



PiYo 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



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.

PiYo Workouts

Workouts with “PiYo” in the title indicate a specific workout DVD available through the Beachbody PiYo 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 PiYo Define - Upper BASE Swim	Day 2 BASE Bike 55 PiYo Core	Day 3 BASE Run 45 PiYo Define: Lower	Day 4 BASE Swim 1700 PiYo Buns	Day 5 Rest Day	Day 6 BASE Bike 50	Day 7 PiYo Sweat BASE Run 25
Day 8 BASE Swim 1700 PiYo Define: Upper	Day 9 PiYo Core Base Bike 50	Day 10 BASE Run 50 PiYo Define: Lower	Day 11 PiYo Sculpt BASE Swim 1900	Day 12 Rest Day	Day 13 BASE Bike 75	Day 14 PiYo Drench BASE Run 25
Day 15 PiYo Define: Upper BASE Swim 1900	Day 16 PiYo Core BASE Bike 50	Day 17 BASE Run 50 PiYo Define: Lower	Day 18 PiYo Buns BASE Swim 1900	Day 19 Rest Day	Day 20 BASE Bike 90	Day 21 PiYo Sweat BASE Run 30
Day 22 PiYo Define: Upper BASE Swim 1700	Day 23 PiYo Core BASE Bike 55	Day 24 BASE Run 45 PiYo Define: Lower	Day 25 PiYo Sculpt BASE Swim 1700	Day 26 Rest Day	Day 27 BASE Bike 60	Day 28 BASE Run 20 PiYo Drench



Day 29 BASE Swim 1700 PiYo Define: Upper	Day 30 BASE Bike 60 PiYo Core	Day 31 BASE Run 60 PiYo Define: Lower	Day 32 BASE Swim 1900 PiYo Buns	Day 33 Rest Day	Day 34 BASE Bike 105	Day 35 BASE Run 30 PiYo Sweat
Day 36 PiYo Define: Upper Base Swim 1900	Day 37 BASE Bike 60 PiYo Core	Day 38 BASE Run 65 PiYo Define: Lower	Day 39 BASE Swim 2200 PiYo Sculpt	Day 40 Rest Day	Day 41 BASE Bike 120	Day 42 BASE Run 30 PiYo Drench
Day 43 PiYo Define: Upper BASE Swim 2000	Day 44 PiYo Core BASE Bike 65	Day 45 BASE Bike 70 PiYo Define: Lower	Day 46 PiYo Buns BASE Swim 2200	Day 47 Rest Day	Day 48 BASE Bike 135	Day 49 PiYo Sweat BASE Run 30
Day 50 PiYo Define: Upper BASE Swim 1700	Day 51 PiYo Core BASE Bike 55	Day 52 BASE Run 60 PiYo Define: Lower	Day 53 BASE Swim 2000 PiYo Sculpt	Day 54 Rest Day	Day 55 BASE Bike 105	Day 56 PiYo Drench BASE Run 25



Day 57 BASE Run Tempo 40 BASE Swim 2200	Day 58 BASE Bike 65 PiYo Define - Upper	Day 59 PiYo Define: Lower BASE Run 70	Day 60 BASE Swim 2500 PiYo Buns	Day 61 Rest Day	Day 62 BASE Transition Run BASE Bike 135	Day 63 BASE Run 50 PiYo Sweat
Day 64 BASE Swim 2300 BASE Run SI 50	Day 65 PiYo Define – Upper BASE Bike Threshold 75	Day 66 BASE Run 70 PiYo Define: Lower	Day 67 BASE Swim 2500 PiYo Sculpt	Day 68 Rest Day	Day 69 BASE Bike 150 BASE Transition Run	Day 70 BASE Run 50 PiYo Sweat
Day 71 BASE Swim 2700 BASE Run Tempo 40	Day 72 BASE Bike PI 80 PiYo Define - Upper	Day 73 BASE Run 80 PiYo Define: Lower	Day 74 PiYo Buns BASE Swim 2500	Day 75 Rest Day	Day 76 BASE Transition Run BASE Bike 180	Day 77 BASE Run 50 PiYo Sweat
Day 78 BASE Swim 2000 BASE Run SI 50	Day 79 PiYo Define – Upper BASE Bike 75	Day 80 BASE Run 75 PiYo Define: Lower	Day 81 BASE Swim 2000 PiYo Sculpt	Day 82 Rest Day	Day 83 BASE Transition Run BAE Bike 120	Day 84 Base Run 30 PiYo Sweat



Day 85 BASE Run Temp 40 BASE Swim 2600	Day 86 PiYo Define – Lower BASE Bike PI 80	Day 87 BASE Run 90	Day 88 PiYo Define – Upper BASE Swim 2500	Day 89 Rest Day	Day 90 BASE Brick 120/30	Day 91 PiYo Sweat BASE Run 35
Day 92 BASE Swim 2600 BASE Run SI 50	Day 93 BASE Bike Threshold 75 PiYo Define - Lower	Day 94 BASE Run 100	Day 95 PiYo Define - Upper BASE Swim 2500	Day 96 Rest Day	Day 97 BASE Bike 190	Day 98 BASE Run 35 PiYo Core
Day 99 BASE Run Tempo 40 BASE Swim 2800	Day 100 BASE Bike PI 80 PiYo Define: Lower	Day 101 BASE Run 110	Day 102 BASE Swim 2500 PiYo Define - Upper	Day 103 Rest Day	Day 104 BASE Brick 120/50	Day 105 BASE Run 40 PiYo Sweat
Day 106 PiYo Sweat	Day 107 BASE Run SI 50 PiYo Define: Lower	Day 108 PiYo Sculpt BASE Run 45	Day 109 BASE Run Tempo 45 PiYo Define - Upper	Day 110 Rest Day	Day 111 BASE Long Run PiYo Define - Lower	Day 112 PiYo Core BASE Run 30



Day 113 BASE Swim 2800 BASE Run SI 50	Day 114 PiYo Define: Lower BASE Bike PI 80	Day 115 BASE Run 100	Day 116 BASE Swim 2500	Day 117 Rest Day	Day 118 BASE Brick 120/50	Day 119 BASE Run 40 PiYo Define: Lower
Day 120 BASE Swim 2500 BASE Run Tempo 55	Day 121 PiYo Define: Lower BASE Bike Threshold 80	Day 122 BASE Run 110	Day 123 PiYo Define – Upper BASE Swim 2500	Day 124 Rest Day	Day 125 BASE Bike 200	Day 126 BASE Run 40 PiYo Core
Day 127 BASE Run Tempo 55 BASE Swim 3000	Day 128 PiYo Define: Lower BASE Bike Threshold 90	Day 129 BASE Run 90	Day 130 PiYo Define – Upper BASE Swim 2600	Day 131 Rest Day	Day 132 BASE Bike 150	Day 133 PiYo Define: Lower BASE Run 25
Day 134 BASE Swim 1800	Day 135 BASE Bike 45	Day 136 BASE Run 40	Day 137 BASE Run 30 BASE Swim 1400	Day 138 Rest Day	Day 139 BASE Bike Recovery 20	Day 140 Half Iron Race Day Race Day