

The Plan

AUTUMN DUATHLON

TRY DROPPING A DISCIPLINE TO FOCUS ON BIKE AND RUN BRILLIANCE FOR YOUR NEXT RACE

Meet the expert

Dr Martin Yelling

Coach Yelling is a former international duathlete and Hawaii Ironman finisher



STARTING TO think about an autumn duathlon? First one or fast one? Whatever your autumn duathlon target, getting to grips with some fundamental training priorities will help you hit your goal.

A duathlon is a run-bike-run event. The classic distance is 10k run/ 40k bike/ 5k run. Some triathletes say that a duathlon is actually harder to complete than a tri because running before and after the bike means those legs really take a hammering. That's why getting your training right for a duathlon could mean the difference between you hitting the second run feeling great and ready to race, or climbing off your bike in T2 feeling like your legs are going to fall off. These 12-week duathlon training plans are aimed at either getting round, or racing harder. The Get Round plan is for the novice duathlete, perhaps a runner, biker or fitness enthusiast having their first foray into multisport who, already in

regular training, is able to commit to 5-6hrs per week (four workouts). The Race Hard plan is for the more experienced duathlete or triathlete who has already participated in some tri/du events and wants to perform better. They'll have 8-10hrs per week (six workouts) to invest in training.

Training terms

Threshold (TR)

Training at threshold pace is about running under controlled discomfort and is great for improving your economy and stamina. This is done at 75% effort.

Interval (INT)

Interval training involves structured periods of hard effort interspersed with periods of recovery. These hard efforts are the most intense in your mix and will demand focus. Intervals are done at 80%+ effort.

Stamina (STA)

These are longer base workouts designed to help you go the distance. Great for building strength and aerobic capacity. Stamina workouts are done at 50-60% effort levels.

Brick (BR)

These are the mainstay of your duathlon success and will help you deal with those jelly legs off the bike. They are either run-to-bike or bike-to-run or a race day simulation run-bike-run. Intensity-wise these workouts are done at 75-85% effort.

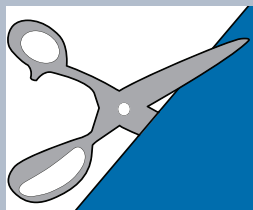
Steady (STE)

This run or bike session is a base workout done to improve general conditioning and overall aerobic capacity. Steady workouts are done at between 60 and 70% effort.

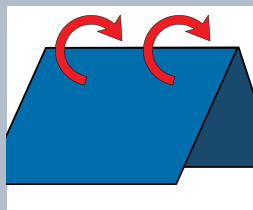


How it works

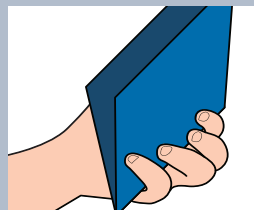
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training





Duathlon

GET ROUND

FOLLOW OUR GUIDE TO RACE YOUR FIRST DUATHLON

FOLD1

TRAINING NOTES

FOLD2

Scissors icon

KEY ■ Important workouts to focus on that week.
TR Threshold, **INT** Intervals, **STE** Steady paced, **STA** Stamina, **BR** Brick, **WU** Warm up, **WD** Warm down

	WEEK 01	WEEK 02
Mon	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)
Tue	■ Type: Run Distance 5k Instructions Run 5k benchmark 1. On a 5k course run your best pace for 5k. Time it	■ Type: INT Run Time 40 mins Instructions 10min easy paced WU. 4x3mins (hard) with 90s rec. 10mins easy paced WD
Wed	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout
Thur	Type: Bike Time 50 mins Instructions Steady ride 50 mins	■ Type: TR Bike Time 40 mins Instructions 10mins spin. 2x8mins (2mins rec). 10mins spin WD
Fri	REST DAY	REST DAY
Sat	Type: Run Time 40 mins Instructions Lay the foundations with a steady run	■ Type: BR Bike/Run Time 1 hour 15 Instructions STE 60min bike, STE 15min run
Sun	Type: Bike Time 1 hour Instructions Choose a hilly route. Stay seated on the climbs. Cadence of 90rpm	■ Type: STA Bike Time 1 hour 15 minutes Instructions Bike 1hr 15mins. Hilly route. Cadence of 90rpm. Controlled pace

