



Taper and Recovery Guidelines for a Half Distance Triathlon While Training for a Full Distance Triathlon

These guidelines assume that you're training for a full distance triathlon using one of our [training plans](#) and that you're racing the half distance race as a training race – i.e. a good, hard training session to practice race day and measure fitness. If a day below says “Per Plan” then just do the workout in your training plan (or ignore if you have no workout scheduled that day). Otherwise, follow the suggested taper or recovery workout. See enduranceworks.net/resources for additional resources.

Week Before Race

WEEK before RACE	M	Tu	W	Th	F	Sa	Su
Swim	Per plan	Per plan	Per plan	Per plan	Per plan	Per plan	Per plan
Bike	Per plan	Per plan	Per plan	Per plan	Per plan	Limit bike to 2 hours - include 2 x 30' at expected 70.3 race pace.	Per plan
Run	Per plan	Per plan	Per plan	Per plan	Per plan	Per plan	Limit run to 60' - include 2 x 15' 70.3 race pace.

If your race day is a Saturday:

WEEK of RACE	M	Tu	W	Th	F	Sa	Su
Swim	OFF	Per plan. Practice sighting.	Per plan. Practice sighting.	Limit to 40'. Practice sighting	10' good form – practice sighting. Include 6 x 15" FAST efforts.	RACE	Optional easy 20-30' swim for recovery
Bike	OFF	Per plan	Limit bike to 60'	Bike 30-40' with 6 x 90" Z4 efforts mixed in	15-20' Z2. Make sure everything shifts ok.	RACE	OFF
Run	OFF	Per plan	Per plan but limit run to 45'. Include 6 x 30" build up to Z4 during warm up plus 4 x 4' at race pace.	OFF	10' easy.	RACE	OFF

POST RACE	M	Tu	W	Th	F
Swim	OFF	Per plan but all easy.	Per plan	Per plan	Per plan
Bike	Easy 30' bike for recovery.	Per plan but all easy.	Per plan but all easy.	Per plan	Per plan
Run	OFF	OFF	OFF	OFF	Per plan

If your race day is a Sunday:

WEEK of RACE	M	Tu	W	Th	F	Sa	Su
Swim	OFF	Per plan. Practice sighting.	Per plan. Practice sighting.	Per plan. Practice sighting.	Per plan but limit to 40'. Practice sighting	10' good form – practice sighting. Include 6 x 15s FAST efforts.	RACE
Bike	OFF	Per plan	Per plan	Per plan	Bike 30' with 6 x 90" Z4 efforts mixed in.	15-20' Z2. Make sure everything shifts ok.	RACE
Run	OFF	Per plan	Per plan but limit to 60'.	Per plan but limit run to 45' if longer. Include 6 x 30" build up to Z4 during warm up plus 4 x 4' at race pace.	OFF	10' easy.	RACE

POST RACE	M	Tu	W	Th	F
Swim	Optional easy 20-30' swim for recovery	Per plan	Per plan	Per plan	Per plan
Bike	OFF	Optional 30' easy bike.	Per plan but easy.	Per plan	Per plan
Run	OFF	Skip run if legs still sore.	OFF	OFF	Per plan

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