



Harbour to hills

A basic training program for triathlon newbies or half ironman beginners

By Ken Maclaren of KinEli Coaching www.kinelicoaching.co.nz

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 in the next Harbour to Hills video update.



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Week 1		Monday October 3rd to Sunday October 9th
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 October 10th to Sunday October 16th
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 October 17th to Sunday October 23rd
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 (open water)+ Run 30min	It's time to get in the open water—your first event is less than two weeks away. If you're in Hawkes Bay head for Pandora Pond and swim at least one lap. Two is better)
4	Bike 2 hours	As session 2
5 (optional)	Swim 30 min	Pool or open water your choice
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.	



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Week 4		Monday October 24th to Sunday October 30th
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 (open water)+ Run 30min	If you're in Hawkes Bay head for Pandora Pond and swim at least one lap, (two are better).
Sun 30th Oct	Shed 2 Tri Series	Time to race go to www.trihb.kiwi to enter. Do the 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 race.	

Week 5		Monday October 31st to Sunday November 6th
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	If you're in Hawkes Bay head for Pandora Pond and swim at least two laps and run one lap.
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	Pool or open water your choice
Notes for week	Have a rest day after the race and an easy day after that.	

Week 6		Monday November 7th to Sunday 13th
Session Number	Training	Notes
1	Swim 2 laps Pandora Pond (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 2 laps Pandora Pond (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.	



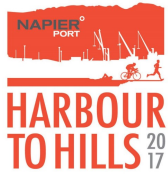
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Week 7		Monday November 14th to Sunday November 20th
Session Number	Training	Notes
1	Swim 3 laps Pandora	That's it. If you can't get to the pond aim to swim 2km in the pool
2	Bike 30km	Include some hills
3	Swim 2 laps Pandora Pond (1.4km) + Run 5km	
Sun 20th Nov	Shed 2 Tri Series	Time to race go to www.trihb.kiwi to enter. If you did the Ice Buster race under 1 hr 50 minutes do the Standard distance event 1300m swim, 42km bike, 10km other wise do the 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 race.	

Week 8		Monday November 21st to Sunday November 27th
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 2 laps Pandora Pond (1.4km) + 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 race last weekend and an easy day after that.	

Week 9		Monday November 28th to Sunday 4th December
Session Number	Training	Notes
1	Swim 3 laps Pandora Pond (2km) + Run 5km	If you can't get to Pandora Pond for any of these swims just aim to cover the same distance in the pool.
2 (optional)	Bike 30km	Hit the road, ride your bike.
3	Swim 2 laps Pandora Pond (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. I don't know your routines.	



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Week 10		Monday December 5th to Sunday December 11th
Session Number	Training	Notes
1	Swim 4 laps Pandora	That's it. If you can't get to the pond aim to swim 2.5km in the pool
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 December 12th to Sunday December 18th
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 2 laps Pandora Pond (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 December 19th to Sunday 25th December
Session Number	Training	Notes
1	Swim 3 laps Pandora Pond (2km) + Run 5km	If you can't get to Pandora Pond for any of these swims just aim to cover the same distance in the pool.
2 (optional)	Bike 30km	Hit the road, ride your bike.
3	Run 10km	
4	Ocean Swim	Time to get to into the Ocean, most Saturdays there are groups swimming off Harding Road—check facebook for info and times
Notes for week	If you're going away over the holiday period just aim to do one or two of the sessions that work the best for you and your family. Something is better than nothing. At the very least take your running shoes.	



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Week 13		Monday December 26th to Sunday January 1st
Session Number	Training	Notes
1	Swim 4 laps Pandora	That's it. If you can't get to the pond aim to swim 2.5km in the pool
2 (optional)	Bike 30km	Include some hills
3	Ocean Swim	Time to get to into the Ocean, most Saturdays there are groups swimming off Harding Road—check facebook for info and times
4	Bike 60km + run 2km	What better way to welcome in the New Year than with a nice bike ride.
Notes for week	Don't let the front door be what stops you. Just open and head out.	

Week 14		Monday January 2nd to Sunday January 8th
Session Number	Training	Notes
1	Swim 3 laps Pandora Pond (1.4km) + Run 5km	Once again if you can't get to Pandora 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 January 9th to Sunday January 15th
Session Number	Training	Notes
1	Swim 3 laps Pandora Pond (1.4km) + Run 5km	Once again if you can't get to Pandora 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	Just do it again	