



Harbour to hills

A basic training program for triathlon newbies or half ironman beginners

By Ken Maclaren of KinEli Coaching

Introduction

This is a six month basic training plan to help you get round the Harbour to hills half ironman distance triathlon in April.

You can do more, you could do less: Following this basic program should ensure that you have the fitness and experience to be ready to tackle the big day in April, having had plenty of fun along the way.

You're already doing something: This program assumes that you start your training having had a history of regular exercise and are in reasonable shape. You can swim at least 400m have a road bike and running shoes.

You pick the days: You are the best judge of what session to do on what days—look ahead at your life each week and see when it will best suit to do each of the sessions.

You pick the order: It's not essential that you do the sessions in the order listed but splitting them up as shown will give your body more time to recover between the different types of training. Try to split your rest days through the week.

You don't need to go too hard: The harbour to hills race will be hard because of how long it is. You don't need to push the intensity on the sessions, for most of the sessions just get out and do it .

Got questions as you go? If you have questions as you go email them to me at ken@kineli.co.nz and we'll try to answer them.

Experience: Try to compete in local triathlon events and work your schedule in to suit. Look at Tri NZ website for links to clubs and events coming up in the summer. Hawkes Bay has a great club that has many members that have done the event before, be involved and ask questions, no matter how crazy they sound we have all been there before. The swim course has an ocean swim group that goes out every Saturday and does distances from 1km –4km, this is a great opportunity to experience the course and get some helpful tips.



Harbour to hills

By Ken Maclaren of KinEli Coaching

Week 1		Monday July 29th 2019 to Sunday August 4th 2019
Session Number	Training	Notes
1	Swim 30min + Run 20min	It's not essential to do them one after the other but easier if you can. Just swim and run continuously i.e. don't stop
2	Bike 1 hour	Hit the road, ride your bike
3	Swim 30min + Run 20min	As session 1
4	Bike 1.5 hours	As session 2
5 (optional)	Run 45 min	
Notes for week	Don't swim bike or run too hard—just aim to cover the training time and feel like you have something left at the end of each session.	

Week 2		Monday August 5th to Sunday August 11th
Session Number	Training	Notes
1	Swim 30min + Run 30min	It's not essential to do them one after the other but easier if you can. Just swim and run continuously i.e. don't stop
2	Bike 1 hour	Hit the road, ride your bike
3	Swim 40min + Run 30min	As session 1
4	Bike 1.5 hours + Run 10 min	Have your run gear ready and waiting and get out and run as soon as you finish your bike ride
5 (optional)	Run 40 min	
Notes for week	Pedal don't push—when you ride your bike try to work on spinning your pedals around not pushing down.	

Week 3		Monday August 12th to Sunday August 18th
Session Number	Training	Notes
1	Swim 40min + Run 30min	It's not essential to do them one after the other but easier if you can. Just swim and run continuously i.e. don't stop
2	Bike 1 hour	Hit the road, ride your bike
3	Swim 20min-40min Run 30min	Swim 750-1500m
4	Bike 2 hours	As session 2
5 (optional)	Swim 30 min	
Notes for week		



Harbour to hills

By Ken Maclaren of KinEli Coaching

Week 4		Monday August 19th to Sunday August 25th
Session Number	Training	Notes
1	Run 1 hour	Keep off road if you can.
2	Bike 1.5 hours	Hit the road, ride your bike
3	Swim 20min-40min Run 30min	Swim 750m—1500m.
Do a Tri		Time to race yourself, aim for sprint distance. Do a 750m swim 21k bike 5k run
Notes for week	If this is your first tri, enjoy. Don't stress, don't start too fast, just enjoy it. Take a day off after the training.	

Week 5		Monday August 26th to Sunday September 1st
Session Number	Training	Notes
1	Bike 20km easy	Recovery session 2 days after race. Just ride on flat in low gears (easy to pedal).
2	Swim 1.4km + Run 5km	Swim at least 1.4km and run 5km
3	Bike 20-35km with hills + run 2km	Run straight off the bike
4	Run / walk 10km	If you're not up to running the whole distance continuously try running for 4 min and walking for 1 min.
5 (optional)	Swim 30 min	
Notes for week	Have a rest day after the race and an easy day after that.	

Week 6		Monday September 2nd to Sunday September 8th
Session Number	Training	Notes
1	Swim open water (1.4km) + Run 5km	It's not essential to do them one after the other but easier if you can. Just swim and run continuously i.e. don't stop
2	Bike 25km	Hit the road, ride your bike
3	Swim (1.4km) + Run 5km	
4	Bike 40km + run 2km	Make sure you take in some hills—run 2km straight off the bike
5	Run 10km	If you're new to this length of run, try running for 5 min and walking for 1 min.
Notes for week	Try to keep much of your running off road. In Hawkes Bay we're blessed with great trails, grass and limestone pathways.	



