

# Plan for a duathlon in 10-weeks

If you want to enter a duathlon but don't know how to get started then help is at hand. Leading duathlete Tom Lowe plans out a 10-week training programme to prepare you for an event.

This 10-week duathlon training programme is only a guide. Heart rates are not included as this is pitched at an active person who is a relative beginner to the sport and most people will not have a monitor. Should you wish to incorporate heart rate into the programme then it is advised that you work at 60%-75% of your maximum heart rate (220 minus your age for an approximate maximum).

On the days where the programme shows a bike and a run on the same day the run should be done immediately after the bike so as to make it a brick. Should you have a cycle computer that displays cadence aim for between 80-95 rpm.

Static stretching where the stretch is held for 20-30 seconds should be incorporated at the end of every activity. Any Health and Fitness professional at your local gym should be able to give you five minutes of their time to show you a few basic core and flexibility exercises specific to running and cycling.

*This programme was written by Tom Lowe an accomplished runner and one of Britain's leading duathletes. In 2007 Tom won a bronze medal at the European Duathlon Championships held in Edinburgh.*



## TRAINING SCHEDULE

| Week | Monday                          | Tuesday                         | Wednesday                   | Thursday                    | Friday   | Saturday                                 | Sunday             |
|------|---------------------------------|---------------------------------|-----------------------------|-----------------------------|----------|--|--------------------|
| 1    | Core/Flexibility                | Bike 30 mins                    | Run 15 mins                 | Bike 30 mins<br>Run 10 mins | Rest day | Run 25 mins                              | Bike 30 mins;      |
| 2    | Run 30 mins                     | Core/Flexibility                | Bike 30 mins<br>Run 15 mins | Bike 60 mins                | Rest day | Run 30 mins                              | Bike 40 mins;      |
| 3    | Core/Flexibility                | Bike 40 mins                    | Run 20 mins                 | Bike 35 mins<br>Run 15 mins | Rest day | Run 35 mins                              | Bike 50 mins;      |
| 4    | Run 30 mins                     | Run 35 mins<br>Core/Flexibility | Bike 35 mins<br>Run 20 mins | Bike 60 mins                | Rest day | Run 40 mins                              | Bike 60 mins;      |
| 5    | Run 30 mins<br>Core/Flexibility | Bike 50 mins                    | Run 25 mins                 | Bike 40 mins<br>Run 20 mins | Rest day | Run 45 mins                              | Bike 50 mins;      |
| 6    | Run 30 mins                     | Run 40 mins<br>Core/Flexibility | Bike 40 mins<br>Run 25 mins | Bike 60 mins                | Rest day | Run 50 mins                              | Bike 60 mins;      |
| 7    | Core/Flexibility                | Bike 60 mins                    | Run 30 mins                 | Bike 45 mins<br>Run 25 mins | Rest day | Run 55 mins                              | Bike 70 mins;      |
| 8    | Run 30 mins                     | Run 45 mins<br>Core/Flexibility | Bike 45 mins<br>Run 30 mins | Bike 60 mins                | Rest day | Run 60 mins                              | Bike 80 mins;      |
| 9    | Run 40 mins<br>Core/Flexibility | Bike 70 mins                    | Run 35 mins                 | Bike 50 mins<br>Run 30 mins | Rest day | Run 65 mins                              | Bike 70 mins;      |
| 10   | Run 30 mins                     | Run 50 mins<br>Core/Flexibility | Bike 45 mins<br>Run 15 mins | Bike 45 mins                | Rest day | Run 15 mins easy or<br>Bike 30 mins easy | London<br>Duathlon |