

8-week duathlon training plan for all athletes

The purpose of this plan is to prepare diligently for the Blitz Duathlon. No matter what your fitness level is or how much you have been training you will be able to complete this program and finish the race with confidence.

This plan will get you to the finish line feeling strong and having fun. Remember, a training plan is only a guideline. You will need to use your judgment in terms of adjusting workouts and doing more/less. Intensity level will play a large role in how well you do race day and also be the difference in completing this program as a beginner versus a veteran.

I have included two eight week programs below. One program includes strength training days and the other does not. If you currently lift in the gym I recommend continuing to do so until 2 weeks prior to the race. If you are currently not lifting in the gym well I do not suggest you start now this close to the race but I do think you need to add it to your regular routine directly after the race.

Prior preparation. Any program can be completed by most people no matter what your fitness level is including this one. The difference will be the intensity at which you complete each workout and the time it takes for you to complete it. While following a program consistently is important, always remember to listen to your body. Yes some workouts will be hard and you will be tired, that is to be expected. But if your body is sore and fatigued prior to starting a workout, then modifications need to be made and extra rest days included. If you have questions regarding this please feel free to contact me for advice.

While this may look like a lot of training, remember that most of the workouts are an hour or less. There are a few sessions where you will be over the hour time, and this will depend a bit on your starting fitness level and the intensity at which you work at, but most workouts will be completed within the hour.

Intensity. Different days will require different training intensity levels. I have included in the 8 week program a guide on a scale of 1-10 what level you should be working at for each specific workout. This is a guide. You will have good days and bad days so just listen to your body and work as close to that guide as possible. If you are just not feeling it one day and it will be an accomplishment just to get through the workout then lower your intensity level and put in the kilometers or time but at a nice easy pace.

Words of encouragement. This plan is intended to be challenging but realistic for an athletic individual. Challenge yourself to complete as many workouts as possible and at the appropriate intensity level. Do not punish yourself if you miss a couple days; just get back on the program as soon as possible. And remember you only have one body so listen to it and treat it well. For some, these workouts will be a lot more than what you're currently doing, so if your body is feeling tired and sore take an extra rest day or switch the workout to a nice short easy ride on the bike and lots of stretching.

Extra training/range of training. The workouts in this plan fit a framework of 5-7 hours per week. You can add extra kilometers to the distances specified especially if you are training for other endurance sports. The distances in this program are specific to complete a 6 kilometer run, 18 kilometer bike, and 3 kilometer run. Just remember you only have one body so listen to it and treat it well. Rest and recovery are just as important as getting in the kilometers. There is one rest week in the 8 week program as typically we want to load the body for 3 to 4 weeks and then have an off week. The rest week is a great time to do a little extra stretching and prevention work.

Do NOT add extra training on the rest days. Do the stretching and let your body recover. To add extra training, do two-a-days (2 workouts on the same day) on regular workouts days, or make your weekend sessions longer.

Substitution of workouts. If you have to change the workouts in this plan, there is no problem to switch days. Life circumstance, weather, facilities, etc. may dictate what you can do and when. Just remember that this plan includes regular rest and recovery. Do not shortchange your rest days or you may become overly fatigued.

Cycling. A portion of the bicycling workouts may be completed on stationary trainers or spin bikes. However, you should be comfortable on the bicycle you'll be using for the race. During the last few weeks it is especially important that you can shift, steer, and brake proficiently. The most important component to generate power on the bike is to keep a *high cadence*. Invest in a cyclocomputer with cadence function, and keep your rpms in the 90-105 range. Aerobars and clipless pedals will give you lots of extra speed for a good value.

Running. Practice bike to run sessions during training so that you will know what to expect from your legs during the race. When you get off the bike, focus on increasing your cadence. Your legs will loosen up and stretch out after 5-10 minutes. If you are a new runner or are carrying extra weight, I recommend the Fun Run technique, alternating between jogging and walking, as a strategy to build endurance. If you are an experienced runner, do some fast running off the bike to get ready for "transition legs".

