

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



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.

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

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.

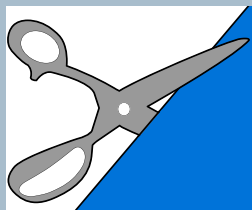
Steady (STE)

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.

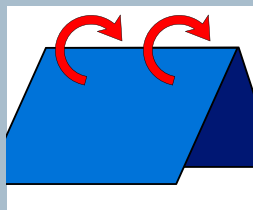


How it works

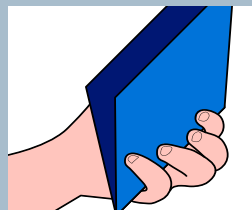
Get your guide ready to go



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





Triathlon PLUS
YOUR 12-WEEK PLAN

Duathlon

GET ROUND

FOLLOW OUR GUIDE TO RACE YOUR FIRST DUATHLON

TRAINING NOTES

FOLD 2

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

FOLD 1

	WEEK 01	WEEK 02	WEEK 03	WEEK 04
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 (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	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 (90sec 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	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	TEST: Type: Bike Time 1hour 20mins Instructions Solo time trial 1. Ride as far as you can in 1hour. 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	REST DAY	REST DAY
Sat	Type: Run Time 40mins Instructions Lay the foundations with a steady run	Type: BR Bike/Run Time 1hour 15 Instructions STE 60min bike, STE 15min run	Type: BR Bike/Run Time 1 hour 35 Instructions STE 1hour 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: 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	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	<ul style="list-style-type: none"> Type: STE Run Time 40 mins Instructions STE Run 40mins 	<ul style="list-style-type: none"> Type: INT Run Time 35mins Instructions 10min easy paced WU, 5x1mile (hard) 90s rec., 10mins easy paced WD 	<ul style="list-style-type: none"> Type: INT Run Time 44 mins Instructions 10min easy paced WU, 6x3mins (hard) with 60s rec, 10mins easy paced WD 	<ul style="list-style-type: none"> Type: STE Run Time 45 mins Instructions Steady 45min run
Wed	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout 	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout 	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout 	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout
Thur	<ul style="list-style-type: none"> Type: STR Bike Time 1 hour Instructions STE bike 1 hour 	<ul style="list-style-type: none"> Type: TR Bike Time 40mins Instructions 10mins easy spin WU, 20mins TR, 10mins easy spin WD 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Type: STE Bike Time 1 hour 15 mins Instructions 1 hour 15min ride including 5x2min hard big ring efforts (60s rec)
Fri	<ul style="list-style-type: none"> TEST: Type: Run Distance 5k Instructions Run 5k benchmark 2. Compare time to week 1 	<ul style="list-style-type: none"> Type: Transition practice Time As long as you like Instructions T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO! 	REST DAY	<ul style="list-style-type: none"> Type: Transition practice Time As long as you like Instructions T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!
Sat	REST DAY	<ul style="list-style-type: none"> Type: BR Bike/Run Distance 38k Instructions 5k TR run, 30k STE bike, 3k TR run. Control pace of 3 aspects of the workout 	<ul style="list-style-type: none"> Type: BR Bike/Run Time Approx 1 hour Instructions 30min spin WU, Bike 8miles TR, RUN 2mile TR (8mins rec)x2. Then 20min spin WD 	<ul style="list-style-type: none"> Type: Kit and bike check Time 15 mins Instructions 15mins spin with a gear run through
Sun	<ul style="list-style-type: none"> Type: BR Bike/Run Time 55 mins Instructions Bike 45min STE followed by 30min TR into 15min TR run 10mins easy run 	<ul style="list-style-type: none"> Type: STA Bike Time 1.5 hours Instructions Bike 1.5hrs 	<ul style="list-style-type: none"> 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)
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	<ul style="list-style-type: none"> Type: STE Run Time 40mins Instructions Steady run 40mins 	<ul style="list-style-type: none"> Type: INT Run Time 56 mins Instructions 10min easy, 3x10mins TR (2mins rec), 10min easy WD 	<ul style="list-style-type: none"> Type: INT Run Time Approx 1 hour Instructions 10mins spin WU, Bike 8miles (2mins rec) 10mins easy paced WD 	<ul style="list-style-type: none"> Type: INT Run Time 45 mins Instructions 10min WU, 8x1min (2mins rec), 10mins WD
Wed	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout 	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout 	<ul style="list-style-type: none"> Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout 	REST DAY
Thur	<ul style="list-style-type: none"> Type: STE Bike Time 1 hour Instructions Steady ride 1 hour 	<ul style="list-style-type: none"> Type: Bike Time 45 mins Instructions 10mins spin, 5x5mins at TR pace, 10mins spin WD 	<ul style="list-style-type: none"> Type: Bike Time 2 hours 30 mins Instructions 1 hour 50mins spin, 3x8mins at TR pace, 10mins spin WD 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Type: BR Bike/Run Time 2 hours Instructions STE 1hour 30min bike, 30min run as 15mins TR, 15mins STE, 15mins TR 	<ul style="list-style-type: none"> Type: BR Bike/Run Time 1 hour Instructions 40k solo time trial bike into 5k hard run. A real confidence booster 	<ul style="list-style-type: none"> Type: BR Bike/Run Time 1 hour 15 mins Instructions STE 1 hour bike, TR 15min run 	<ul style="list-style-type: none"> Type: Kit and bike check Time 15 mins Instructions 15mins spin with a gear run through
Sun	<ul style="list-style-type: none"> Type: STA Bike Time 2.5 hours Instructions Ride 2.5hrs. Steady, consistent pace 	<ul style="list-style-type: none"> Type: Run Time 1 hour Instructions Easy 1 hour active recovery run 	<ul style="list-style-type: none"> 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

