

# HALF IRONMAN TRAINING PLAN

## 20 WEEK EDITION

|    | Monday  | Tuesday  | Wednesday  | Thursday | Friday  | Saturday  | Sunday  |
|----|---|--|--|----------|---|---|---|
| 1  | 8 x<br>2 Min Run/<br>1 Min Walk                       | Easy Cycle<br>20 Min   | 10 x 25m Swim<br>(30s Rests)                             | Rest Day | 4 x<br>5 Min Run/<br>2 Min Walk                                   | 10 x 50m Swim<br>(45s Rests)                      | Rest Day  |
| 2  | 1 x<br>8 Min Run/<br>2 Min Walk                       | Easy Cycle<br>30 Min   | 5 x 100m Swim<br>(60s Rests)                             | Rest Day | 2 Mile Run<br>(Walking Breaks as<br>Needed)                       | Swim 10 Mins<br>(Non Stop)                        | Rest Day  |
| 3  | 3 Mile Run<br>(Zone 2-3)                              | Easy Cycle<br>45 Min   | 10 x 50m<br>Zone 4 Swim<br>(60s Rests)                   | Rest Day | 3.5 Mile Run<br>(Non Stop)  | Cycle 10 x 2 Min<br>(Zone 4)/<br>1 Min Recovery   | Rest Day  |
| 4  | Easy Run 4 Miles<br>+<br>4 x 75m Strides              | Easy Cycle<br>50 Min   | Easy Swim<br>20 Mins<br>(Non Stop)                       | Rest Day | 3 Mile Run with 10 x<br>1 Min (Zone 4)/<br>1 Min Easy Jog         | Brick:<br>15 Min Swim +<br>45 Min Cycle (Zone 3)  | Rest Day  |
| 5  | Easy Run 4.5 Miles<br>+<br>4 x 75m Strides            | Easy Cycle<br>60 Min   | 2 x 300m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | Easy Swim<br>20 Mins<br>(Non Stop)                                | Brick:<br>30 Min Cycle +<br>15 Min Run            | Rest Day  |
| 6  | Easy Run 5 Miles<br>+<br>4 x 75m Strides              | Easy Cycle<br>70 Min   | 3 x 400m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | 1000m<br>Zone 2 Swim  | Swim 500m +<br>Cycle 10 Miles +<br>Run 2 Miles    | Rest Day  |
| 7  | Easy Run 5.5 Miles<br>+<br>4 x 75m Strides            | Easy Cycle<br>75 Min   | 4 x 400m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | Brick<br>45 Min Cycle (Zone 2)<br>+ 15 Min Run (Zone 3)           | Cycle 5 x 3 Min<br>(Zone 4)/<br>1 Min Recovery    | Rest Day  |
| 8  | Easy Run 6 Miles<br>+<br>4 x 75m Strides              | 40 Min Cycle<br>(Zone 2)                                     | 20 Min<br>Zone 2 Swim                                    | Rest Day | 20 Min Easy<br>Run or Cycle                                       | Race Simulation:<br>Sprint Triathlon<br>Distances | Rest Day  |
| 9  | Easy Run 5 Miles<br>+<br>4 x 75m Strides              | 15 Mile Cycle<br>(Zone 2-3)                                  | 6 x 200m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | Easy Cycle<br>15 Miles  | Easy Swim 800m<br>+<br>4 x 25m Sprints            | Rest Day  |
| 10 | Easy Run 7 Miles<br>+<br>4 x 75m Strides              | Easy Cycle<br>20 Miles                                       | 3 x 500m Zone 3<br>Swim (90s Rests)<br>+ 4 x 25m Sprints | Rest Day | Brick<br>60 Min Cycle (Zone 2)<br>+ 30 Min Run (Zone 3)           | 25 Min Cycle<br>(Tempo Pace)                      | Rest Day  |
| 11 | Easy Run 8 Miles<br>+<br>4 x 75m Strides              | 25 Mile Cycle<br>(Zone 2) with 2 x<br>20 Min (Zone 3)        | Easy Swim 1000m<br>+<br>4 x 25m Sprints                  | Rest Day | 6 Mile Run with<br>2 x 10 Min<br>(Tempo Pace)/90s<br>Recovery     | 8 x 200m<br>Zone 3-4 Swim<br>(90s Rests)          | Rest Day  |
| 12 | Easy Run 8 Miles<br>+<br>4 x 75m Strides              | 30 Mile Cycle with<br>10 x 3 Min (Zone 4)/<br>1 Min Recovery | Easy Swim 1200m<br>+<br>4 x 25m Sprints                  | Rest Day | Easy Cycle<br>20 Mins   | Swim 1200m +<br>Cycle 25 Miles +<br>Run 5 Miles   | Rest Day  |
| 13 | 5 Mile Run with<br>10 x 90s (Zone 4)/<br>60s Recovery | 75 Min Cycle<br>(Zone 2) with 2 x<br>20 Min (Zone 3)         | 1500m<br>Zone 2 Swim                                     | Rest Day | Run 10 Miles<br>+<br>4 x 75m Strides                              | Swim 5 x 300m<br>(Zone 4) +<br>4 x 25m Sprints    | Rest Day  |
| 14 | Easy Run 10 Miles<br>+<br>4 x 75m Strides             | 35 Mile Cycle with<br>10 x 3 Min (Zone 4)/<br>1 Min Recovery | 5 x 400m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | 1500m<br>Zone 2 Swim  | Easy Cycle<br>25 Miles                            | Rest Day  |
| 15 | Easy Run 12 Miles<br>+<br>4 x 75m Strides             | 40 Mile Cycle with<br>10 x 3 Min (Zone 4)/<br>1 Min Recovery | 4 x 500m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | 5 Mile Run with<br>10 x 90s (Zone 4)/<br>1 Min Recovery           | Brick:<br>1200m Swim<br>+ 20 Mile Cycle           | Rest Day  |
| 16 | Easy Run 8 Miles<br>+<br>4 x 75m Strides              | 60 Min Cycle with<br>10 x 3 Min (Zone 4)/<br>1 Min Recovery  | 30 Min<br>Zone 2 Swim                                    | Rest Day | 20 Min Easy<br>Run or Cycle                                       | Run<br>Half Marathon                              | Rest Day  |
| 17 | Easy Run 5.5 Miles<br>+<br>4 x 75m Strides            | 45 Mile Cycle with<br>10 x 3 Min (Zone 4)/<br>1 Min Recovery | 1800m<br>Zone 2 Swim                                     | Rest Day | 60 Min Cycle with<br>3 x 10 Min<br>(Tempo Pace)/2 Min<br>Recovery | Swim 6 x 300m<br>(Zone 3) +<br>4 x 25m Sprints    | Rest Day  |
| 18 | Easy Run 12 Miles<br>+<br>4 x 75m Strides             | 75 Min Cycle<br>(Zone 2) with 2 x<br>20 Min (Zone 3)         | 4 x 500m<br>Zone 3 Swim<br>(90s Rests)                   | Rest Day | 2000m<br>Zone 2 Swim  | Easy Cycle<br>60 Miles                            | Rest Day  |
| 19 | Easy Run 10 Miles<br>+<br>4 x 75m Strides             | 60 Min Cycle with<br>10 x 3 Min (Zone 4)/<br>1 Min Recovery  | 2 x 1000m<br>Zone 3 Swim<br>(90s Rests)                  | Rest Day | 6 Mile Run with<br>12 x 45s (Zone 4)/<br>1 Min Recovery           | Brick:<br>1500m Swim<br>+ 30 Mile Cycle           | Rest Day  |
| 20 | Easy Run 6 Miles<br>+<br>4 x 75m Strides              | 50 Min Cycle<br>(Zone 2)                                     | 30 Min<br>Zone 2 Swim                                    | Rest Day | 20 Min Easy<br>Run or Cycle                                       | Race Day!   |  |

