



LONGFORD

TRIATHLON CLUB

IRONMAN Cascais 70.3

Middle Distance

Training Plan

About the plan

The Ironman Cascais 70.3 training plan is structured over 24 weeks and carefully divided into six progressive phases to guide athletes from foundation to peak performance. The journey begins with the Base Phase, establishing consistent training habits and sound technique across swim, bike and run. This is followed by the Endurance Build Phase, where aerobic capacity and durability are developed, preparing the body for longer sessions with confidence. The Build Phase then introduces increased intensity and race-relevant efforts, ensuring athletes continue to gain strength, efficiency and resilience as fitness grows.

As race day approaches, the focus becomes increasingly specific. The Race-Specific Build Phase sharpens pacing, nutrition and transitions while replicating Cascais 70.3 demands, before the Peak Phase brings fitness to its highest level through carefully balanced intensity and recovery. The plan concludes with a well-managed Taper Phase, allowing fatigue to fall away while maintaining sharpness and confidence for the start line. This programme has been put together by a team of qualified Level 1 and Level 2 Triathlon Ireland coaches, combining structured methodology with years of hands-on coaching experience to deliver a practical, proven and athlete-focused approach to racing Ironman Cascais 70.3.

The Longford Triathlon Club, together with its Coaches, Tri Leaders, Chairman and Secretary, would like to wish all athletes the very best of luck as they work through their training for Ironman Cascais 70.3. We hope the months of preparation are rewarding, confidence-building and enjoyable, and that race day reflects the dedication, commitment and resilience you have shown along the way. Train smart, stay healthy, trust the process, and most of all enjoy the experience — we wish you a safe, strong and very successful race day in Cascais.

Important Note

Swimming: For the first 12 weeks, there is an option to complete pool-based sessions. Our scheduled sessions will take place in open water; however, if you miss an open-water session, you may complete the equivalent pool-based session instead.

Cycling: Both the Wednesday Advanced and Intermediate Group sessions fully support this training plan. Please select the group that best suits your ability.

Base Phase (Week 1)

The Base phase focuses on building a strong aerobic foundation and improving movement efficiency across swim, bike, and run. Training is controlled and repeatable, with an emphasis on smooth technique, especially on the bike and in the swim. The goal is to prepare the body to handle increasing training load later, not to chase speed or high intensity.

Aim to improve bike efficiency by focusing on smooth pedalling with a cadence of 80-95rpm.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 1 (May 4th)		RUN Easy + short intervals (5–7 km)	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 700m Smooth Continuous swim OR Pool Based 700m Total WU-200 400 swim CD-100 This swim is at a easy pace. RUN 10 Mins	RUN Long easy run 6–10 km	BIKE Long bike Z2 (1:30 Hours)

Base Phase (Week 2)

The Base phase focuses on building a strong aerobic foundation and improving movement efficiency across swim, bike, and run. Training is controlled and repeatable, with an emphasis on smooth technique, especially on the bike and in the swim. The goal is to prepare the body to handle increasing training load later, not to chase speed or high intensity.

Aim to improve bike efficiency by focusing on smooth pedalling with a cadence of 80-95rpm.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 2 (May 11th)	SWIM Open Water 700m Smooth Continuous swim OR Pool Based 700m Total WU-200 PB-100 PB&PD-100 PB/PD/F 100 25x Sprint 25x 3 RC (75) CD-100 RUN 10 Mins	RUN Easy + short intervals (5–7 km)	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 700m Smooth Continuous swim OR Pool Based 700m Total WU-200 400 swim CD-100 This swim is at a easy pace. RUN 10 Mins	RUN Long easy run 6–10 km	BIKE Long bike Z2 (1:30 Hours)

Base Phase (Week 3)

The Base phase focuses on building a strong aerobic foundation and improving movement efficiency across swim, bike, and run. Training is controlled and repeatable, with an emphasis on smooth technique, especially on the bike and in the swim. The goal is to prepare the body to handle increasing training load later, not to chase speed or high intensity.

Aim to improve bike efficiency by focusing on smooth pedalling with a cadence of 80-95rpm.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 3 (May 18th)	SWIM Open Water 800m Smooth Continuous swim OR Pool Based 800m Total WU-200 SWIM 100 PB-100 PB+PD-100 PB+PD+F-100 25 SPRINT 25 x 3 EASY (75) CD-100 RUN 10 Mins	RUN Easy + short intervals (5–7 km)	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 900m Smooth Continuous swim OR Pool Based 900m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 10 Mins	RUN Long easy run 6–10 km	BIKE Long bike Z2 (2 Hours)

Base Phase (Week 4)

The Base phase focuses on building a strong aerobic foundation and improving movement efficiency across swim, bike, and run. Training is controlled and repeatable, with an emphasis on smooth technique, especially on the bike and in the swim. The goal is to prepare the body to handle increasing training load later, not to chase speed or high intensity.

