20-Week Ironman 70.3 Plan: Build the Three-Sport Week First

Printable week-by-week summary (not a day-by-day calendar).

Plan page: https://26weeks.ai/blog/training/ironman-70-3/20-week-plan
Race date: (not set)

Week-by-week

Use this as a high-level map. Keep easy days easy, protect the long run, and avoid panic make-up workouts.

Week 1 — Base
Weekly load: 330–494 min
Focus: Build consistency across swim/bike/run; keep intensity controlled.
Long: Long ride (easy) + short easy brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 2 — Base
Weekly load: 340–508 min
Focus: Build consistency across swim/bike/run; keep intensity controlled.
Long: Long ride (easy) + short easy brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 3 — Base
Weekly load: 350–522 min
Focus: Build consistency across swim/bike/run; keep intensity controlled.
Long: Long ride (easy) + short easy brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 4 — Base
Weekly load: 280–417.6 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Long ride (easy) + short easy brick
Key: Bike tempo intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 5 — Base
Weekly load: 370–550 min
Focus: Build consistency across swim/bike/run; keep intensity controlled.
Long: Long ride (easy) + short easy brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 6 — Base
Weekly load: 380–564 min
Focus: Build consistency across swim/bike/run; keep intensity controlled.
Long: Long ride (easy) + short easy brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 7 — Build
Weekly load: 390–578 min
Focus: Add bricks and bike tempo; keep run durability steady.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 8 — Build
Weekly load: 312–462.4 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 9 — Build
Weekly load: 410–606 min
Focus: Add bricks and bike tempo; keep run durability steady.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 10 — Build
Weekly load: 420–620 min
Focus: Add bricks and bike tempo; keep run durability steady.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 11 — Build
Weekly load: 430–634 min
Focus: Add bricks and bike tempo; keep run durability steady.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 12 — Build
Weekly load: 344–507.2 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 13 — Build
Weekly load: 450–662 min
Focus: Add bricks and bike tempo; keep run durability steady.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 14 — Build
Weekly load: 460–676 min
Focus: Add bricks and bike tempo; keep run durability steady.
Long: Long ride (steady) + controlled brick
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 15 — Peak
Weekly load: 470–690 min
Focus: Race-specific rehearsal: pacing + fueling under fatigue.
Long: Race-simulation brick (scaled, not maximal)
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 16 — Peak
Weekly load: 376–552 min
Focus: Reduce weekly load and absorb the previous block. Keep any faster work brief and controlled.
Long: Race-simulation brick (scaled, not maximal)
Key: Bike tempo intervals
Key: Easy aerobic work and recovery
Cutback: yes (reduce load, keep rhythm).

Week 17 — Peak
Weekly load: 490–718 min
Focus: Race-specific rehearsal: pacing + fueling under fatigue.
Long: Race-simulation brick (scaled, not maximal)
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 18 — Peak

Weekly load: 500–732 min
Focus: Race-specific rehearsal: pacing + fueling under fatigue.
Long: Race-simulation brick (scaled, not maximal)
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 19 — Taper

Weekly load: 375–549 min
Focus: Reduce volume; keep short intensity touches; prioritize sleep.
Long: Short ride + short run (keep rhythm)
Key: Bike tempo intervals
Key: Brick run (controlled)

Week 20 — Taper

Weekly load: 250–366 min
Focus: Race week: arrive rested. Any load range covers pre-race training only, excluding the race.
Long: The race replaces the long ride and brick. Keep other swim, bike and run sessions brief and familiar.
Key: Short race-effort touches within easy swim, bike and run sessions; full recovery between efforts
Key: Rest, equipment checks and transition preparation; no endurance brick

Generated by 26weeks.ai. Always adjust for health, sleep, and life constraints.