



P90X3 Half Iron Training Plan

Glossary of Workouts

BASE Run

Duration of BASE Runs is indicated by the number in the title (e.g. BASE Run 30 indicates that the duration of the workout is 30 minutes) or by mileage. All BASE Runs are to be done between 55 and 75% of maximum heart rate. You can use an online formula or a field test to get your max heart rate if you wish. However, in general, this means that the run should be done at a “conversational” pace. It’s ok to be a little “breathy” but you should be able to have a conversation with only a little trouble during these runs. I even recommend walking periodically to get heart rate back under control if you can’t run the entire duration in a conversational state at first.

BASE Run SI 50

Total workout duration is 50 min. SI stands for speed intervals.

10 min warmup easy

12 x 30 sec controlled sprint

2 min walking or easy jog recovery between sprints

Cooldown to reach total time



BASE Run Tempo 40

Total workout duration is 40 min.

10 min warmup easy

20 min tempo pace

10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during tempo pace. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

BASE Run Tempo 55

Total workout duration is 55 min.

10 min warmup easy

5 x 5 min tempo pace

2 min easy between tempo intervals

10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during tempo pace. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".



BASE Bike

Bike at 55% - 75% of maximum heart rate. Duration of workout is indicated by the time or distance in the title.

BASE Bike PI 80

Duration is 80 min.

PI = Power Intervals

Main Set:

12 x 20 sec power intervals done in hardest gear you can maintain 85 rpm.

2 min recovery spin between intervals

Warm up and cool down long enough to reach the total time.

BASE Bike Threshold 55

Duration is 55 min.

Main Set:

22 min at threshold pace. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.

10 minute recovery pace between threshold sets.



BASE Bike Threshold 75

Duration is 75 min.

Main Set:

2 x 14 min at threshold pace with 10 min easy spin recovery between the two sets. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.
10 minute recovery pace between threshold sets.

BASE Bike Threshold 80

Duration is 80 min.

Main Set:

28 min at threshold pace. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.
10 minute recovery pace between threshold sets.



BASE Bike Threshold 90

Duration is 90 min.

Main Set:

2 x 16 min at threshold pace with 10 min easy spin recovery between sets. Threshold pace is approximately 80% of max heart rate. This means that you should NOT be able to hold a conversation during this part of the workout. You should be on the line between "I need to stop" and "I can keep going but it's challenging". Short gasps are necessary to talk. This pace is "tough but doable".

Warm up and cool down long enough to reach total time.

10 minute recovery pace between threshold sets.

BASE Bike Recovery

Bike at easy recovery pace while maintaining proper cadence. Time indicated in title.



BASE Swim

Base Swim total yardage is indicated in the title of the workout (e.g. BASE Swim 1500 is a 1500 yard swim). The types of main sets and warmups and cooldowns that are best are different for each swimmer. For these simple plans, I have only given total distances. You can feel free to use whatever swim workouts you would like. Here are some simple examples:

BASE Swim 2100

300 warmup easy

200 drill set

MAIN SET: 12 x 100 with 20 sec rest at moderate pace

4 x 50 sprint

200 cooldown easy

BASE Swim 2000

300 warmup easy

200 drill set

4 x 100 at strong pace

4 x 200 holding same average pace as the 100s

300 cooldown easy

BASE Swim 2500

200 warmup easy

200 drill set

2100 time trial (record time and use as benchmark)

100 cooldown easy



BASE Brick

Bike followed immediately by run. Times or distance indicated in title.

P90X3 Workouts

Workouts with "P90X3" in the title indicate a specific workout DVD available through the Beachbody P90X3 home DVD workout program. This training plan cannot be accomplished as planned without that DVD set. If you already have a Beachbody Coach that you work with, please get it from them. If you do not have a coach, please get it through me by contacting me at ryan@tribasetraining.com. I will help you get it on demand or via DVD for the best price.



Daily Training Schedule

Day 1 P90X3 - Dynamix	Day 2 P90X3 - Total Synergistics BASE Swim 1500	Day 3 BASE Bike 55	Day 4 P90X3 – The Warrior BASE Swim 1700	Day 5 BASE Run 45	Day 6 BASE Bike 60	Day 7 BASE Run 25 P90X3 – X3 Yoga
Day 8 P90X3 - Dynamix	Day 9 P90x3 – Total Synergistics BASE Swim 1700	Day 10 BASE Bike 60	Day 11 BASE Swim 1900 P90X3 – The Warrior	Day 12 BASE Run 50	Day 13 BASE Bike 75	Day 14 BASE Run 25 P90X3 – X3 Yoga
Day 15 P90X3 - Dynamix	Day 16 P90X3 – Total Synergistics BASE Swim 1900	Day 17 BASE Bike 60	Day 18 BASE Swim 1900 P90X3 – The Warrior	Day 19 BASE Run 50	Day 20 BASE Bike 90	Day 21 BASE Run 30 P90X3 – X3 Yoga
Day 22 P90X3 - Dynamix	Day 23 P90X3 –Pilates X BASE Swim 1700	Day 24 BASE Bike 55	Day 25 P90X3 - Isometrics	Day 26 BASE Run 45	Day 27 BASE Bike 60	Day 28 P90X3 – X3 Yoga BASE Run 20