Aim to improve bike efficiency by focusing on smooth pedalling with a cadence of 80-95rpm.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 4 (May 25th)	SWIM Open Water 800m Smooth Continuous swim OR Pool Based 800m Total WU-200 SWIM 100 PB-100 PB+PD-100 PB+PD+F-100 25 SPRINT 25 x 3 EASY (75) CD-100 RUN 10 Mins	RUN Easy + short intervals (5–7 km)	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 900m Smooth Continuous swim OR Pool Based 900m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 10 Mins	RUN Long easy run 6–10 km	BIKE Long bike Z2 (2 Hours)

Endurance Build Phase (Week 5)

This phase increases overall endurance by gradually extending the duration of sessions while keeping intensity under control. Athletes learn to stay comfortable training for longer periods and develop confidence in sustained efforts. Fatigue accumulates gradually, helping the body adapt to longer race-like demands without excessive stress.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 5 (Jun 1st)	SWIM Open Water 900m Smooth Continuous swim OR Pool Based 900m Total WU-100 50fc-50polo 300/PD 300/PD-PB 25kick-front 25kick-back 100 total CD-swimmers choice RI 20seconds each set RUN 15 Mins	RUN Easy + short intervals (5–7 km)	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 1000m Smooth Continuous swim OR Pool Based 1000m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 15 Mins	RUN Long easy run 6–10 km	BIKE Long bike Z2 (2 Hours)

Endurance Build Phase (Week 6)

This phase increases overall endurance by gradually extending the duration of sessions while keeping intensity under control. Athletes learn to stay comfortable training for longer periods and develop confidence in sustained efforts. Fatigue accumulates gradually, helping the body adapt to longer race-like demands without excessive stress.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 6 (Jun 8th)	SWIM Open Water 900m Smooth Continuous swim OR Pool Based 900m Total WU-100 50fc-50polo 300/PD 300/PD-PB 25kick-front 25kick-back 100 total CD-swimmers choice RI 20seconds each set RUN 15 Mins	RUN Easy + short intervals (5–7 km)	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 1000m Smooth Continuous swim OR Pool Based 1000m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 15 Mins	RUN Long easy run 6–10 km	BIKE Long bike Z2 (2 Hours)

Endurance Build Phase (Week 7)

This phase increases overall endurance by gradually extending the duration of sessions while keeping intensity under control. Athletes learn to stay comfortable training for longer periods and develop confidence in sustained efforts. Fatigue accumulates gradually, helping the body adapt to longer race-like demands without excessive stress.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 7 (Jun 15th)	SWIM Open Water 900m Smooth Continuous swim OR Pool Based 900m Total WU-100 50fc-50polo 300/PD 300/PD-PB 25kick-front 25kick-back 100 total CD-swimmers choice RI 20seconds each set RUN 15 Mins	RUN Tempo intervals 7–10 km	BIKE 45–60 km tempo-aerobic BRICK RUN 2km easy run	SWIM Open Water 1100m Smooth Continuous swim OR Pool Based 1100m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 15 Mins	RUN Long run 10–15 km	BIKE Long bike Z2 (2:30 Hours)

Endurance Build Phase (Week 8)

This phase increases overall endurance by gradually extending the duration of sessions while keeping intensity under control. Athletes learn to stay comfortable training for longer periods and develop confidence in sustained efforts. Fatigue accumulates gradually, helping the body adapt to longer race-like demands without excessive stress.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 8 (Jun 22nd)	SWIM Open Water 900m Smooth Continuous swim OR Pool Based 900m Total WU-100 50fc-50polo 300/PD 300/PD-PB 25kick-front 25kick-back 100 total CD-swimmers choice RI 20seconds each set RUN 15 Mins	RUN Tempo intervals 7–10 km	BIKE 45–60 km tempo-aerobic BRICK RUN 2km easy run	SWIM Open Water 1100m Smooth Continuous swim OR Pool Based 1100m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 15 Mins	RUN Long run 10–15 km	BIKE Long bike Z2 (2:30 Hours)

Build Phase (Week 9)

The Build phase introduces more demanding sessions to develop strength and intensity tolerance. Hillier routes, longer tempo efforts, and the first structured brick sessions are used to challenge the athlete under fatigue. This phase bridges general endurance and race-specific fitness, making training feel noticeably harder and more focused.

