

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.

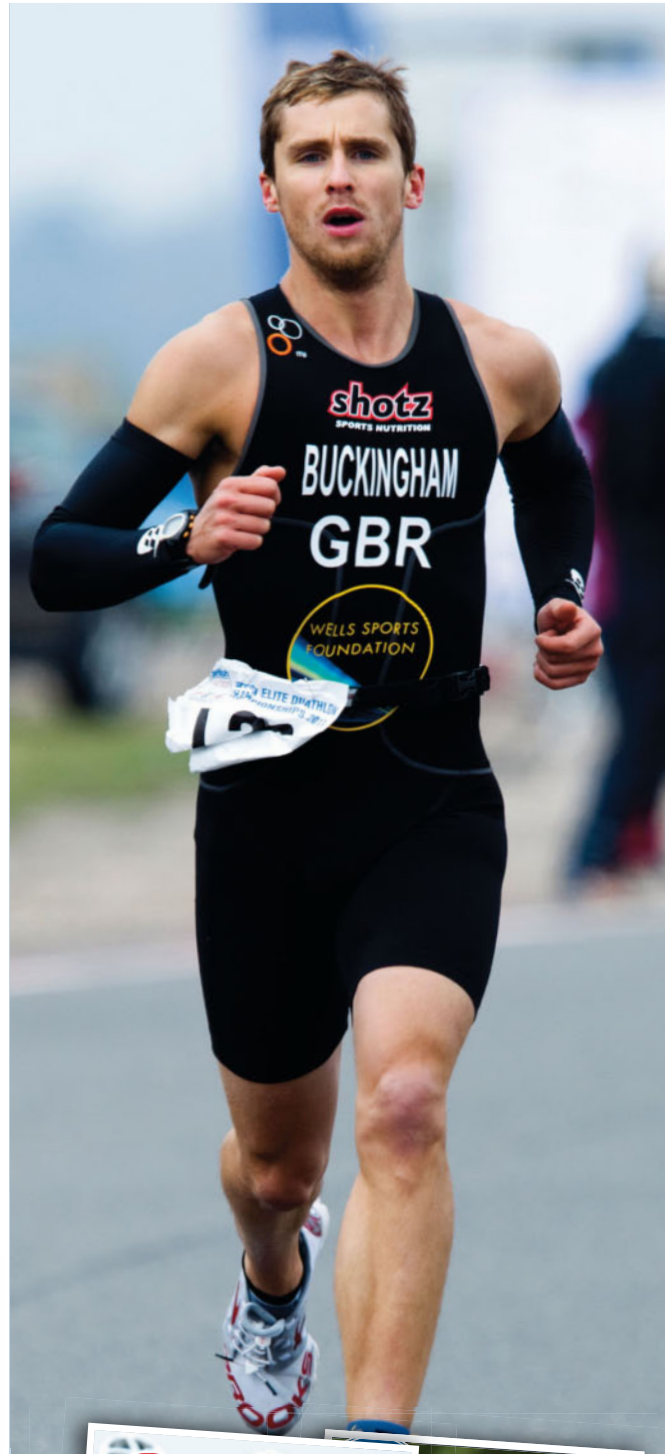
Now all you need to do is read the Training Zones on the opposite page, and everything in the plan will start making more sense. Then you can stick it your fridge and start training. Just make sure you don't become a slave to it.

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?

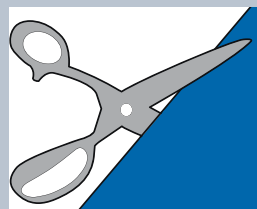
Before beginning this plan you should already be able to:

