

Sample 6-Month Annual Training Plan

6-Month Macrocycle Focus/Goal: Finish top 5 in age group at Ironman 70.3 Michigan (A-race) on 6/20/2021 by finishing in <4:30:00; develop 24-week plan around peaking for this race with Ironman 70.3 St. George (B-race) as a race to test out fitness and nutrition strategies.

| Week # | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | | | |
|-------------------------------------|--|------|-----------|------|--|-----|-----------|------|--|-----|------------|------|--|-----|-----------------------------|------|--|-----|------------|------|---|------|---------------|---------------------------|--------------|--|--|--|
| Starting Monday Date | 1/4 | 1/11 | 1/18 | 1/25 | 2/1 | 2/8 | 2/15 | 2/22 | 3/1 | 3/8 | 3/15 | 3/22 | 3/29 | 4/5 | 4/12 | 4/19 | 4/26 | 5/3 | 5/10 | 5/17 | 5/24 | 5/31 | 6/7 | 6/14 | | | | |
| Competitions | | | | | | | | | | | | | | | | | Ironman 70.3 St. George (B) | | | | | | | Ironman 70.3 Michigan (A) | | | | |
| Competitions and Annual Plan | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mesocycle | Aerobic Base | | | | Aerobic Base | | | | Anaerobic Threshold | | | | Anaerobic Threshold | | | | Race-Specific Build | | | | Overreach/Peak | | | | Taper | | | |
| Frequency | 2x/week | | | | 3x/week | | | | 3-4x/week | | | | 3-4x/week | | | | 3-4x/week | | | | 4x/week | | | | 3x/week | | | |
| Intensity | 90% Zone 1-2 + 10% Zone 5 | | | | 90% Zone 1-2 + 10% Zone 5 | | | | 80% Zone 1-2 + 20% Zone 3-4 | | | | 80% Zone 1-2 + 20% Zone 3-4 | | | | 75% Zone 1-2 + 15% "Race-Pace" in Zone 3 + 10% Zone 4-5 | | | | 2000-3000 yds | | | | | | | |
| Session Distance | 1500-2000 yds | | 1000-1500 | | 2000-2500 yds | | 1500-2000 | | 2500-3000 yds | | 2000-2500 | | 3000-3500 yds | | 2500-3000 | | 3000-4000 yds | | 2500-3000 | | 3500-4000 yds | | 2000-3000 yds | | | | | |
| Focus | Develop aerobic fitness with primarily low-intensity work and occasional short bursts of high-intensity work | | | | Develop aerobic fitness with primarily low-intensity work and occasional short bursts of high-intensity work | | | | Continued development of aerobic fitness; Promote improvements in threshold with focused work in zones 3-4 | | | | Continued development of aerobic fitness; Promote improvements in threshold with focused work in zones 3-4 | | | | Develop ability to hold race-pace | | | | Planned overreaching | | | | Linear taper | | | |
| Mesocycle | Aerobic Base | | | | Aerobic Base | | | | Anaerobic Threshold | | | | Anaerobic Threshold | | | | Race-Specific Build | | | | Overreach/Peak | | | | Taper | | | |
| Frequency | 2x/week | | | | 3x/week | | | | 3-4x/week | | | | 3-4x/week | | | | 3-4x/week | | | | 4x/week | | | | 3x/week | | | |
| Intensity | 90% Zone 1-2 + 10% Zone 5 | | 45-60 min | | 60-120 min | | 45-90 min | | 80% Zone 1-2 + 20% Zone 3-4 | | 60-150 min | | 45-90 min | | 80% Zone 1-2 + 20% Zone 3-4 | | 60-180 min | | 45-120 min | | 75% Zone 1-2 + 15% "Race-Pace" in Zone 3 + 10% Zone 4-5 | | 60-240 min | | 45-120 min | | | |
| Session Duration | 60-90 min | | 45-60 min | | 60-120 min | | 45-90 min | | 80% Zone 1-2 + 20% Zone 3-4 | | 60-150 min | | 45-90 min | | 80% Zone 1-2 + 20% Zone 3-4 | | 60-180 min | | 45-120 min | | 75% Zone 1-2 + 15% "Race-Pace" in Zone 3 + 10% Zone 4-5 | | 60-240 min | | 45-120 min | | | |
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| Mesocycle | Aerobic Base | | | | Aerobic Base | | | | Anaerobic Threshold | | | | Anaerobic Threshold | | | | Race-Specific Build | | | | Overreach/Peak | | | | Taper | | | |
| Frequency | 2x/week | | | | 3x/week | | | | 3-4x/week | | | | 3-4x/week | | | | 3-4x/week | | | | 4x/week | | | | 3x/week | | | |
| Intensity | 90% Zone 1-2 + 10% Zone 5 | | 20-45 min | | 30-75 min | | 20-45 min | | 80% Zone 1-2 + 20% Zone 5 | | 30-90 min | | 20-60 min | | 80% Zone 1-2 + 20% Zone 3-4 | | 30-105 min | | 20-75 min | | 75% Zone 1-2 + 15% "Race-Pace" in Zone 3 + 10% Zone 4-5 | | 30-150 min | | 20-90 min | | | |
| Session Duration | 30-60 min | | 20-45 min | | 30-75 min | | 20-45 min | | 80% Zone 1-2 + 20% Zone 5 | | 30-90 min | | 20-60 min | | 80% Zone 1-2 + 20% Zone 3-4 | | 30-105 min | | 20-75 min | | 75% Zone 1-2 + 15% "Race-Pace" in Zone 3 + 10% Zone 4-5 | | 30-150 min | | 20-90 min | | | |
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| Mesocycle | Muscular Endurance | | | | Muscular Endurance | | | | Muscular Strength | | | | Muscular Power | | | | Muscular Strength/Power | | | | Muscular Strength/Power | | | | | | | |
| Frequency | 2-3x/week | | | | 2-3x/week | | | | 2-3x/week | | | | 2-3x/week | | | | 2-3x/week | | | | 1-2x/week | | | | 1x/week | | | |
| Sets x Reps | 2 x 15 reps | | 1x15 | | 3 x 12 reps | | 2x12 | | 3 x 6-8 reps | | 2x8 | | 4 x 5-6 reps | | 3x6 | | 3-4 x 5-6 reps | | 2x6 | | 4 x 5-6 reps | | 2 x 6 reps | | | | | |
| # Exercises | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | 8-10 | | | | | |
| Focus | Develop muscular endurance qualities and basic movement patterns | | | | Develop muscular endurance qualities and basic movement patterns | | | | Progress movement complexity and focus on developing muscular strength followed by muscular power; focus on form and quality | | | | Progress movement complexity and focus on developing muscular strength followed by muscular power; focus on form and quality | | | | Maintenance of both muscular strength and power; less weekly frequency | | | | Reduce volume | | | | | | | |