Triathlon PLUS
YOUR
12-WEEK
PLAN



Duathlon

RACE HARDER

HOW TO FINISH IN DOUBLE-QUICK TIME

TRAINING NOTES

FOLD2

Scissors icon at top right.

10 horizontal lines for writing training notes.

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

FOLD1

	WEEK 01	WEEK 02	WEEK 03	WEEK 04
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>	<p>Type: Active recovery Time 50 mins Instructions Easy paced 50min 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 INT Type: Run Time Approx 1 hour 5 Instructions Run. 10min easy paced WU. 5x1mile (hard) 1min 30s rec. 10mins easy paced WD</p>	<p>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</p>	<p>AM Type: Swim Distance Your choice Instructions Swim (if still doing triathlon) PM Type: INT Run Time 35 mins Instructions 10min easy paced WU. 6x1mile (1min 30sec rec). 10mins easy pace 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>	<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>	<p>TEST Type: Bike Time 1 hour 50 mins Instructions Solo time trial 1 hour 15min WU. 25min maximum effort. Time it. 10min WD</p>	<p>Type: TR Bike Time 1 hour 10 Instructions 15mins easy spin WU. 3x12mins (3mins rec). 10min easy paced WD</p>
Fri	<p>REST DAY (or swim, if still maintaining triathlon)</p>	<p>REST DAY (or swim if still maintaining triathlon)</p>	<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>	<p>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</p>	<p>Type: BR Bike/Run Time 2 hours Instructions Bike 1 hour 30 mins STE into run 30mins TR</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>	<p>Type: STA Run Time 1 hour 30 mins Instructions (Easy pace 30mins, STE 20mins, TR 15mins, STE 10mins, easy 15mins)</p>	<p>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</p>

