



PiYo Iron Triathlon 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 Tempo 55

Total workout duration is indicated by the number in the title.

10 min warmup easy
35 min tempo pace
10 min cooldown descending in effort

Tempo pace is approximately 80% of max heart rate. This means you should NOT be able to hold a conversation. 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. It is tough but doable. This is also sometimes described as “10K race pace”.



BASE Run SI 50

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

10 min warmup easy

10 x 30 sec controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time

BASE Run SI 50 (1-min intervals)

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

10 min warmup easy

8 x 1 min controlled sprint

2 min walking recovery between sprints

Cooldown to reach total time



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 Threshold 80

Duration is 80 min.

Main Set:

1 x 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.



BASE Bike PI 70

Duration is 70 min.

PI = Power Intervals

Main Set:

7 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 PI 95

Duration is 95 min.

PI = Power Intervals

Main Set:

11 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 Recovery

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

BASE Brick

Bike followed immediately by run. Times indicated in title as Bike time/Run Time (e.g. 75/20 is a 75 min bike followed by a 20 min run)



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 1200

200 warmup easy

200 drill set

MAIN SET: 5 x 100 with 20 sec rest at moderate pace

4 x 50 sprint

100 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



Ironman BIG DAY Workout

This workout is intended to get you mentally ready for the big day. Schedule this ahead of time, get the support you need, and use this as a mental marker. You don't need to go hard in this workout. In fact, you should go easy.

Schedule:

Swim

90 minute break

Bike

90 minute break

Run

Workouts:

Swim: 4000 yds

Bike: 5 hours

Run: 3 hours

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 1500	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 120	Day 7 BASE Long Run 60 BASE Swim 1500
Day 8 BASE Swim 1700 PiYo Define: Upper	Day 9 PiYo Core Base Bike 60	Day 10 BASE Run 50 PiYo Define: Lower	Day 11 PiYo Sculpt BASE Swim 1900	Day 12 Rest Day	Day 13 BASE Brick 45/20	Day 14 BASE Swim 1700 BASE Run 50
Day 15 PiYo Define: Upper BASE Swim 1900	Day 16 PiYo Core BASE Bike 60	Day 17 BASE Run 50 PiYo Define: Lower	Day 18 PiYo Buns BASE Swim 1900	Day 19 Rest Day	Day 20 BASE Bike 135	Day 21 BASE Long Run 70 BASE Swim 1900
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 Brick 60/20	Day 28 BASE Run 50 PiYo Define: Lower



Day 29 BASE Swim 2000 PiYo Define: Upper	Day 30 BASE Bike 75 PiYo Core	Day 31 BASE Run 60 PiYo Define: Lower	Day 32 BASE Swim 1900 PiYo Sweat	Day 33 Rest Day	Day 34 BASE Bike 165	Day 35 BASE Long Run 80 BASE Swim 1900
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 Buns	Day 40 Rest Day	Day 41 BASE Brick 75/30	Day 42 BASE Run 45 BASE Swim 1900
Day 43 PiYo Define: Upper BASE Swim 2000	Day 44 PiYo Core BASE Bike 90	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 75	Day 52 BASE Run 60 PiYo Define: Lower	Day 53 BASE Swim 2200 PiYo Sculpt	Day 54 Rest Day	Day 55 BASE Brick 75/30	Day 56 BASE Run 45 PiYo Define: Lower



Day 57 BASE Swim 2200 PiYo Define: Upper	Day 58 BASE Bike 100	Day 59 PiYo Define: Lower BASE Run 70	Day 60 BASE Swim 2500 PiYo Core	Day 61 Rest Day	Day 62 BASE Bike 210	Day 63 BASE Long Run 110 BASE Swim 2200
Day 64 BASE Swim 2300 PiYo Define: Upper	Day 65 BASE Bike 110	Day 66 BASE Run 70 PiYo Define: Lower	Day 67 BASE Swim 2500 PiYo Sweat	Day 68 Rest Day	Day 69 BASE Brick 90/45	Day 70 BASE Run 55 BASE Swim 2300
Day 71 BASE Swim 2700 PiYo Define: Upper	Day 72 BASE Bike 120	Day 73 BASE Run 80 PiYo Define: Lower	Day 74 PiYo Buns BASE Swim 2500	Day 75 Rest Day	Day 76 BASE Bike 225	Day 77 BASE Long Run 110 BASE Swim 2500
Day 78 BASE Swim 2000 PiYo Define: Upper	Day 79 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 Brick 90/20	Day 84 Base Run 55 PiYo Define: Lower