If doing Run Intervals on a treadmill complete the main set efforts on a 2% incline. During Build phase improve strength by making the Aerobic bike and run sessions on hillier routes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 9 (Jun 29th)	SWIM Open Water 1000m Smooth Continuous swim OR Pool Based 1000 Total steady sets w/u 100 swimmers choice PD300 FREE 300 PD300 CD-Swimmers choice RI-20sec each set RUN 15 Mins	RUN Tempo intervals 7–10 km	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 1300m Smooth Continuous swim OR Pool Based 1300m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 15 Mins	RUN Long run 10–15 km	BIKE Long bike Z2 (2:30 Hours)

Build Phase (Week 10)

The Build phase introduces more demanding sessions to develop strength and intensity tolerance. Hillier routes, longer tempo efforts, and the first structured brick sessions are used to challenge the athlete under fatigue. This phase bridges general endurance and race-specific fitness, making training feel noticeably harder and more focused.

If doing Run Intervals on a treadmill complete the main set efforts on a 2% incline. During Build phase improve strength by making the Aerobic bike and run sessions on hillier routes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 10 (Jul 6th)	SWIM Open Water 1000m Smooth Continuous swim OR Pool Based 1000 Total steady sets w/u 100 swimmers choice PD300 FREE 300 PD300 CD-Swimmers choice RI-20sec each set RUN 15 Mins	RUN Tempo intervals 7–10 km	BIKE Aerobic ride 20–45 km BRICK RUN 2km easy run	SWIM Open Water 1300m Smooth Continuous swim OR Pool Based 1300m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 15 Mins	RUN Long run 10–15 km	BIKE Long bike 22 (2:30 Hours)

Build Phase (Week 11)

The Build phase introduces more demanding sessions to develop strength and intensity tolerance. Hillier routes, longer tempo efforts, and the first structured brick sessions are used to challenge the athlete under fatigue. This phase bridges general endurance and race-specific fitness, making training feel noticeably harder and more focused.

If doing Run Intervals on a treadmill complete the main set efforts on a 2% incline. During Build phase improve strength by making the Aerobic bike and run sessions on hillier routes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 11 (Jul 13th)	SWIM Open Water 1000m Smooth Continuous swim OR Pool Based 1000 Total steady sets w/u 100 swimmers choice PD300 FREE 300 PD300 CD-Swimmers choice RI-20sec each set RUN 20 Mins	RUN Tempo intervals 7–10 km	BIKE 45–60 km tempo-aerobic BRICK RUN 2km easy run	SWIM Open Water 1400m Smooth Continuous swim OR Pool Based 1400m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 20 Mins	RUN Long run 10–15 km	BIKE Long bike Z2 (3:00 Hours)

Build Phase (Week 12)

The Build phase introduces more demanding sessions to develop strength and intensity tolerance. Hillier routes, longer tempo efforts, and the first structured brick sessions are used to challenge the athlete under fatigue. This phase bridges general endurance and race-specific fitness, making training feel noticeably harder and more focused.

If doing Run Intervals on a treadmill complete the main set efforts on a 2% incline. During Build phase improve strength by making the Aerobic bike and run sessions on hillier routes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 12 (Jul 20th)	SWIM Open Water 1000m Smooth Continuous swim OR Pool Based 1000 Total steady sets w/u 100 swimmers choice PD300 FREE 300 PD300 CD-Swimmers choice RI-20sec each set RUN 20 Mins	RUN Tempo intervals 7–10 km	BIKE 45–60 km tempo-aerobic BRICK RUN 2km easy run	SWIM Open Water 1400m Smooth Continuous swim OR Pool Based 1400m Total Smooth Continuous swim Sighting Every 3 to 6 Strokes RUN 20 Mins	RUN Long run 10–15 km	BIKE Long bike 22 (3:30 Hours)

Race-Specific Build Phase (Weeks 13 – 16)