	WEEK 03	WEEK 04
Mon	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)
Tue	■ Type: INT Run Time 45 mins Instructions Run. 10min easy paced WU. 5x3mins (hard) 90s rec. 10mins easy paced WD	■ Type: INT Run Time 30 mins Instructions 10mins easy paced WU. 4x1mile (90 sec rec). 10mins easy pace WD
Wed	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout
Thur	■ TEST: Type: Bike Time 1 hour 20 mins Instructions Solo time trial 1. Ride as far as you can in 1 hour. 10min WU&WD	■ Type: TR Bike Time 50 mins Instructions 15mins easy spin WU. 3x7mins (2mins rec). 10min easy paced WD
Fri	REST DAY	REST DAY
Sat	■ Type: BR Bike/Run Time 1 hour 35 Instructions STE 1 hour 15min bike STE 20min run	■ Type: BR Bike/Run Time 1 hour 30 Instructions Bike 30mins steady, 30mins hard into run, 30mins steady
Sun	■ Type: Run Time 1 hour 15 mins Instructions 1 hour 15mins. (Easy pace 30mins STE 15mins, TR 10mins, easy 10mins)	■ Type: STR Bike Time 2 hours Instructions STE Bike 2hrs. Maintain a constant speed. Feel in control and confident

TRAININGZONE

GET ROUND PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)	REST DAY
Tue	■ Type: STE Run Time 40 mins Instructions STE run 40 mins	■ Type: INT Run Time 35 mins Instructions 10min easy paced WU, 5x1 mile (hard) 90s rec., 10mins easy paced WD	■ Type: INT Run Time 44 mins Instructions 10min easy paced WU, 6x3 mins (hard) with 60s rec, 10min easy paced WD	■ Type: STE Run Time 45 mins Instructions Steady 45min run
Wed	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout
Thur	■ Type: STR Bike Time 1 hour Instructions STE bike 1 hour	■ Type: TR Bike Time 40 mins Instructions 10mins easy spin WU, 20mins TR, 10mins easy spin WD	■ TEST: Type: Bike Time 1 hour Instructions Solo time trial 2. Same route as Test 1. Ride as far as you can in 1 hour	■ Type: STE Bike Time 1 hour 15 mins Instructions 1 hour 15min ride including 5x2min hard big ring efforts (60s rec)
Fri	■ TEST: Type: Run Distance 5k Instructions Run 5k benchmark 2. Compare time to week 1	Type: Transition practice Time As long as you like! Instructions T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!	REST DAY	Type: Transition practice Time As long as you like! Instructions T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!
Sat	REST DAY	■ Type: BR Bike/Run Distance 38k Instructions 5k TR run, 30k STE bike, 3k TR run. Control pace of 3 aspects of the workout	■ Type: BR Bike/Run Time Approx 1 hour Instructions 30min spin WU, BIKE 8 miles TR, RUN 2 mile TR (8mins rec)x2. Then 20min spin WD	Type: Kit and bike check Time 15 mins Instructions 15mins spin with a gear run through
Sun	■ Type: BR Bike/Run Time 55 mins Instructions Bike 45min STE followed by 30min TR into 15min TR run 10mins easy run	■ Type: STA Bike Time 1.5 hours Instructions Bike 1.5hrs	■ Type: STA Run Time 1 hour 20 mins Instructions 1hr 20min (30mins easy, 2x15mins TR (5mins rec), 15mins easy)	DUATHLON RACE (as training): 5k-30k-5k (or other distance)

	WEEK 09	WEEK 10	WEEK 11	WEEK 12
Mon	REST DAY	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)	REST DAY
Tue	■ Type: STE Run Time 40 mins Instructions Steady run 40mins	■ Type: INT Run Time 56 mins Instructions 10min easy, 3x10mins TR (2mins rec), 10mins easy WD	■ Type: INT Run Time Approx 1 hour Instructions 10mins easy paced WU, 4x1 mile (2mins rec) 10mins easy paced WD	■ Type: INT Run Time 45 mins Instructions 10min WU, 8x1 min (2mins rec), 10mins WD
Wed	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	REST DAY
Thur	■ Type: STE Bike Time 1 hour Instructions Steady ride 1 hour	■ Type: Bike Time 45 mins Instructions 10mins spin, 5x5mins sat TR pace, 10mins spin WD	■ Type: Bike Time 2 hours 30 mins Instructions 1 hour 50mins spin, 3x8mins sat TR pace, 10mins spin WD	■ Type: INT Bike Time 45 mins Instructions Ride 20min WU, 6x2mins (1 min fast, 1 min cruise) with 2mins rec
Fri	REST DAY	REST DAY	REST DAY	REST DAY (check kit and race day instructions)
Sat	■ Type: BR Bike/Run Time 2 hours Instructions STE 1 hour 30min bike, 30min run as 15mins TR, 15mins STE, 15mins TR	■ Type: BR Bike/Run Time 1 hour Instructions 40k solo time trial bike into 5k hard run. A real confidence booster	■ Type: BR Bike/Run Time 1 hour 15 mins Instructions STE 1 hour bike, TR 15min run	Type: Kit and bike check Time 15 mins Instructions 15mins spin with a gear run through
Sun	■ Type: STA Bike Time 2.5 hours Instructions Ride 2.5hrs. Steady, consistent pace	Type: Run Time 1 hour Instructions Easy 1 hour active recovery run	■ Type: STA Bike Time 1 hour 30 mins Instructions Steady bike ride 1 hour 30 mins	DUATHLON TARGET RACE 10k RUN 40k BIKE 5k RUN

