

Fit For...

Duathlon (10K<sub>Run</sub> 40k<sub>Bike</sub> 5k<sub>Run</sub>) Intermediate / Advanced

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

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Run</b> 30 mins easy Weights and core exercises	<b>Bike &amp; Run</b> Bike Easy spinning 60 mins Transition Run 15 – 20 mins (80% effort)	<b>Run</b> Long off road run 40 mins	<b>Bike</b> 60 mins 15 mins (60% effort) 30 mins (80% effort) 15 mins (60% effort) Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 20 min run then 45 min bike then 20 min at 70 – 80% effort	<b>Bike</b> 60 – 90 mins 60% effort
Week 2	<b>Run</b> 30 mins easy Weights and core exercises	<b>Bike &amp; Run</b> Bike Easy spinning 70 mins Transition Run 15 – 20 mins (85% effort)	<b>Run</b> Long off road run 45 mins	<b>Bike</b> 65 mins 15 mins (60% effort) 35 mins (80% effort) 15 mins (60% effort) Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 20 min run then 45 min bike then 20 min at 70 - 80% effort	<b>Bike</b> 90 – 120 mins 60% effort
Week 3	<b>Run</b> 30 mins easy Weights and core exercises	<b>Bike &amp; Run</b> Bike Easy spinning 70 mins Transition Run 15 – 20 mins (85% effort)	<b>Run</b> Long off road run 50 mins	<b>Bike</b> 70 mins 15 mins (60% effort) 40 mins (80% effort) 15 mins (60% effort) Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 20 min run then 45 min bike then 20 min at 70 - 80% effort	<b>Bike</b> 90 – 120 mins 60% effort
Week 4 * Easy / Test Week	<b>Run</b> 30 mins easy Weights and core exercises	<b>Bike</b> 50 min time trial record time and pace	<b>Bike</b> Easy spinning 60 – 90 mins	<b>Run</b> 30 min time trial record time and pace Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 20 min run then 45 min bike then 20 min at 70 - 80% effort	<b>Off</b> Recovery

\*Recovery Week

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Fit For...

# Duathlon (10K<sub>Run</sub> 40k<sub>Bike</sub> 5k<sub>Run</sub>) Intermediate / Advanced

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Run</b> 30 mins 10 mins (60% effort) 5 mins (80% effort) 10 mins (90% effort) 5 mins (60% effort)  Weights and core exercises	<b>Bike</b> Easy spinning  60 mins	<b>Run</b> Long run  60 mins	<b>Bike</b> 65 mins 15 mins (60% effort) 35 mins (80% effort) 15 mins (60% effort)  Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 30 min run then 50 min bike then 15 min at 80% effort	<b>Bike or rest / recover</b> 60 – 90 mins 60% effort
Week 6	<b>Run</b> 12 mins (85% effort) 4 mins recovery x4	<b>Bike</b> Easy spinning  60 mins	<b>Run</b> Long run  65 mins	<b>Bike</b> 75 mins 15 mins (60% effort) 10 mins (90% effort) x3  Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 25 min run then 60 min then 15 min run at 85% effort.	<b>Bike or rest / recover</b> 60 – 90 mins 60% effort
Week 7	<b>Run</b> 6 mins (90% effort) 3 mins recovery x5	<b>Bike</b> Easy spinning  60 mins	<b>Run</b> Long run  50 mins	<b>Bike</b> 65 mins 15 mins (60% effort) 35 mins (80% effort) 15 mins (60% effort)  Weights and core exercises	<b>Off</b> Recovery	<b>Simulation Day</b> 10 min run then 20 min bike then 5 min at 90% effort  X3 (5 mins recovery)	<b>Bike or rest / recover</b> 60 – 90 mins 60% effort
Week 8 Taper Week	<b>Run</b> 2.30 mins (95% effort) 2.30 recovery x6	<b>Bike</b> Easy spinning  60 mins	<b>Run</b> Run  20 mins easy	<b>Bike</b> 6 mins (90% effort) 2 mins (50% effort) x5	<b>Off</b> Recovery or 20 min easy jog	<b>Race</b> Race weekend – good luck and enjoy the day	<b>Race</b> Race weekend – good luck and enjoy the day

\*Recovery Week

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