

Duathlon Training Plan

Powerman Distance Duathlon

Advanced Beginner Short Course

Plan designed by Stephen Taylor



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Run: 30	Off Stretch	Bike: 60	Run: 30	Bike 30	Off Stretch	Bike: 90	4:00
2	Run: 30	Off Stretch	Run: 45	Bike: 60	Bike: 45	Off Stretch	Bike: 90 Run: 10	4:40
3	Run: 30	Off Stretch	Run: 45	Bike: 90	Bike: 60	Off Stretch	Bike: 15 Run: 60	5:00
4	Bike: 45	Off Stretch	Run: 15 Bike: 30 Run: 15	Bike: 60	Run: 45	Off Stretch	Run: 20 Bike: 120	5:50
5 Rest Week	Run: 20	Off Stretch	Bike: 30	Run: 30	Bike 30	Off Stretch	Run: 15 Bike: 60 Run: 15	3:20
6	Run: 60	Off Stretch	Bike: 120	Run: 30	Run: 75	Off Stretch	Run: 20 Bike: 30 Run: 20 Bike: 30 Run: 20	6:45
7	Bike 45	Off Stretch	Bike: 120	Run: 45	Bike: 60	Off Stretch	Run: 10 Bike: 120 Run: 10	6:50
8 Taper	Run: 30	Off Stretch	Run: 10 Bike: 15	Bike: 10 Run: 10	Bike: 10 Run: 5 Stretch	Duathlon	Off/stretch	1:30 + race

Note: All workout times are denoted in minutes.

Whistlestop Duathlon 4k run / 27.5 bike / 4k run.. April 15, 2007. *Start by February 19.*

Powerman Alabama 8k run / 53 K bike / 8k run April 15, 2007. *Start by February 19.*

Du Run Run 2mi run / 11.2mi bike / 2mi run. June 17, 2007. *Start by April 23.*



POWERMAN DISTANCE DUATHLON ADVANCED BEGINNER DUATHLON TRAINING PLAN NOTES:

The purpose of this plan is to prepare diligently for a short course duathlon, or prepare to *finish* an Powerman distance duathlon. If you are already working out several days per week with cardio exercise, you should choose this plan to prepare for your first duathlon. If you are starting “from scratch,” consider using the Duathlon for Beginners Plan. If you want to move from short course to Powerman Duathlon and you want to make sure you do enough training, this plan will get you to the finish line feeling strong and having fun. Remember, a training plan is only a guideline. You will need to use your judgment in terms of adjusting workouts and doing more/less. A coach will help you tailor this plan to your specific goals.

Prior preparation. This plan assumes you have been doing 30-45 minutes of cardiovascular exercise 4 times per week for at least a month before you begin this training regimen.

Focus on building minutes not speed. While this may look like a lot of training, remember that you should complete the assigned workouts in your proper training zone. This means that you should be able to carry on a conversation while biking and running. Don't try to push your hardest during training sessions. Just complete the distance and try to save a little reserve after each workout. That will help you complete all the training sessions without getting overly fatigued. One to two times per week you may push yourself extra hard, but don't do that every day.

Intensity. This can be quantified many different ways. Try to keep your effort level in some semblance of a comfort zone. In terms of effort, aim for a 5-8 on a scale of 1-to-10. This could be described as moderately easy to moderately hard. If you use a HR monitor, focus on your training zones of 50-75% HR. For most people, this means they need to slow their running. One to two times per week you may push yourself extra hard, but don't do that every day.

Words of encouragement. This plan is intended to be challenging but realistic for an athletic individual. Challenge yourself to complete as many workouts as possible. Do not chastise yourself if you miss a couple days, just get back on the program as soon as possible.

Extra training/range of training. The workouts in this plan fit a framework of 4-7 hours per week training. Consider doing extra training if you have additional endurance background. You can add extra swimming or biking minutes more easily than running because of the impact. Spend extra

training time on the sports that you are not good at. Completing all the minimum workouts should have you well-prepared to complete a short course or Powerman distance duathlon. If you have time and energy to do more than what is assigned in this plan, then you will be extra well prepared for the race. Just remember not to skimp on your areas of weakness.

Do NOT add extra training on the rest days. Do the stretching and let your body recover. To add extra training, do two-a-days on regular workouts days, or make your weekend sessions longer.

Substitution of workouts. If you have to change the workouts in this plan, there is no problem to switch days. Life circumstance, weather, facilities, etc. may dictate what you can do and when. Just remember that this plan includes regular rest and recovery. Do not shortchange your rest days or you may become overly fatigued.

Indoor cycling. A portion of the bicycling workouts may be completed on stationary trainers or spin bikes. However, you should be comfortable on your bicycle. During the last few weeks it is especially important that you can shift, steer, and break proficiently. The most important component to generate power on the bike is to keep a *high cadence*. Invest in a cyclocomputer with cadence function, and keep your rpms in the 90-105 range. Aerobars and clipless pedals will give you lots of extra speed for a good value.

Runners. Remember you can walk as needed during a duathlon, so occasional walk breaks are permitted. If you are a new runner or are carrying extra weight, I recommend the Fun Run technique to alternate between jogging and walking as a strategy to build endurance. Practice bike to run sessions during training so that you will know what to expect from your legs during the race. When you get off the bike, focus on increasing your cadence. Your legs will loosen up and stretch out after 5-10 minutes. If you are an experienced runner, do some fast running off the bike to get ready for “transition legs.”

Nutrition. To do a duathlon well--or to complete a Powerman—you will need to ingest fluids and around 200-250 calories per hour. Experiment during your training session with sports drinks, energy bars and gels, and food to find out what you can tolerate during exercise.

Disclaimer. Get a physician’s approval before you begin this or any exercise program. If you experience any persistent joint or muscle pain, consult with a physician or sports medicine professional. If it feels hard, you are doing something right. It is making you stronger. Use good judgment in your exercise program.

Contact. For questions related to the use this plan, contact Stephen Taylor, Professional Endurance Coach at triathletepro@gmail.com.