RACE HARDER

FOLD2

FOLD1

	WEEK 01	WEEK 02
Mon	<p>Type: Active recovery Time 40 mins Instructions Easy paced 40min run</p>	<p>Type: Active recovery Time 50 mins Instructions Easy paced 50min run</p>
Tue	<p>AM Type: Swim Distance Your choice Instructions Swim (if still doing triathlon) PM ■ TEST Type: Run Distance 10k Instructions Run 10k benchmark 1. On a 10k course run your best pace for 10k. Time it</p>	<p>AM Type: Swim Time Your choice Instructions Swim (if still doing triathlon) PM ■ Type: INT Run Time Approx 1 hour 5 Instructions Run. 10min easy paced WU. 5x1mile (hard) 1min30s rec. 10min easy paced WD</p>
Wed	<p>Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout</p>	<p>Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout</p>
Thur	<p>■ Type: STE Bike Time 1 hour 30 mins Instructions Steady ride 1 hour 30 mins</p>	<p>■ Type: TR Bike Time 1 hour 20 mins Instructions Ride 30mins spin. 3x8mins (2mins rec), 20mins spin WD</p>
Fri	<p>REST DAY (or swim, if still maintaining triathlon)</p>	<p>REST DAY (or swim if still maintaining triathlon)</p>
Sat	<p>■ Type: STE Run Time 1 hour 15 mins Instructions Lay the foundations with a steady run</p>	<p>■ Type: BR Bike/Run Time 2 hours Instructions STE 1 hour 30 min bike into STE 30min run</p>
Sun	<p>■ Type: STA Bike Time 2 hours Instructions Choose a hilly route. Stay seated on the climbs. Cadence of 90rpm</p>	<p>■ Type: STA Bike Time 2 hours Instructions STA bike 2 hours. Hilly route. Cadence of 90rpm. Work all the climbs hard</p>

	WEEK 03	WEEK 04
Mon	Type: Active recovery Time 50 mins Instructions Easy paced 50min run	Type: Active recovery Time 50 mins Instructions Easy paced 50min run
Tue	AM Type: Swim Distance Your choice Instructions Swim (if still doing triathlon) PM Type: INT Run Time 1 hour 5 mins Instructions 10min easy paced WU. 10x3mins (hard) 1min 30s rec. 10mins easy paced WD	AM Type: Swim Distance Your choice Instructions Swim (if still doing triathlon) PM Type: INT Run Time 35 mins Instructions 10mins easy paced WU. 6x1mile (1min 30 sec rec). 10mins easy pace WD
Wed	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout
Thur	TEST Type: Bike Time 1 hour 50 mins Instructions Solo time trial 1 hour 15min WU. 25min maximum effort. Time it. 10min WD	Type: TR Bike Time 1 hour 10 Instructions 15mins easy spin WU. 3x12mins (3mins rec). 10min easy paced WD
Fri	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)
Sat	Type: BR Bike/Run Time 2 hours Instructions STE 1 hour 30min bike (pick up pace for the final 30mins) TR 15min run, STE 15min run	Type: BR Bike/Run Time 2 hours Instructions Bike 1 hour 30 mins STE into run 30mins TR
Sun	Type: STA Run Time 1 hour 30 mins Instructions (Easy pace 30mins, STE 20mins, TR 15mins, STE 10mins, easy 15mins)	Type: STA Bike Time 2 hours 30 mins Instructions STE Bike 2 hours 30 minutes. First 1 hour 30 mins STE . 30mins TR . 30 min easy

TR Threshold, **INT** Intervals, **STE** Steady paced, **STA** Stamina, **BR** Brick, **WU** Warm up, **WD** Warm down

