

9-Month Training Plan: IRONMAN 70.3 Boulder 2027

1. 9-Month Master Roadmap Overview

The official race date for IRONMAN 70.3 Boulder is scheduled for **June 12, 2027**. Counting back 9 months, your structured build officially begins in **mid-September 2026**. The timeline is divided into four distinct phases to maximize endurance capacity while ensuring injury prevention. [1, 2, 3, 4, 5]

Phase	Timeline	Primary Objective	Key Weekly Benchmarks
Phase 1: Base Building	Sept 2026 – Nov 2026	Aerobic efficiency, injury prevention, joint prep, and technical consistency.	3 swims, 3 bikes, 3 runs weekly; 2 dedicated strength sessions.
Phase 2: Endurance & Strength	Dec 2026 – Feb 2027	Increasing volume, progressive resistance, and threshold endurance.	Long rides reaching 3 hours; weekend long runs stretching up to 10 miles.
Phase 3: Peak & Race Specific	Mar 2027 – May 2027	Simulation of race conditions, altitude adjustment, and brick workouts.	Peak bike volume at 4 hours (approx. 60–65 miles); brick runs directly after long rides.
Phase 4: Taper & Race Week	June 2027	Volume reduction to shed systemic fatigue while maintaining baseline neurological sharpness.	50% cut in overall training volume across the final two weeks leading up to June 12.

2. Training Phase Action Steps

Phase 1: Base Building & Injury Prevention (Months 1–3)

- **Prioritize Aerobic Efficiency:** Execute 90% of workouts in Zone 2 to optimize mitochondrial development and teach the body to utilize fat efficiently as a primary fuel source. [6, 7]

- **Incorporate Strength Routines:** Perform heavy strength training 2 days per week (focusing on squats, deadlifts, and calf raises) to reinforce structural joints and tendons against impact stress. [7, 8, 9, 10]
- **Track Recovery Metrics:** Monitor heart rate variability (HRV) or rest indicators to confirm training absorption and adjust load if downward trends emerge. [7]

Phase 2: Endurance Base Expansion (Months 4–6)

- **Grow Bike and Run Volume:** Gradually ramp up single-discipline endurance limits, extending the weekend long ride to 3 hours and weekend long runs toward a 10-mile ceiling. [11]
- **Introduce Interval Progressions:** Begin incorporating sustained swim intervals (such as 4 x 400 meters) and light uphill bike segments to develop functional threshold power. [12]
- **Maintain the 3:1 Recovery Cycle:** Group blocks into a 4-week wave system consisting of 3 weeks of progressive volume expansion followed by 1 active recovery week with a 30% drop in overall volume. [13, 14, 15]

Phase 3: Race Simulation & Altitude Prep (Months 7–8)

- **Execute Regular Brick Workouts:** Perform a transition run (ranging from 15 to 30 minutes) immediately following Saturday long bike sessions to acclimate neuromuscular systems to the "heavy leg" sensation. [16]
- **Cap Long-Distance Excursions:** Limit peak weekend bike sessions to 4 hours (approx. 60–65 miles) and cap maximum long runs at 11 to 12 miles to protect joint health.
- **Simulate Race Profile Demands:** Train specifically for a reservoir swim, a two-loop rolling bike route, and an exposed trail run. [17, 18]

Phase 4: The Taper & Race Execution (Month 9)

- **Reduce Volume Conservatively:** Scale down total distance by 50% over the final 10 to 14 days, keeping occasional short intervals at race intensity to avoid sluggishness.
- **Execute Taper Rehearsals:** Use short, sharp workouts during the final week to dial in race gear, hydration tracking, and procedural layouts. [6, 8, 16, 19, 20]

3. Boulder Course-Specific Strategies

The specialized geographical constraints of the Colorado course require targeted pacing and preparation adjustments: [17]

- **The Swim Leg (1.2 Miles):** Hosted at the [Boulder Reservoir](#) with an average water temperature of approx. 62 °F (17 °C). Utilize a steady, low-heart-rate rolling start strategy to preserve oxygen in the thin air.
- **The Bike Leg (56 Miles):** A rolling course traversing regional terrain along the Flatirons. If utilizing a bike power meter, cap climbing efforts strictly at 85% of your Functional Threshold Power (FTP) to protect muscle glycogen for the concluding half-marathon. Avoid chasing fixed speed goals due to variable high winds and elevation adjustments.
- **The Run Leg (13.1 Miles):** A two-loop pathway across local trails and varied surfaces. High air temperatures average 91 °F (33 °C). Hold your pace 10 to 15 seconds per mile

slower than target averages during miles 1 to 3 to allow your elevated heart rate from Transition 2 to settle completely.

- **The Altitude Tax (5,300 Feet):** The elevation reduces maximal aerobic capacity. Scale back target power outputs and pacing metrics by approx. 5% to 8% compared to sea level baselines. Plan your arrival either 2 weeks prior to race day for full red-blood-cell adaptation, or within 3 days of the start line to circumvent intermediate altitude fatigue. [1, 18, 21, 22, 23, 24, 25, 26, 27]

Full topographical guides can be cross-examined on the official [IRONMAN 70.3 Boulder Course Page](#). [28]

4. Race Logistics & Fee Schedule

Maintaining structural logistics alongside your training phases ensures zero administrative friction prior to traveling to Colorado:

- **Entry Cost Breakdown:** The official source states that general entry is priced at \$440.00 USD and processing fees are \$88.00 USD. This calculates to a total registration cost of \$528.00 USD (440.00 + 88.00). Relay team entries are fixed at \$605.00 USD. [29]
- **Registration Deadlines:** Tiered registration advantages require signup completion on or before November 25, 2026, to qualify for specific transfer/deferral benefits. [30, 31]
- **Mandatory Race Week Schedule:**
 - *Athlete Check-In:* Scheduled prior to race day at the main village.
 - *Mandatory Bike & Gear Check-In:* Friday, June 11, 2027, from 9:30 AM to 4:30 PM at the transition area.
 - *Race Start:* Saturday, June 12, 2027, beginning at 7:05 AM. [1, 21]

Direct entry processing can be completed via the [IRONMAN 70.3 Boulder Registration Dashboard](#). Full event itineraries are updated directly on the [Official Athlete Event Schedule](#). [29, 32]

- [1] <https://www.ironman.com>
- [2] <https://www.ironman.com>
- [3] <https://www.ironman.com>
- [4] <https://www.mymottiv.com>
- [5] <https://www.delmosports.com>
- [6] <https://rouvy.com>
- [7] <https://www.youtube.com>
- [8] <https://www.sumarpo.com>
- [9] <https://www.instagram.com>
- [10] <https://www.youtube.com>
- [11] <https://www.youtube.com>
- [12] <https://www.youtube.com>
- [13] <https://roadmancycling.com>
- [14] <https://www.youtube.com>
- [15] <https://www.trainerroad.com>
- [16] <https://www.triathlete.com>

- [17] <https://www.transition.fun>
- [18] <https://www.bouldercoloradousa.com>
- [19] <https://www.youtube.com>
- [20] <https://www.instagram.com>
- [21] <https://www.ironman.com>
- [22] <https://trainerday.com>
- [23] <https://www.ironman.com>
- [24] <https://www.bestbikesplit.com>
- [25] <https://triathlonpace.com>
- [26] <https://forum.slowtwitch.com>
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