Training in this phase closely mirrors race demands, with longer sessions at or near race pace. The focus shifts to holding sustainable intensity for extended periods while practising pacing and fuelling. Athletes gain confidence by completing sessions that resemble race day in both duration and effort.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 13 (Jul 27th)	SWIM 1000m race pace RUN 20 Mins	RUN Tempo / race pace 8–11 km	BIKE 50–65 km race pacing BRICK RUN 2km easy run	SWIM 1600 km endurance RUN 20 Mins	RUN Long run 15– 18 km	BIKE Long bike Z2 (4:00 Hours)
WEEK 14 (Aug 3rd)	SWIM 1200m race pace RUN 20 Mins	RUN Tempo / race pace 8–11 km	BIKE 50–65 km race pacing BRICK RUN 2km easy run	SWIM 1600 km endurance RUN 20 Mins	RUN Long run 15– 18 km	BIKE Long bike Z2 (4:00 Hours)
WEEK 15 (Aug 10th)	SWIM 1300m race pace RUN 25 Mins	RUN Tempo / race pace 8–11 km	BIKE 50–65 km race pacing BRICK RUN 2km easy run	SWIM 1500 km endurance RUN 25 Mins	RUN Long run 15– 18 km	BIKE Long bike Z2 (4:00 Hours)
WEEK 16 (Aug 17th)	SWIM 1300m race pace RUN 25 Mins	RUN Tempo / race pace 8–11 km	BIKE 50–65 km race pacing BRICK RUN 2km easy run	SWIM 1700 km endurance RUN 25 Mins	RUN Long run 15– 18 km	BIKE Long bike Z2 (4:00 Hours)

Peak Phase (Weeks 17 – 20)

The Peak phase is the most demanding part of the plan and emphasises race execution rather than gaining new fitness. Long rides and challenging brick sessions simulate race day fatigue and are treated as dress rehearsals. By the end of this phase, the athlete should feel confident, resilient, and fully prepared for competition.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 17 (Aug 24th)	SWIM 1300m race pace RUN 25 Mins	RUN Tempo / race pace 8–11 km	BIKE 50–65 km race pacing BRICK RUN 2km easy run	SWIM 1900 km endurance RUN 25 Mins	RUN Long run 15– 18 km	BIKE Long bike Z2 (4:00 Hours)
WEEK 18 (Aug 31st)	SWIM 1500m race pace RUN 25 Mins	RUN Tempo / race pace 8–11 km	BIKE 50–65 km race pacing BRICK RUN 2km easy run	SWIM 1900 km endurance RUN 25 Mins	RUN Long run 15– 18 km	BIKE Long bike Z2 (4:30 Hours)
WEEK 19 (Sep 7th)	SWIM 1700m race pace RUN 30 Mins	RUN 12 km Race pace focus	BIKE 60–75 km with tempo BRICK RUN 2km easy run	SWIM 2000km skills sighting /starts Exits RUN 30 Mins	RUN Long run 18– 20 km con- trolled	BIKE Long bike Z2 (4:30 Hours)
WEEK 20 (Sep 14th)	SWIM 1700m race pace RUN 30 Mins	RUN 12 km Race pace focus	BIKE 60–75 km with tempo BRICK RUN 2km easy run	SWIM 2100km skills sighting /starts Exits RUN 30 Mins	RUN Long run 18– 20 km con- trolled	BIKE Long bike Z2 (4:00 Hours)

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Taper Phase (Weeks 21 – 24)

The Taper phase gradually reduces training volume while maintaining some intensity to keep the body sharp. This allows accumulated fatigue to dissipate and freshness to return without losing fitness. The aim is to arrive on the start line rested, confident, and ready to perform at your best.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
WEEK 21 (Sep 21st)	SWIM 2000m race pace RUN 25 Mins	RUN 12 km Race pace focus	BIKE 60–75 km with tempo BRICK RUN 2km easy run	SWIM 1800m easy pace RUN 25 Mins	RUN Long run 18– 20 km con- trolled	BIKE Long bike Z2 (3:30 Hours)
WEEK 22 (Sep 28th)	SWIM 2000m race pace RUN 25 Mins	RUN 12 km Race pace focus	BIKE 60–75 km with tempo BRICK RUN 2km easy run	SWIM 1700m easy pace RUN 25 Mins	RUN Long run 18– 20 km con- trolled	BIKE Long bike Z2 (3:00 Hours)
WEEK 23 (Oct 5th)	SWIM 1700m Reduced volume swim RUN 20 Mins	RUN Short sharp run	BIKE Short race- pace bike BRICK RUN 2km easy run	SWIM Easy confi- dence swim RUN 20 Mins	RUN Easy jog only	BIKE Long bike Z2 (2:30 Hours)
WEEK 24 (Oct 12th)	SWIM 1700m Reduced volume swim RUN 10 Mins	RUN Short sharp run	BIKE Short race- pace bike BRICK RUN 1km easy run	SWIM Easy confi- dence swim Cascais bay swim 500m checkout route	RUN Easy jog only	RACE IRONMAN CASCAIS 70.3 RACE DAY!