TRAININGZONE

TRAIN HARD PLAN

	WEEK 05	WEEK 06		WEEK 07	WEEK 08
Mon	Type: Active recovery Time 30 mins Instructions: Easy paced 30min run	Type: Active recovery Time 40 mins Instructions: Easy paced 40min run	Mon	REST DAY	REST DAY
Tue	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: STE Run Time 40 mins Instructions: Steady run 40mins	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: INT Run Time 1 hour Instructions: 10min easy paced WU, 3x20mins (hard) 60s rec, 10mins easy paced WD	Tue	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: INT Run Time Approx 1 hour Instructions: 10min easy paced WU, 6x1mile (hard) 1 min rec, 10mins easy paced WD	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: STE Run Time 45 mins Instructions: Steady 45min run
Wed	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout	Wed	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout
Thur	Type: STE Bike Time 1 hour Instructions: Steady ride 1 hour	Type: TR Bike Time 1 hour 38 minutes Instructions: 10mins easy spin WU, 3x20mins TR (6mins spin rec), 10mins easy spin WD	Thur	TEST Type: Bike Distance 2.25miles Instructions: Solo time trial 2.25miles. Same route as Test 1	Type: STE Bike Time 75 mins Instructions: Steady 75min ride including 5x2min hard big ring efforts (60s rec)
Fri	TEST Type: Run Distance 10k Instructions: Run 10k benchmark 2. Compare time to week 1	Type: Transition practice Time As long as you like Instructions: T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!	Fri	REST DAY (or swim if still maintaining triathlon)	Type: Transition practice Time As long as you like. Instructions: T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!
Sat	REST DAY (or swim if still maintaining triathlon)	Type: BR Bike/Run Distance 43k Instructions: 10k TR run, 30k STE bike, 3k TR run. Control pace of 3 aspects of the workout	Sat	Type: BR Bike/Run Time Approx 2 hours Instructions: 30min spin WU, Bike 8miles TR. Run 2mile TR (8mins rec) x2. Then 20min spin WD	Type: Kit and bike check Time 15 mins Instructions: 15mins spin with a gear run through
Sun	Type: BR Bike/Run Time 1 hour Instructions: Ride 60min STE followed by 45min TR into 30min TR run 10min easy run	Type: Bike Time 2 hours 30 minutes Instructions: Steady ride 2hours 30 minutes	Sun	Type: STA Run Time 1 hour 20 mins Instructions: 1hr 20min as 30mins easy, 2x15mins TR (with 5mins rec) and 15mins easy	DUATHLON RACE (astraining): 5k-30k-5k (or other distance)

	WEEK 09	WEEK 10		WEEK 11	WEEK 12
Mon	REST DAY (or swim if still maintaining triathlon)	REST DAY (or swim if still maintaining triathlon)	Mon	REST DAY (or swim if still maintaining triathlon)	REST DAY
Tue	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: STE Run Time 40 mins Instructions: Steady run 40mins	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: INT Run Time 1 hour 8 mins Instructions: 10min easy, 4x10mins TR (2mins rec) 10mins easy WD	Tue	AM Type: Swim Time Your choice Instructions: Swim (if still doing triathlon) PM Type: INT Run Time Approx 1 hour Instructions: 10mins easy paced WU, 4x1mile (2mins rec) 10mins easy paced WD	AM REST PM Type: INT Run Time 44 mins Instructions: 10min WU, 8x1min (2mins rec), 10mins WD
Wed	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout	Wed	Type: Active recovery Time 1 hour Instructions: Pilates class, stretching or core workout	REST DAY
Thur	Type: STE Bike Time 1 hour 30mins Instructions: Steady ride 1 hour 30mins	Type: Bike Time 50mins Instructions: 10mins spin, 6x5mins at TR pace, 10mins spin WD	Thur	Type: Bike Time 1 hour 22mins Instructions: 30mins spin, 4x8mins at TR pace, 20mins spin WD	Type: INT Bike Time 44 mins Instructions: 20min WU, 6x2mins (1min FAST, 1min CRUISE) with 2mins rec
Fri	REST DAY	REST DAY	Fri	REST DAY	REST DAY (check kit and race day instructions)
Sat	Type: BR Bike/Run Time 2 hour 15 mins Instructions: STE 1 hour 30min bike, into 45min run as 15mins TR, 15mins STE, 15mins TR	Type: BR Bike/Run Distance 48k Instructions: 40k solo time trial bike into 8k hard run. A real confidence booster	Sat	Type: BR Bike/Run Time 1 hour 30 mins Instructions: STE 1 hour 30mins. Final 30mins at TR pace into TR 20min run into 10min easy run	Type: Kit and bike check Time 15 mins Instructions: 15mins spin with a gear run through
Sun	Type: STA Bike Time 2 hours 30 mins Instructions: Steady, consistent pace	Type: Run Time 1 hour 15 minutes Instructions: Easy 1 hour 15min active recovery run	Sun	Type: STA Bike Time 1 hour 30 mins Instructions: Ride 1 hour 30mins. Relaxed and in control	DUATHLON TARGET RACE 10k RUN 40k BIKE 5k RUN