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Threshold/Tempo Runs:** During the threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

Check out our extensive range of Training Plans (and much more!) at [MarathonHandbook.com](http://MarathonHandbook.com)

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**L Darling-Hammond**



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web one unknown in each sample is an organic acid e g carboxylic acid phenol or sulfonic acid the other unknown in each sample is a neutral organic compound e g ketone ester amide etc the unknowns will be separated by extraction monitored by thin layer chromatography

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web 1 you have an unknown that is either an alcohol or a phenol using the following 1h nmr data is the unknown an alcohol

or a phenol briefly explain your answer observed resonances doublet at 1.3 ppm septet at 2.8 ppm doublet at 3.7 ppm and a singlet at 4.1 ppm 2 you have an unknown organic compound that is either a ketone or an

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web the chromatography for gc and gc ms is identical in theory however the column used in the gc ms experiment is a capillary column as opposed to the packed column used in the gc experiment done in chemistry 105 a capillary column is simply a long tube made of glass with a small internal diameter for this experiment a 30 cm column with an

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web introduction along with synthesis and the examination of the reaction mechanisms an equally important part of organic chemistry has to do with the characterization and identification of compounds which may be encountered in sources ranging from a laboratory reaction to exotic tropical plants

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web identification of unknowns marks a point of mastery within an organic chemistry lab because it involves the unification of a series of systematic tests observations and analysis that only when considered all together can provide the complete picture of

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web identification of unknown o attach ir and nmr with relevant peaks labeled things listed above it was determined that the unknown molecule was piperonylamine and when looking up the molecule the molecule also had a melting point of 138 139 c and has a ama of 151

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web ms the spectrum for the unknown shows the molecular ion at 135 99 m z the base peak is at 56 98 m z which is the peak identified to be a butane chain of carbons the m 2 peak is at 138 99 m z and is roughly the same size as the m peak indicating the presence of bromine in this compound

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