

220 TRIATHLON

**8 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

This week includes the first major brick, with a transition run-through between the disciplines

WEEK 3

This week sees a mix of intensities on the bike and run to build stamina, speed and strength

WEEK 4

A couple of rest days are included this week before a tough weekend bike/run brick

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	<p>RUN</p> <ul style="list-style-type: none"> • 8km easy to vigorous on a rolling route • 4x [1km moderate; 400m vigorous; 600m easy] 	<p>RUN</p> <ul style="list-style-type: none"> • 8km easy to vigorous on a rolling route • 4x [1km moderate; 400m vigorous; 600m easy] 	<p>RUN</p> <ul style="list-style-type: none"> • 8km easy to vigorous on a rolling route • 4x [1km moderate; 400m vigorous; 600m easy] 	<p>REST-DAY</p>
TUE	<p>BIKE</p> <ul style="list-style-type: none"> • 10x [1km @ RP; 1km moderate recovery] • 3mins easy • 10x [500m @RP; 500m moderate recovery] 	<p>BIKE</p> <ul style="list-style-type: none"> • 10x [1km @ RP; 1km moderate recovery] • 3mins easy • 10x [500m @RP; 500m moderate recovery] 	<p>BIKE</p> <ul style="list-style-type: none"> • 8x [1.5km @RP; 1km moderate recovery] • 3mins easy • 8x [700m @RP; 300m moderate recovery] 	<p>BIKE</p> <ul style="list-style-type: none"> • 8x [1.5km @RP; 1km moderate recovery] • 3mins easy • 8x [700m @RP; 300m moderate recovery]
WED	<p>BRICK</p> <p>2x</p> <ul style="list-style-type: none"> • 2km moderate run; • 10km vigorous bike <p>1min rest between sets</p>	<p>BIKE</p> <ul style="list-style-type: none"> • 45mins easy to moderate <p>As: 3x [12mins moderate; 3mins vigorous]</p>	<p>BRICK</p> <p>2x</p> <ul style="list-style-type: none"> • 2km moderate run; • 10km vigorous bike <p>1min rest between sets</p>	<p>BIKE</p> <ul style="list-style-type: none"> • 45mins easy to moderate <p>As: 3x [12mins moderate; 3mins vigorous]</p>
THURS	<p>RUN</p> <ul style="list-style-type: none"> • 6-8 x 1.2km increasing pace each 400m to finish on 400m @ RP <p>60secs rest between sets</p> <p>Use this session to help find race pace</p>	<p>RUN</p> <p>TIME TRIAL</p> <ul style="list-style-type: none"> • 5km 	<p>RUN</p> <ul style="list-style-type: none"> • 6-8 x 1.2km increasing pace each 500m to finish on 500m @ RP <p>60secs rest between sets</p> <p>Use this session to help find race pace</p>	<p>RUN</p> <p>TIME TRIAL</p> <ul style="list-style-type: none"> • 5km
FRI	<p>REST-DAY</p>	<p>REST-DAY</p>	<p>REST-DAY</p>	<p>REST-DAY</p>
SAT	<p>RUN</p> <ul style="list-style-type: none"> • 10-12km easy to moderate on a flat route <p>Include 3 x 1km vigorous with 1km recovery pace</p>	<p>BRICK</p> <ul style="list-style-type: none"> • 10km run @RP • 40km bike <p>Include 1 x 20km @RP</p> <p>Include fast transition</p>	<p>RUN</p> <ul style="list-style-type: none"> • 12km easy to moderate on a flat route <p>Include 3 x 1km vigorous with 1km recovery pace</p>	<p>BRICK</p> <ul style="list-style-type: none"> • 45km bike <p>Include 1 x 20km @RP</p> <ul style="list-style-type: none"> • 7km run @RP <p>Include fast transition</p>
SUN	<p>BIKE</p> <ul style="list-style-type: none"> • 30-40km moderate <p>Aim to include some hills while practising body position when climbing</p>	<p>RUN</p> <ul style="list-style-type: none"> • 5km easy <p>Set a maximum pace that you will not exceed</p>	<p>BIKE</p> <ul style="list-style-type: none"> • 55-60km moderate <p>Include 3 x 12km @RP with 3km recovery</p>	<p>RUN</p> <ul style="list-style-type: none"> • 5km easy <p>Set a maximum pace that you will not exceed</p>

WEEK 5

The multi-brick here is perfect for the gym as you can wear the same kit throughout

WEEK 6

This week includes a race-day run-though at the weekend, so plan a route similar to your race

WEEK 7

Don't forget to warm up (5-8mins from easy to vigorous) and cooldown (3-5 mins easy cardio & stretches)

WEEK 8

Two rest days this week as you build up to race day-time to conquer the Du!



RUN

- 9km easy to vigorous on a rolling route
- 3x [1.5km moderate; 500m vigorous; 1km easy]

RUN

- 3-4x [800m; 600m; 400m; 200m @RP] 40secs rest between sets
- 400m easy recovery

RUN

- 7.5km easy to vigorous On a rolling route
- 3x [1km moderate; 500m vigorous; 1km easy]

RUN

- 8x [800m increasing pace each 200m to finish on 200m @RP] 30secs rest between sets



BIKE

- 6x [2km @RP; 1km moderate recovery] • 3mins easy
- 12x [500m @ max speed; 500m easy recovery]

BIKE

- 6x [2km @RP; 1km moderate recovery] • 3mins easy
- 12x [500m @ max speed; 500m easy recovery]

BRICK

- 3x
- 1.6km run moderate
- 8km bike vigorous 40secs rest between sets

REST-DAY



BRICK

- 3x
- 1.6km run moderate
- 8km bike vigorous 40secs rest between sets

RUN

- 7.5km easy to vigorous On a rolling route
- 3x [1.5km moderate; 500m vigorous; 500m easy]

BIKE

- 45mins easy to moderate As: 3x [10mins moderate; 5mins vigorous]

BIKE

- 40mins easy to moderate As: 4x [7mins moderate; 3mins vigorous]



RUN

- 3-4x [800m; 600m; 400m; 200m @RP] 40secs rest between sets
- 400m easy recovery

BIKE

- 45mins easy to moderate As: 3x [10mins moderate; 5mins vigorous]

RUN

- TIME TRIAL**
- 5km

RUN

- 4-5km easy to vigorous On a flat route
- 4x [600m moderate; 200m vigorous; 200m easy]

REST-DAY

REST-DAY

REST-DAY

REST-DAY



REST-DAY

REST-DAY

REST-DAY

REST-DAY



RUN

- 12-13km easy to moderate on a flat route Include 3 x 1.5km hard with 1km recovery pace

BRICK

- 10km run
 - 40km bike
 - 2km run
- Try to choose a route similar to your race Use session to practise pacing

BRICK

- 6km run
 - 25km bike
 - 3km run
- Try to choose a route similar to your race Use session to practise pacing

PRE-RACE

- Choose either a bike or run and do an easy 20min session to include 2 x 3mins efforts @RP



BIKE

- 50km moderate Include 2 x 15km @ RP with 3km recovery

RUN

- 5km easy Set a maximum pace that you will not exceed

BIKE

- 30km moderate Aim to include some hills, practising body position when climbing

DUATHLON

- 10km bike
- 40km bike
- 5km run