



TRIATHLON · INTERMEDIATE

Intermediate 70.3 (Half Ironman)



16-Week 70.3 Half Ironman Training Plan

Build the endurance for a 1.9K swim, 90K bike, and 21.1K run.

EVENT

**70.3 (Half
Ironman)**

LEVEL

Intermediate

LENGTH

16 weeks

DAYS / WEEK

6



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 16 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1		BASE
Mon	SWIM Long Swim	40 min 30 min continuous · 5 min warm-up · 5 min cool-down
Tue	BIKE Easy Ride	54 min 44 min continuous · 5 min warm-up · 5 min cool-down
Wed	RUN Easy Run	40 min 30 min continuous · 5 min warm-up · 5 min cool-down
Thu	SWIM Drill Swim	36 min 2 × 11 min–15 min with recoveries · 5 min warm-up · 5 min cool-down
Fri	RUN Long Run	70 min 60 min continuous · 5 min warm-up · 5 min cool-down
Sun	BIKE Long Ride	123 min 113 min continuous · 5 min warm-up · 5 min cool-down
Week 2		BASE
Mon	SWIM Long Swim	42 min 32 min continuous · 5 min warm-up · 5 min cool-down
Tue	BIKE Easy Ride	57 min 47 min continuous · 5 min warm-up · 5 min cool-down
Wed	RUN Easy Run	43 min 33 min continuous · 5 min warm-up · 5 min cool-down
Thu	SWIM Drill Swim	38 min 2 × 12 min–16 min with recoveries · 5 min warm-up · 5 min cool-down
Fri	RUN Long Run	81 min 71 min continuous · 5 min warm-up · 5 min cool-down
Sun	BIKE Long Ride	143 min 133 min continuous · 5 min warm-up · 5 min cool-down
Week 3		BASE
Mon	SWIM Long Swim	44 min 34 min continuous · 5 min warm-up · 5 min cool-down
Tue	BIKE Easy Ride	60 min 50 min continuous · 5 min warm-up · 5 min cool-down
Wed	RUN Easy Run	45 min 35 min continuous · 5 min warm-up · 5 min cool-down
Thu	SWIM Drill Swim	40 min 2 × 12 min–18 min with recoveries · 5 min warm-up · 5 min cool-down
Fri	RUN Long Run	93 min 83 min continuous · 5 min warm-up · 5 min cool-down
Sun	BIKE Long Ride	163 min 153 min continuous · 5 min warm-up · 5 min cool-down
Week 4		BASE
Mon	SWIM Long Swim	44 min 34 min continuous · 5 min warm-up · 5 min cool-down
Tue	BIKE Easy Ride	60 min 50 min continuous · 5 min warm-up · 5 min cool-down
Wed	RUN Easy Run	45 min 35 min continuous · 5 min warm-up · 5 min cool-down
Thu	SWIM Drill Swim	40 min 2 × 12 min–18 min with recoveries · 5 min warm-up · 5 min cool-down
Fri	RUN Long Run	100 min 90 min continuous · 5 min warm-up · 5 min cool-down
Sun	BIKE Long Ride	176 min 166 min continuous · 5 min warm-up · 5 min cool-down

Week 5

BASE

Mon	SWIM Long Swim	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Drill Swim	40 min
2 × 12 min–18 min with recoveries · 5 min warm-up · 5 min cool-down		
Fri	RUN Long Run	108 min
98 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	189 min
179 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	SWIM Long Swim	38 min
28 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	45 min
7 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	95 min
85 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	231 min
2 × 59 min–147 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	SWIM Long Swim	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	45 min
7 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	100 min
90 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	175 min
165 min continuous · 5 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	SWIM Long Swim	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	41 min
3 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	44 min
8 × (2 min work / 1 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	83 min
73 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	202 min
2 × 51 min–126 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	SWIM Long Swim	55 min
45 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	45 min
7 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Threshold Intervals	55 min
5 × (5 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Thu	BIKE Threshold Intervals	49 min
8 × (2 min work / 1 min easy) · 15 min warm-up · 10 min cool-down		
Fri	RUN Long Run	108 min
98 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE Long Ride	189 min
179 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

BUILD

Mon	SWIM Long Swim	38 min
28 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	45 min
7 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	108 min
98 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	108 min
2 × 22 min–61 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 11

BUILD

Mon	SWIM Long Swim	47 min
37 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	45 min
7 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	114 min
104 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	114 min
2 × 24 min–65 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 12

BUILD

Mon	SWIM Long Swim	43 min
33 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Threshold Intervals	35 min
5 × (4 min work / 1 min easy) · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	95 min
85 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Pacing Bike → Run	90 min
2 × 17 min–48 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 13

PEAK

Mon	SWIM Long Swim	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	114 min
104 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	269 min
3 × 32 min–140 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 14

PEAK

Mon	SWIM Long Swim	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Tue	SWIM Long Swim	44 min
34 min continuous · 5 min warm-up · 5 min cool-down		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	114 min
104 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Brick: Swim → Bike → Run	269 min
3 × 32 min–140 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 15

TAPER

Mon	SWIM Easy Swim	24 min
14 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	27 min
27 min continuous		
Wed	RUN Tempo Run	50 min
30 min continuous · 10 min warm-up · 10 min cool-down		
Thu	BIKE Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Fri	RUN Long Run	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sun	BIKE/RUN Brick: Easy Bike → Run	90 min
2 × 17 min–48 min with recoveries · 2 min warm-up · 5 min cool-down		

Week 16

RACE WEEK

Mon	SWIM Easy Swim	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Tue	BIKE Easy Ride	45 min
45 min continuous		
Wed	RUN Easy Run	45 min
35 min continuous · 5 min warm-up · 5 min cool-down		
Thu	SWIM Recovery Swim	30 min
20 min continuous · 5 min warm-up · 5 min cool-down		
Fri	SWIM Easy Swim	40 min
30 min continuous · 5 min warm-up · 5 min cool-down		
Sun	SWIM/BIKE/RUN Race Day: Triathlon RACE	344 min
3 × 45 min–165 min with recoveries		