

Fit For...

Duathlon (10K_{Run} 40k_{Bike} 5k_{Run}) Beginner

Remember your *warm-up* and *cool-down* stretches

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Run 30 mins 10 mins (60% effort) 15 mins (80% effort) 5 mins (60% effort)	Bike Easy spinning 60 mins	Run Long run 30 mins	Bike 60 mins 15 mins (60% effort) 30 mins (80% effort) 15 mins (60% effort)	Off Recovery	Simulation Day 20 min run then 45 min bike then 20 min at 70 – 80% effort	Bike 60 – 90 mins 60% effort
Week 2	Run 30 mins 10 mins (60% effort) 15 mins (85% effort) 5 mins (60% effort)	Bike Easy spinning 60 mins	Run Long run 30 mins	Bike 60 mins 15 mins (60% effort) 30 mins (80% effort) 15 mins (60% effort)	Off Recovery	Simulation Day 20 min run then 45 min bike then 20 min at 80% effort	Bike 90 – 120 mins 60% effort
Week 3	Run 30 mins 10 mins (60% effort) 5 mins (80% effort) 10 mins (90% effort) 5 mins (60% effort)	Bike Easy spinning 60 mins	Run Long run 35 mins	Bike 65 mins 15 mins (60% effort) 35 mins (80% effort) 15 mins (60% effort)	Off Recovery	Simulation Day 25 min run then 50 min bike then 20 min at 80% effort	Bike 90 – 120 mins 60% effort
Week 4 * Easy / Test Week	Run 20 min time trial run record time and pace.	Off Recovery	Bike 30 mins time trial record time and pace	Run Easy run 20 – 30 mins	Off Recovery	Bike Easy Ride 60 mins	Off Recovery

*Recovery Week

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Fit For...

Duathlon (10K_{Run} 40k_{Bike} 5k_{Run}) Beginner *Remember your warm-up and cool-down stretches*

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Run 30 mins 10 mins (60% effort) 5 mins (80% effort) 10 mins (90% effort) 5 mins (60% effort)	Bike Easy spinning 60 mins	Run Long run 35 mins	Bike 65 mins 15 mins (60% effort) 35 mins (80% effort) 15 mins (60% effort)	Off Recovery	Simulation Day 30 min run then 50 min bike then 15 min at 80% effort	Bike or rest / recover 60 – 90 mins 60% effort
Week 6	Monday Run 6 mins (85% effort) 2 mins recovery x4	Tuesday Bike Easy spinning 60 mins	Wednesday Run Long run 35 mins	Thursday Bike 75 mins 15 mins (60% effort) 10 mins (90% effort) x3	Friday Off Recovery	Saturday Simulation Day 25 min run then 60 min then 15 min run at 85% effort.	Sunday Bike or rest / recover 60 – 90 mins 60% effort
Week 7	Monday Run 3 mins (90% effort) 2 mins recovery x5	Tuesday Bike Easy spinning 60 mins	Wednesday Run Long run 35 mins	Thursday Bike 65 mins 15 mins (60% effort) 35 mins (80% effort) 15 mins (60% effort)	Friday Off Recovery	Saturday Simulation Day 10 min run then 20 min bike then 5 min at 90% effort X3 (5 mins recovery)	Sunday Bike or rest / recover 60 – 90 mins 60% effort
Week 8 Taper Week	Monday Run 1 mins (95% effort) 2 recovery x5	Tuesday Bike Easy spinning 60 mins	Wednesday Run Run 20 mins easy	Thursday Bike 5 mins (90% effort) 2 mins (50% effort) x5	Friday Off Recovery or 20 min easy jog	Saturday Race Race weekend – good luck and enjoy the day	Sunday Race Race weekend – good luck and enjoy the day

*Recovery Week

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