Day 29 P90X3 - Dynamix	Day 30 BASE Swim 1700 P90X3 – Total Synergistics	Day 31 BASE Bike 60	Day 32 P90X3 – The Warrior BASE Swim 1900	Day 33 BASE Run 60	Day 34 BASE Bike 105	Day 35 BASE Run 30 P90X3- X3 Yoga
Day 36 P90X3 - Dynamix	Day 37 BASE Swim 1900 P90X3 – Total Synergistics	Day 38 BASE Bike 60	Day 39 BASE Swim 2200 P90X3 – The Warrior	Day 40 BASE Run 65	Day 41 BASE Bike 120	Day 42 P90X3 * X3 Yoga BASE Run 30
Day 43 P90X3 - Dynamix	Day 44 Base Swim 2000 P90X3 – Total Synergistics	Day 45 P90X3 – Agility X BASE Bike 65	Day 46 BASE Swim 2200 P90X3 – The Warrior	Day 47 BASE Run 70	Day 48 BASE Bike 135	Day 49 P90X3 – X3 Yoga BASE Run 30
Day 50 P90x3 - Dynamix	Day 51 P90X3 – Pilates X BASE Swim 1700	Day 52 BASE Bike 55	Day 53 P90X3 – Isometrics BASE Swim 2000	Day 54 BASE Run 60	Day 55 BASE Bike 105	Day 56 P90X3 – X3 Yoga BASE Run 25



Day 57 P90X3 - Dynamix	Day 58 P90X3 – The Warrior BASE Swim 2200	Day 59 BASE Bike 65	Day 60 P90X3 – Triometrics BASE Swim 2500	Day 61 BASE Run 70	Day 62 BASE Bike 135	Day 63 BASE Run 30 P90X3 – X3 Yoga
Day 64 P90X3 - Dynamix	Day 65 BASE Swim 2300 Base Run SI 50	Day 66 BASE Bike Threshold 75	Day 67 BASE Swim 2500 P90X3 – Eccentric Lower	Day 68 BASE Run 70 P90X3 – Eccentric Upper	Day 69 BASE Bike 150	Day 70 BASE Run 30 P90X3 – X3 Yoga
Day 71 P90X3 - Dynamix	Day 72 BASE Swim 2700 BASE Run Tempo 40	Day 73 BASE Bike PI 80	Day 74 BASE Swim 2500 P90X3 - Decelerator	Day 75 BASE Run 80 P90X3 – Eccentric Upper	Day 76 BASE Bike 180	Day 77 BASE Run 40 P90X3 – X3 Yoga
Day 78 P90X3 - Dynamix	Day 79 BASE Swim 2000 P90X3 – Pilates X	Day 80 BASE Bike 75	Day 81 BASE Swim 2000 P90X3 - Isometrics	Day 82 BASE Run 75	Day 83 BASE Bike 120	Day 84 Base Run 30 P90X3 – X3 Yoga



Day 85 P90X3 - Dynamix	Day 86 BASE Run SI 50 BASE Swim 2600	Day 87 BASE Bike PI 80	Day 88 P90X3 – Agility X BASE Swim 2400	Day 89 BASE Run 90 P90X3 - Eccentric	Day 90 BASE Brick 120/30	Day 91 P90X3 – X3 Yoga BASE Run 35
Day 92 P90X3 - Dynamix	Day 93 BASE Swim 2800 BASE Run SI 50	Day 94 BASE Bike Threshold 75	Day 95 P90X3 - Decelerator BASE Swim 2500	Day 96 P90X3 – Eccentric Upper BASE Run 100	Day 97 BASE Bike 190	Day 98 P90X3 – X3 Yoga BASE Run 35
Day 99 P90X3 - Dynamix	Day 100 BASE Run Tempo 40 BASE Swim 2800	Day 101 BASE Bike LH 75	Day 102 BASE Swim 2500 P90X3 - Trimetrics	Day 103 P90X3 – Eccentric Upper BASE Run 110	Day 104 BASE Brick 120/50	Day 105 P90X3 – X3 Yoga BASE Run 40
Day 106 P90X3 - Dynamix	Day 107 BASE Swim 2300 P90X3 – Pilates X	Day 108 BASE Bike Threshold 55	Day 109 BASE Swim 2000 P90X3 -Isometrics	Day 110 BASE Run 80	Day 111 BASE Bike 150	Day 112 BASE Run 30 P90X3 – X3 Yoga



Day 113 P90X3 - Dynamix	Day 114 BASE Swim 2800 BASE Run SI 50	Day 115 BASE Bike PI 80	Day 116 BASE Swim 2500 P90X3 – Agility X	Day 117 BASE Run 100	Day 118 BASE Brick 120/50	Day 119 P90X3 – X3 Yoga BASE Run 40
Day 120 P90X3 - Dynamix	Day 121 BASE Swim 2800 BASE Run Tempo 55	Day 122 BASE Bike Threshold 80	Day 123 P90X3 - Decelerator BASE Swim 2500	Day 124 BASE Run 110	Day 125 BASE Bike 200	Day 126 P90X3 – X3 Yoga BASE Run 40
Day 127 P90X3 - Dynamix	Day 128 BASE Tempo Run 55 BASE Swim 3000	Day 129 BASE Bike Threshold 90	Day 130 P90X3 - Triometrics BASE Swim 2800	Day 131 BASE Run 90	Day 132 BASE Bike 150	Day 133 P90X3 – X3 Yoga BASE Run 25
Day 134 P90X3 - Dynamix	Day 135 BASE Bike Threshold 75 Base Swim 1800	Day 136 BASE Bike 45	Day 137 BASE Run 30 BASE Swim 1400	Day 138 BASE easy with short bursts to race pace (20 to 30 min max)	Day 139 BASE Bike Recovery 20 Rest Day	Day 140 Half Iron Race Day Race Day