Harbour to hills

By Ken Maclaren of KinEli Coaching

Week 7		Monday September 9th to Sunday September 15th
Session Number	Training	Notes
1	Swim 2km	
2	Bike 30km	Include some hills
3	Swim 1.4km + Run 5km	
Sun 15th	Tri event	Try a standard distance 1 hr 50 minutes do the training 1300m swim, 42km bike, 10km run other wise do a 750m swim, 21km bike , 5km run.
Notes for week	If this is your first tri, of this distance just pace it—let the finish line come to you. Take two or three days off after the training.	

Week 8		Monday September 16th to Sunday September 22nd
Session Number	Training	Notes
1	Bike 25km easy	Recovery session 2 or 3 days after race. Just ride on flat in low gears (easy to pedal).
2	Swim 1.5km + Run 5km	
3	Bike 20-35km with hills + run 2km	Run straight off the bike
4	Run 12km	Run walk is ok.
Notes for week	Have a two rest days after the training last weekend and an easy day after that.	

Week 9		Monday September 23rd to Sunday September 29th
Session Number	Training	Notes
1	Swim 2km + Run 5km	
2 (optional)	Bike 30km	Hit the road, ride your bike.
3	Swim 1.4km + Run 5km	
4	Bike 50km + run 2km	Make sure you take in some hills—run 2km straight off the bike
5	Run 10km	If you're new to this length of run try running for 5 min and walking for 1 min.
Notes for week	Aim to spread your sessions throughout the week. If you miss one don't try to catch up. Remember it's up to you which days you do them on. We don't know your routines.	



Harbour to hills

By Ken Maclaren of KinEli Coaching

Week 10		Monday September 30th to Sunday October 6th
Session Number	Training	Notes
1	Swim 2.5km	That's it.
2 (optional)	Bike 30km	Include some hills
3	Run / walk 15km	Take your time—the aim is to cover the distance. If you need to walk start you run walk routines from the beginning, don't wait till you can't run.
4	Bike 60km + run 2km	
Notes for week	The focus for this week is less sessions, but they are all decent distances. Pace them all, cover the distance don't try to break speed records.	

Week 11		Monday October 7th to Sunday October 13th
Session Number	Training	Notes
1	Bike 25km easy	Hit the flats, ride in a lower gear than you would usually (pedal faster), but don't ride harder.
2	Swim 1.4km + Run 5km	
3	Bike 20-35km with hills + run 2km	Run straight off the bike
4	Run 13km	Again run walk is fine.
Notes for week	Just do it.	

Week 12		Monday October 14th to Sunday October 20th
Session Number	Training	Notes
1	Swim 2km + Run 5km	
2 (optional)	Bike 30km	Hit the road, ride your bike.
3	Run 10km	
4	Swim 2km	
Notes for week	Just do it.	



Harbour to hills

By Ken Maclaren of KinEli Coaching

Week 13		Monday October 21st to Sunday October 27th
Session Number	Training	Notes
1	Swim 1300m open water	It's time to get in the open water. If you're in Hawkes Bay head for Pandora Pond and swim at least one lap. Two is better)
2 (optional)	Bike 30km	Include some hills
3	Ocean Swim	At least 750m but feel comfortable. Join ocean swim groups to give you confidence if needed—Pool swim 1km if open water is not suitable.
4	Bike 60km + run 2km	
Notes for week	Don't let the front door be what stops you. Just open and head out.	

Week 14		Monday October 28th to Sunday November 3rd
Session Number	Training	Notes
1	Swim open water 1.4km + Run 5km	Once again if you can't get to open water try to cover the same distance elsewhere.
2	Run walk 15km	
3	Bike 5km easy + 20km medium effort 2km run off bike	Medium effort means working harder than you usually would.
4	Bike long but easy 70km	Don't ride hard but just hit the roads and pedal until you get to the end.
5	Ocean swim 45 min + run 5km	
Notes for week	Just do it.	

Week 15		Monday November 4th to Sunday November 10th
Session Number	Training	Notes
1	Ocean swim 1.4km + Run 5km	Once again if you can't get to open water try to cover the same distance elsewhere.
2	Run 10km	If you've been run walking aim to run the full distance this time.
3	Bike 5km easy + 30km medium effort 2km run off bike	Medium effort means working harder than you usually would.
4	Bike easy 60km	Don't ride hard but just hit the roads and pedal until you get to the end.
5	Ocean swim 45 min + run 5km	
Notes for week	Time for your first open water swim. Top tips include: Get a new pair of goggles for open water swimming, don't use them in the pool, they'll get all scratched. Get in the water and just float for a minute. Let your body get used to the cold water then start swimming, swim slowly to start and regularly look where you are going.	