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

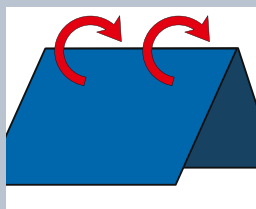


How it works

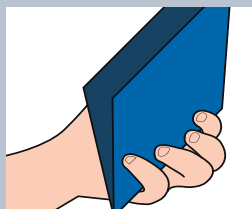
Get your guide ready to go



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





Duathlon

GO FAST

TIME RICH? THEN BOOST YOUR BIKE AND RUN WITH THIS TRAINING PLAN

FOLD1

TRAINING ZONES

FOLD2

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] 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** Front crawl using a pull float, **RI** Rest interval, **KICK** Kick with a float held out in front of you, **BREAST** Breaststroke, **BACK** Backstroke, **FINS** Swimming with fins, **PADDLE** Swim using hand paddles, **EASY** At an easy intensity, **IM** Individual Medley (butterfly, backstroke, breaststroke, front crawl)

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 01	WEEK 02	WEEK 03	WEEK 04
Mon	Type Run Time 30mins steady (Z2) including 4x20secs Hard OPTIONAL Type Swim Distance 2km as 4x500m alternate FC/PULL + 45secs rest	Type Run Time 35mins steady (Z2), including 6x20secs Hard OPTIONAL Type Swim Distance 2km as 500m FC, 5x200m FC/KICK/IM/PULL/FC + 45secs rests WD 500m choice	Type Run Time 40mins steady (Z2), including 8x20secs hard OPTIONAL Type Swim Distance 2.4km as 5x200m FC, 4x200m PULL, 3x200m FC	RACE TAPER WEEK Type Swim Distance 1.5km as 15x100m choice of PULL/PADDLES/FINS/FC/KICK
Tue	Type Run Repts Time 40mins-1hr WU 10mins Easy (include 3x15secs sprints) MAIN 12x400m at Race pace (Z4) with 1min rests WD 10mins Easy	Type Run Repts Time approx 40mins WU 10mins Easy (include 3x15secs sprints) MAIN 6x800m at Race pace (Z4) with 2mins rests WD 10mins Easy	Type Run Repts Time 40mins-1hr WU 10mins Easy (include 3x15secs sprints) MAIN 3x1.6km at Race pace (Z4) with 3mins rests WD 10mins Easy	Type Run Repts Time 40mins-1hr WU 10mins Easy (include 3x15secs sprints) MAIN 3x800m at Race pace (Z4) with 3mins rests WD 10mins Easy
Wed	Type Bike Time 2hrs Easy ride in Z1 or Z2 including 4x20secs sprints OPTIONAL Type Swim Distance 1600m as WU 2x200m FC + 20sec rest MAIN 8x100m as FC/KICK/PULL/FC on alternate laps + 20sec rest WD 400m choice	Type Bike Time 2hrs Easy ride in Z1 or Z2 including 4x20secs sprints OPTIONAL Type Swim Distance 1500m as 30x50m as every 4th length BACK or BREAST + 20sec rests	Type Bike Time 2hrs Easy ride in Z1 or Z2 including 8x20secs sprints OPTIONAL Type Swim Distance 1600m as 8x200m as 4 strokes butterfly, then FC + 30secs rests	Type Bike Time 2hours Easy ride in Z1 or Z2 including 4x20secs sprints OPTIONAL Type Swim Distance 1600m as 8x200m as 4 strokes butterfly, then FC + 30secs rests
Thur	Type Run hills Time 35mins WU 10mins Easy (include 3x15secs sprints) MAIN 15mins of running hard up a hill (approx one minute), jogging slowly back down WD 10mins Easy	Type Run hills Time 35mins WU 10mins Easy (include 3x15secs sprints) MAIN 15mins of running hard up a hill (approx one min), jogging slowly back down WD 10mins Easy	Type Tempo Run Time 40mins WU 10mins Easy, 20mins Tempo (Z3), 10mins Easy	Type Run Time 30mins Easy pace
Fri	REST DAY	REST DAY	REST DAY	Type Bike Time 1hr 30mins Easy ride in Z1 or Z2
Sat	Type Bike Time 2hours Easy ride in Z1 or Z2 including 2x10mins Tempo to Hard (Z3/Z4)	Type Bike Time 2hours easy ride in Z1 or Z2 including 2x15mins Tempo to Hard (Z3/Z4)	Type Bike Time 2hrs Easy ride in Z1 or Z2 including 2x20mins Tempo to Hard (Z3/Z4)	REST DAY
Sun	Type Multi-brick 1 hour WU 10mins Easy run MAIN 3x(7mins ride in Z3 INTO 4mins run in Z4) WD 10mins Easy ride	Type Multi-brick 1 hour WU 10mins Easy run MAIN 3x(7mins ride in Z3 INTO 4mins run in Z4) WD 10mins Easy ride	Type Multi-brick 1 hour WU 10mins Easy run MAIN 3x(10mins ride in Z2 INTO 5mins run in Z3) WD 10mins Easy ride	DUATHLON RACE DAY