Day 85 BASE Swim 2700 PiYo Define: Upper	Day 86 BASE Brick 75/20	Day 87 BASE Run Tempo 55 PiYo Define: Lower	Day 88 BASE Swim 2500 PiYo Core	Day 89 Rest Day	Day 90 BASE Bike 240	Day 91 BASE Long Run 120 BASE Swim 2500
Day 92 BASE Swim 3300 PiYo Define: Upper	Day 93 BASE Bike PI 95	Day 94 BASE Run SI 50 PiYo Define: Lower	Day 95 BASE Swim 2800 PiYo Sweat	Day 96 Rest Day	Day 97 BASE Brick 105/45	Day 98 BASE Long Run 60 BASE Swim 2700
Day 99 BASE Swim 3500 PiYo Define: Upper	Day 100 BASE Brick 75/20	Day 101 BASE Run Tempo 55 PiYo Define: Lower	Day 102 BASE Swim 3000 PiYo Buns	Day 103 Rest Day	Day 104 BASE Bike 270	Day 105 BASE Long Run 140 BASE Swim 2500
Day 106 PiYo Define: Upper BASE Swim 2800	Day 107 BASE Bike Threshold 80	Day 108 BASE Run SI 50 PiYo Define: Lower	Day 109 BASE Swim 2500 PiYo Sculpt	Day 110 Rest Day	Day 111 BASE Brick 120/50	Day 112 BASE Run 90



Day 113 BASE Swim 3500	Day 114 BASE Brick 90/30	Day 115 PiYo Define: Lower	Day 116 BASE Swim 3000	Day 117 Rest Day	Day 118 Ironman Big Day Workout	Day 119 BASE Swim 2500
Day 120 BASE Swim 3300 PiYo Define: Upper	Day 121 BASE Bike Threshold 80	Day 122 BASE Run SI 50 PiYo Define: Lower	Day 123 PiYo Core BASE Swim 3800	Day 124 Rest Day	Day 125 BASE Brick 135/55	Day 126 BASE Long Run 60 BASE Swim 2700
Day 127 BASE Swim 3500 PiYo Define: Upper	Day 128 BASE Brick 90/30	Day 129 BASE Run Tempo 55 PiYo Define: Lower	Day 130 BASE Swim 4000 PiYo Buns	Day 131 Rest Day	Day 132 BASE Bike 315	Day 133 BASE Long Run 150 BASE Swim 2500
Day 134 BASE Swim 3300 PiYo Define: Upper	Day 135 BASE Bike 75	Day 136 BASE Run SI 50 PiYo Define: Lowert	Day 137 BASE Swim 2500 PiYo Sculpt	Day 138 Rest Day	Day 139 BASE Brick 180/60	Day 140 BASE Run 90



Day 141 BASE Swim 3500 PiYo Define: Upper	Day 142 BASE Brick 90/30	Day 143 PiYo Define: Lower	Day 144 BASE Swim 4000 BASE Run SI 50	Day 145 Rest Day	Day 146 Ironman Big Day Workout	Day 147 BASE Swim 2500
Day 148 BASE Swim 3300 PiYo Define: Upper	Day 149 BASE Bike PI 95	Day 150 BASE Run SI 50 PiYo Define: Lower	Day 151 BASE Swim 3800 BASE Run Tempo 55	Day 152 Rest Day	Day 153 BASE Brick 180/60	Day 154 BASE Swim 4200 (race trial) BASE Long Run 60
Day 155 BASE Swim 2500 BASE Bike 60	Day 156 BASE Bike PI 95	Day 157 BASE Run Tempo 55 PiYo Define: Lower	Day 158 BASE Swim 1900	Day 159 Rest Day	Day 160 BASE Bike 135	Day 161 BASE Long Run 70 BASE Swim 1900
Day 162 BASE Swim 2000	Day 163 BASE Bike 45	Day 164 BASE Run 35 PiYo Define: Lower	Day 165 BASE Swim 1200	Day 166 BASE Bike Recovery 20	Day 167 Rest Day	Day 168 Race 140.6 mi. Ironman