

## 1485 Beginners 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 with this 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% - 70% of your maximum hear rate (220 minus your age for an appropriate maximum)

On the days where the programme shows a bike and 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 80 – 90 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 a minute or two of their time to show you a few basic core and flexibility exercises specific to running and cycling.

### TRAINING SCHEDULE

week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Core / flexibility	Bike 30 mins	Run 15 mins	Bike 30 mins Run 10 mins	Rest day	Run 25 mins	Bike 30 mins
2	Run 30 mins	Core / flexibility	Bike 30 mins 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 Run 15 mins	Rest day	Run 35 mins	Bike 50 mins
4	Run 30 mins	Run 35 mins Core / flexibility	Bike 35 mins Run 20 mins	Bike 60 mins	Rest day	Run 40 mins	Bike 60 mins
5	Run 30 mins Core / flexibility	Bike 50 mins	Run 25 mins	Bike 40 mins Run 20 mins	Rest day	Run 45 mins	Bike 50 mins
6	Run 30 mins	Run 40 mins Core / flexibility	Bike 40 mins Run 20 mins	Bike 60 mins	Rest day	Run 50 mins	Bike 60 mins
7	Core / flexibility	Bike 60 mins	Run 30 mins	Bike 45 mins Run 25 mins	Rest day	Run 55 mins	Bike 70 mins
8	Run 30 mins	Run 45 mins Core / flexibility	Bike 45 mins Run 30 mins	Bike 60 mins	Rest day	Run 60 mins	Bike 80 mins
9	Run 40 mins Core / flexibility	Bike 70 mins	Run 35 mins	Bike 50 mins Run 30 mins	Rest day	Run 65 mins	Bike 70 mins
10	Run 30 mins	Run 50 mins Core / flexibility	Bike 45 mins Run 15 mins	Bike 45 mins	Rest day	Run 15 mins Bike 30 mins	DUATHLON

