### 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 COUNCITMENT…**

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 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

#### SESSION #1  |  SESSION #2  |  SESSION #3
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**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 (600m increased pace @ P/E 8; 400m 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**
**RUN**  
Treadmill/road  
7-8km @ P/E 6-8  
A consistent and steady effort. Keep the route mostly flat.

**BIKE**  
Gym  
40km @ P/E 6-8  
5km @ P/E 6 then 7 x (2km big gear sprint @ P/E 8; 3km recovery @ P/E 6)  
Aim to maintain consistent RPM.

**RUN**  
Treadmill/road  
40km @ P/E 6-8  
5km @ P/E 6 then 5 x (4km increased RPM @ P/E 8; 3km recovery @ P/E 6)

**WEEK 4**
**RUN**  
Treadmill/road  
8km @ 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 2min complete rest.

**BIKE**  
Gym  
50km @ P/E 6-8  
A consistent and steady effort. Include some gentle climbs.

**RUN**  
Treadmill/road  
6km @ P/E 6-8  
1km @ P/E 6 then 6 x (600m increased pace @ P/E 8; 400m recovery @ P/E 6)

**WEEK 5**
**BIKE**  
Gym  
40km @ P/E 6-8  
5km @ P/E 6 then 5 x (2km big gear sprint @ P/E 8; 3km recovery @ P/E 6)  
Aim to maintain consistent RPM.

**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 3min 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; 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.

**LONG BRICK**  
Road  
Run: 5km @ P/E 7-8  
Bike: 40km @ P/E 7-8  
Run: 5km @ P/E 8

**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**