TRAININGZONE

TRAIN HARD PLAN

	WEEK 05	WEEK 06	WEEK 07	WEEK 08
Mon	<p>Type: Active recovery Time 30 mins Instructions Easy paced 30min run</p>	<p>Type: Active recovery Time 40 mins Instructions Easy paced 40min run</p>	REST DAY	REST DAY
Tue	<p>AM Type: Swim Time Your choice Instructions Swim (if still doing triathlon) PM Type: STE Run Time 40 mins Instructions Steady run 40mins</p>	<p>AM Type: Swim Time Your choice Instructions Swim (if still doing triathlon) PM Type: INT Run Time 1 hour Instructions 10min easy paced WU, 8x4mins (hard) 60s rec, 10mins easy paced WD</p>	<p>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</p>	<p>AM Type: Swim Time Your choice Instructions Swim (if still doing triathlon) PM Type: STE Run Time 45 mins Instructions Steady 45min run</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>	<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 Instructions Steady ride 1 hour</p>	<p>Type: TR Bike Time 1 hour 38 minutes Instructions 10mins easy spin WU, 3x20mins TR (6mins spin rec), 10mins easy spin WD</p>	<p>TEST Type: Bike Distance 2.25miles Instructions Solo time trial 2.25miles. Same route as Test 1</p>	<p>Type: STE Bike Time 75 mins Instructions Steady 75min ride including 5x2min hard big ring efforts (60s rec)</p>
Fri	<p>TEST Type: Run Distance 10k Instructions Run 10k benchmark 2. Compare time to week 1</p>	<p>Type: Transition practice Time As long as you like Instructions T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!</p>	REST DAY (or swim if still maintaining triathlon)	<p>Type: Transition practice Time As long as you like. Instructions T1 and T2. Mount and dismount. Shoes, helmet, glasses... GO!</p>
Sat	REST DAY (or swim if still maintaining triathlon)	<p>Type: BR Bike/Run Distance 43k Instructions 10k TR run, 30k STE bike, 3k TR run. Control pace of 3 aspects of the workout</p>	<p>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</p>	<p>Type: Kit and bike check Time 15 mins Instructions 15mins spin with a gear run through</p>
Sun	<p>Type: BR Bike/Run Time 1 hour Instructions Ride 60min STE followed by 45min TR into 30min TR run 10min easy run</p>	<p>Type: Bike Time 2 hours 30 minutes Instructions Steady ride 2 hours 30 minutes</p>	<p>Type: STA Run Time 1 hour 20 mins Instructions 1hr 20min as 30mins easy, 2x15mins TR (with 5mins rec) and 15mins easy</p>	DUATHLON RACE (as training): 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)	REST DAY (or swim if still maintaining triathlon)	REST DAY
Tue	<p>AM Type: Swim Time Your choice Instructions Swim (if still doing triathlon) PM Type: STE Run Time 40 mins Instructions Steady run 40mins</p>	<p>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</p>	<p>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</p>	<p>AM REST PM Type: INT Run Time 44 mins Instructions 10min WU, 8x1min (2mins rec), 10mins 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>	<p>Type: Active recovery Time 1 hour Instructions Pilates class, stretching or core workout</p>	REST DAY
Thur	<p>Type: STE Bike Time 1 hour 30 mins Instructions Steady ride 1 hour 30 mins</p>	<p>Type: Bike Time 50 mins Instructions 10mins spin, 6x5mins at TR pace, 10mins spin WD</p>	<p>Type: Bike Time 1 hour 22 mins Instructions 30mins spin, 4x8mins at TR pace, 20mins spin WD</p>	<p>Type: INT Bike Time 44 mins Instructions 20min WU, 6x2mins (1min FAST, 1min CRUISE) with 2mins rec</p>
Fri	REST DAY	REST DAY	REST DAY	REST DAY (check kit and race day instructions)
Sat	<p>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</p>	<p>Type: BR Bike/Run Distance 48k Instructions 40k solo time trial, bike into 8k hard run. A real confidence booster</p>	<p>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</p>	<p>Type: Kit and bike check Time 15 mins Instructions 15mins spin with a gear run through</p>
Sun	<p>Type: STA Bike Time 2 hours 30 mins Instructions Steady, consistent pace</p>	<p>Type: Run Time 1 hour 15 minutes Instructions Easy 1 hour 15min active recovery run</p>	<p>Type: STA Bike Time 1 hour 30 mins Instructions Ride 1 hour 30mins. Relaxed and in control</p>	DUATHLON TARGET RACE 10K RUN 40K BIKE 5K RUN