

220 TRIATHLON

**4 WEEK DUATHLON
TRAINING PLAN**

WEEK 1

Time to get started! Our plan begins on a monday, but you can start on any day of the week

WEEK 2

Always include a warm-up before each session—5-8mins of gradually building from easy to vigorous

WEEK 3

Always include a cool-down after each session—3-5mins of easy cardio followed by stretches

WEEK 4

The final week includes a pre-racebrick session to loosen the legs and do a final equipment check



RUN

- 4 x 2.5km moderate-vigorous
90secs rest between reps
Increase speed in final 500m to a very hard pace

RUN

- 4 x 2.5km moderate- vigorous
70secs rest between reps
Increase speed in final 500m to a very hard pace

RUN

- 4 x 2.5km moderate- vigorous
60secs rest between reps
Increase speed in final 500m to a very hard pace

RUN

- 3 x 2.5km moderate- vigorous
90secs rest between reps
Increase speed in final 500m to a very hard pace



BIKE

- 8x [2mins moderate / 2mins vigorous simulated climbing/1min easy recovery]
Use big gears and reduce revs per min on simulated climb efforts

BIKE

- 9x [2mins moderate / 2mins vigorous simulated climbing/1min easy recovery]
Use big gears and reduce revs per min on simulated climb efforts

BIKE

- 10x [2mins moderate / 2mins vigorous simulated climbing/1min recovery]
Use big gears and reduce revs per min on simulated climb efforts

BIKE

- 3x [5mins moderate/1min vigorous high speed/4mins easy recovery]
Use big gears and increase revs per min on high speed efforts



RUN

- 12km as 4x [1km moderate/1km vigorous/1km easy]
on an undulating route

RUN

- 12km as 4x [1.5km moderate/1km vigorous/500m easy]
on an undulating route

RUN

- 12km as 3x [2km moderate/1km vigorous/1km easy]
on an undulating route

RUN

- 5km as 2x [1.5km moderate/500m vigorous/500m easy] on an undulating route



BRICK

- 4 x 1km run moderate
- 5km bike vigorous
2mins rest between reps

BIKE

- 3x [8mins moderate / 2mins vigorous high speed/4mins easy recovery]
Use big gears and increase revs per min on high speed efforts

BRICK

- Repeat 3x
- 1.5km run moderate
- 8km bike vigorous
2mins rest between reps

BRICK

- Repeat 2x
- 5km bike moderate
- 500m run vigorous
2mins rest between reps

REST-DAY

REST-DAY

REST-DAY

REST-DAY



REST-DAY

REST-DAY

REST-DAY

REST-DAY



BRICK

- 40km bike
at estimated race pace
- 5km run
at slower than estimated race pace

BRICK

- 8km run
at slower than estimated race pace
- 40km bike
at estimated race pace
- 4km run
at slower than estimated race pace

BRICK

- 10km run
at slower than estimated race pace
- 30km bike
at estimated race pace
- 2km run
at slower than estimated race pace

BRICK

- 10km bike
Spin legs and test the bike is working well
- 1.5km run
Very light and easy run to stretch out

BIKE

- 30km easy to moderate

BIKE

- 30km easy to moderate

BIKE

- 30km easy to moderate

STANDARD DISTANCE DUATHLON

- 10km run
- 40km bike
- 10km run



BIKE

- 30km easy to moderate

BIKE

- 30km easy to moderate

BIKE

- 30km easy to moderate

STANDARD DISTANCE DUATHLON

- 10km run
- 40km bike
- 10km run