

8-WEEK DUATHLON TRAINING PLAN

YOU'VE WISED-UP ON THE TRAINING AND RACE-DAY TIPS BUT NOW YOU'LL NEED A PLAN. HERE'S TOP RG ACTIVE COACH AND STORM THE CASTLE ORGANISER DERMOTT HAYES WITH HIS EIGHT-WEEK COUNTDOWN...

This plan is intended for individuals already exercising and wanting an introduction plan for a standard-distance duathlon (10km run/40km bike/5km run). If you swim, already play other sports or weight train then try to blend the duathlon training into your existing schedule. But also try and include recovery days in between these

duathlon sessions, vary the routes where you do longer and steadier bike and run sessions, and always include a cool-down after training sessions with some stretching.

You've no doubt heard the term 'brick', but if you're still unsure it's a multiple training session with disciplines, usually bike and run, completed immediately after each other.

PERCEIVED EXERTION CHART

Follow the suggested 'perceived exertion' (P/E) rating for each session to peg your training efforts correctly.

- 0** NOTHING
- 0.5** VERY, VERY LIGHT
- 1.0** VERY LIGHT
- 2** LIGHT
- 3** LIGHT TO EASY
- 4** EASY TO MODERATE
- 5** MODERATE
- 6** MODERATE TO MODERATELY UNCOMFORTABLE
- 7** MODERATELY UNCOMFORTABLE TO MODERATELY HARD
- 8** HARD
- 9** VERY HARD EFFORT
- 10** AT OR CLOSE TO MAX EFFORT

KEY: RPM REVS PER MINUTE (BIKE) PE PERCEIVED EXERTION

	SESSION #1	SESSION #2	SESSION #3
WEEK 1	RUN Treadmill/road 4-5km @ P/E 6-8 A consistent and steady effort. Keep the route mostly flat.	BIKE Gym 35km @ P/E 6-8 5km @ P/E 6 then 6 x (2km increased resistance @ P/E 8; 3km recovery @ P/E 6) Aim to maintain consistent RPM.	RUN Treadmill/road 8km @ P/E 6-8 1km @ P/E 6 then 7 x (400m increased pace @ P/E 8; 600m recovery @ P/E 6)
WEEK 2	BIKE Gym 35km @ P/E 6-8 5km @ P/E 6 then 5 x (3km increased RPM @ P/E 8; 3km recovery @ P/E 6)	RUN Treadmill/road 7-8km @ P/E 6-8 A consistent and steady effort. Keep the route mostly flat.	BIKE Road 35-40km @ P/E 6-7 A consistent and steady effort. Include some gentle climbs.
WEEK 3	BIKE Gym 40km @ P/E 6-8 5km @ P/E 6 then 7 x (3km increased resistance @ P/E; 2km recovery @ P/E 6) Aim to maintain consistent RPM.	MULTI-BRICK Gym Bike: 5km @ P/E 6 Run: 1.5km @ P/E 8 Bike: 10km @ P/E 7-8 Run: 1.5km @ P/E 8 Bike: 10km @ P/E 7-8 Run: 1.5km @ P/E 8 Bike: 2km @ P/E 5	RUN Treadmill/road 9-10km @ P/E 6-8 A consistent and steady effort. Keep the route mostly flat.
WEEK 4	RUN Treadmill/road 8km @ P/E 6-8 1km @ P/E 6 then 7 x (600m increased pace @ P/E 8; 400m recovery @ P/E 6)	BIKE Gym 40km @ P/E 6-8 5km @ P/E 6 then 5 x (4km increased RPM @ P/E 8; 3km recovery @ P/E 6)	LONG BRICK Road Run: 8km @ P/E 7-8 Bike: 30km @ P/E 7-8 Run: 5km @ P/E 8
WEEK 5	BIKE Gym 40km @ P/E 6-8 5km @ P/E 6 then 7 x (2km big gear sprint @ P/E 8-9; 3km recovery @ P/E 6)	RUN Treadmill/Road 11-12km @ P/E 6-8 A consistent and steady effort. Keep the route mostly flat.	LONG BRICK Road Run: 5km @ P/E 7-8 Bike: 40km @ P/E 7-8 Run: 5km @ P/E 8
WEEK 6	RUN Treadmill/road 10km @ P/E 6-8 1km @ P/E 6 then 6 x (500m jog @ P/E 6-7; 1km increased pace @ P/E 8). After each 1.5km effort have 1min complete rest.	BIKE Gym/road 50km @ P/E 6-8 A consistent and steady effort. Include some gentle climbs.	LONG BRICK Road Run: 8km @ P/E 7-8 Bike: 40km @ P/E 7-8 Run: 5km @ P/E 8
WEEK 7	BIKE Gym 40km @ P/E 6-8 5km @ P/E 6 then 7 x (2km big gear sprint @ P/E 8-9; 3km recovery @ P/E 6)	MULTI BRICK Gym Bike: 5km @ P/E 6 Run: 2km @ P/E 8 Bike: 12km @ P/E 7-8 Run: 2km @ P/E 8 Bike: 12km @ P/E 7-8 Run: 2km @ P/E 8 Bike: 2km @ P/E 5	RUN Treadmill/road 10km @ P/E 6-8 A consistent and steady effort. Keep the route mostly flat.
WEEK 8	BIKE Gym 25km @ P/E 6-8 5km @ P/E 6 then 4 x (2km increased rpm @ P/E 8; 3km recovery @ P/E 6)	RUN Treadmill/road 6km @ P/E 6-8 1km @ P/E 6 then 5 x (600m increased pace @ P/E 8; 400m recovery @ P/E 6)	OLYMPIC-DISTANCE DUATHLON RACE DAY