Triathlon PLUS
YOUR
4-WEEK
PLAN



Duathlon

GET ROUND

STRAPPED FOR HOURS? THIS TIME-EFFICIENT TRAINING PLAN WILL GET YOU RACE READY

FOLD1

	WEEK 01	WEEK 02
Mon	REST DAY	REST DAY
Tue	Type Run Reps Time 35-45mins WU 10mins Easy (include 3x15secs sprints) MAIN 7x400m at Race pace (Z4) with 1min rests WD 10mins Easy	Type Run Reps Time 35-45mins WU 10mins Easy (include 3x15secs sprints) MAIN 4x800m at Race pace (Z4) with 2mins rests WD 10mins Easy
Wed	Type Bike Time 1hour Easy ride in Z1 or Z2 including 6x20secs Hard efforts	Type Bike Time 1hr Easy ride in Z1 or Z2 including 6x30secs Hard efforts
Thur	Type Run steady Time 30mins including 4x20secs Hard	Type Acceleration run Time 30mins WU 15mins Easy MAIN 12mins increasing the pace every 3mins. Build it up so you run the last 3mins at Harder than normal Race pace WD 3mins Easy
Fri	REST DAY	REST DAY
Sat	Type Bike Time 1hr 30mins Easy ride in Z1 or Z2 including 2x10mins Tempo to Hard (Z3/Z4)	Type Bike Time 1hr 30mins Easy ride in Z1 or Z2 including 2x15mins Tempo to Hard (Z3/Z4)
Sun	Type Multi-brick 45mins WU 10mins Easy run MAIN 2x(7mins ride in Z3 INTO 4mins run in Z4) WD 10mins Easy ride	Type Multi-brick 45mins WU 10mins Easy run MAIN 2x(7mins ride in Z3 INTO 4mins run in Z4) WD 10mins Easy ride

FOLD2

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STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 03	WEEK 04
Mon	REST DAY	RACE TAPER WEEK REST DAY
Tue	Type Run Reps Time 35-45mins WU 10mins Easy (include 3x15secs sprints) MAIN 2x1.6km at Race pace (Z4) with 3mins rests WD 10mins Easy	Type Run Reps Time 35-40mins WU 10mins Easy (include 3x15secs sprints) MAIN 3x800m at Race pace (Z4) with 3mins rests WD 10mins Easy
Wed	Type Bike Time 1hr Easy ride in Z1 or Z2 including 8x30secs Hard efforts	Type Bike Time 1hour easy ride in Z1 or Z2 including 4x20secs Hard efforts
Thur	Type Tempo Run (30mins) WU 10mins Easy, 10mins Tempo (Z3), 10mins Easy	Type Run Time 25mins at an Easy pace
Fri	REST DAY	Type Bike Time 1hr Easy
Sat	Type Bike Time 1hr 30mins Easy ride in Z1 or Z2 including 2x20mins Tempo to Hard (Z3/Z4)	REST DAY
Sun	Type Multi-brick 45mins WU 10mins Easy run MAIN 2x(7mins ride in Z3 INTO 4mins run in Z4) WD 10mins Easy ride	DUATHLON RACE DAY