TRAINING ZONE

The plan

RACE A DUATHLON IN FOUR WEEKS
SMASH THE OPPOSITION ON THE BIKE AND RUN WITH A DUATHLON THIS SEASON

Meet the expert

Phil Mosley
Coaching editor of Triathlon Plus Mosley is an experienced coach who has raced for Great Britain at the elite duathlon world championships.

THE SUMMER is drawing towards its inevitable close and with it comes a plethora of late-season duathlons to choose from. They’re a great option when the days are cooler because you won’t feel the autumn chill that cycling in swim-sodden clothes might cause.

They’re exciting races too, especially as they’re normally mass starts. From the word go they throw you into the midst of a closely fought battle.

Despite having fewer disciplines than a triathlon, duathlons are not to be underestimated. The trauma of running flat-out, then cycling hard, then running again can leave your muscles battered and stiff. It’s even worse if you haven’t done the right training. Which is why I’ve devised these plans that will transform you into a race-ready duathlete in just four weeks.

There are two plans that you can choose from here. One is called “Get Round” and it’s ideal if you’re racing your first duathlon or if you don’t have time to do masses of training. It has all the main elements you need for racing fast without it taking over your life.

The other plan is called “Go Fast” and is slightly harder and more time-consuming. It will get you into tip-top race shape.

Now all you need to do is read the Training Zones on the opposite page, and everything in the plan will start making more sense. Then you can stick it your fridge and start training. Just make sure you don’t become a slave to it.

Try to use your common sense to swap the days and fit them around your life, or just borrow the bits of the plan that suit you best.

Are these plans for you?

Before beginning this plan you should already be able to:

- Ride your bike for 90 minutes
- Run for 30 minutes

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

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## Duathlon

### Go Fast Time Rich? Then Boost Your Bike and Run With This Training Plan

### Training Zones

**Using These Training Zones** will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don’t overdo it.

You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they’re not essential for these plans.

These training zones are only a guide, so don’t worry about being overly-precise with heart rates because they’ll fluctuate anyway. It’s good to be mindful of your intensity but it’s even more important that you get out there and enjoy your training.

### Zone 1 [Z1]

60 to 65% of your maximum. Easy pace, feels nice and light.

### Zone 2 [Z2]

65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

### Zone 3 [Z3]

75% to 80% of your maximum. A fairly hard, but sustainable pace.

### Zone 4 [Z4]

80 to 90% of your maximum. A hard pace that requires real focus.

### KEY

- **WU** Warm up
- **WD** Warm down
- **MAIN** Main set
- **FC** Front crawl
- **BACK** Backstroke
- **KICK** Kick
- **PADDLE** Swim using hand paddles
- **EASY** At an easy intensity, IM Individual Medley
- **RACE TEMPO**
- **RACE TAPER**

### The Plan

**THE PLAN DUATHLON**

### Stay in the Training Zone with Triathlon Plus

### Fold 1

#### WEEK 01

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### Stay in the Training Zone with Triathlon Plus

#### SEPTEMBER 2011

### Triathlon.com

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**ZONE 1 [Z1]**  EASY  60 to 65% of your maximum. Easy pace, feels nice and light.

**ZONE 2 [Z2]**  STEADY  65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

**ZONE 3 [Z3]**  TEMPO  75% to 80% of your maximum. A fairly hard, but sustainable pace.

**ZONE 4 [Z4]**  RACE TEMPO 80 to 90% of your maximum. A hard pace that requires real focus.

**KEY**
- **WU** Warm up
- **WD** Warm down
- **MAIN** Main set
- **FC** Front crawl
- **PULL** Pull
- **IM** Individual Medley
- **Zone 1 (Z1)** Easy
- **Zone 2 (Z2)** Steady
- **Zone 3 (Z3)** Tempo
- **Zone 4 (Z4)** Race tempo

**Train in the Training Zone with Triathlon Plus**

**Week 01**
- **Monday** Rest day
- **Tuesday** Bike: Easy ride in Z1 or Z2, 20 mins
- **Wednesday** Run: Steady, 30 mins
- **Thursday** Bike: Easy ride in Z1 or Z2, 20 mins
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Photos: Right Image