not desirable.

The plan's weeks are organized generally into 7-9 sessions:

- 2-3 swims, 2 bikes, 3-5 runs. You may move them around to accommodate your schedule.
- Each sport has a combination of shorter speed, moderate tempo and long distance.
- Key workouts for most of you are the distance sessions. Try not to miss these.
- Marker Sets are color-coded: swim/blue, bike/red, run/green. Do not miss these sessions.
- There will be bricks and double sessions: swim/run & bike/run.

Time: Review your calendar and general life schedule. Where will you put these sessions?

Nutrition: Do you have a plan yet for endurance nutrition? Re-read my summary.

Sleep: Where will you get extra sleep? Plan that out and record your favorite shows post-race!

Discipline: there are no do-overs here. Keep on track with the plan and stay healthy.

One more thing: this is an amazing journey. I love to discourage people and watch them defy me. It all may sound and feel scary now, but it is one of the most rewarding experiences ever.