Disclaimer. Consult with a physician before beginning this or any exercise program. If you experience any persistent joint or muscle pain, consult with a physician or sports medicine professional. If it feels hard, you are doing something right. It is making you stronger. Use good judgment in your exercise program.

Questions? Need Help? Contact Tricia at tricia@inspirationtraining.ca

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8-week duathlon training plan

the workout (with strength training lift sessions)

If you currently lift in the gym I recommend continuing to do so until 2 weeks prior to the race.

| Week | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------|---|--------------------------|-----------------------------------|--------------------|---------------------------------------|----------------------------------|-----------------------|
| 1 | Bike-Intervals 20min (8-10) + Bike-WF 20min (6) | Lift + Run 4k (7) | Bike 12k (6-7) | Off | Run 7k (6-8) | Off | Bike 15k + Run 3k (7) |
| 2 | Bike-Intervals 45min (8-9) | Lift + Run 5k (7) | Run 7k (7-8) | Off | Lift + Bike 20min (6) | Bike 15k + Run 4k (7) | Off |
| 3 | Bike-Intervals 45min (8-10) | Lift + Bike-WF 20min (5) | Trail run 6k: 1k easy, 5k at pace | Off | Lift + Run 3k (6) | Bike 18k + Run 3k (8) | Off |
| 4 Rest week | Bike 30min (6) | Off | Run 4k (5) | Off | Off | Bike or run easy 30min | Stretch |
| 5 | Lift + Bike-Intervals 45min (8) | Run 3k + Bike 12k (7-8) | Off | Trail run 7k (6-8) | Lift + Bike (10k) or run 5k (6) | Bike 18k + Run 4k (8-9) | Off |
| 6 | Lift + Bike-Hills 60min (8-10) | Run 4k + Bike 12k | Off | Trail run 5k (8) | Lift + Bike 12k or run 8k (6) | Run 2k + Bike 12k + Run 2k | Off |
| 7 | Lift + Bike-Intervals 40min (8-10) | Run 4k + Bike 14k (8) | Trail run 5k (7-9) | Off | Lift + Bike - 1 hour or run 30min (6) | Run 4k + Bike 15k + Run 4k (7-9) | Off |
| 8 | Off | Bike-WF 40min (6-7) | Trail run 4k (6) | Off | Off | DUATHLON! | DUATHLON! |

Inside the brackets indicates the intensity level on a scale of 1-10. 1= sitting on a couch; 5=light to moderate; 8=moderate to hard; 10= max

WF= working flat. Find a resistance that is similar to riding outside on a flat road. You can still feel the bike under you and your legs are moving between 90-100rpm

Intervals on the bike: high intensity during the interval with rest between each one on a flat road. Intervals should be between 15 seconds to 2 minutes. Rest between 15 seconds to 2 minutes as well. Work hard during the interval at the indicated intensity level and then try and recover as quickly as possible.

8-week duathlon training plan

the workout (no strength training lift sessions)

If you are not currently lifting in the gym, I do not suggest you start now but suggest adding to your regular routine after the race.

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|----------------------------------|---|--------------------------------|--------------------------------------|-----------------------|-----------------------------------|--|--------------------------|
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| 2 | Bike-Intervals 45min (8-9) | Run 3k + Bike 12k (8) | Run 7k (7-8) | Off | Bike-WF 35min (6-7) | Bike 15k + Run 4k (7) | Off |
| 3 | Bike-Intervals 45min (8-10) | Run 4k + Bike 12k (8-10) | Trail run 6k: 1k easy, 5k at pace | Off | Run 30min (6) | Bike 18k + Run 3k (8) | Off |
| 4 Rest week | Bike 30min (6) | Off | Run 4k (5) | Off | Off | Bike or run 30min (easy) | Stretch |
| 5 | Bike-Intervals 45min (8) | Run 3k + Bike 12k (7-8) | Off | Trail run 7k (6-8) | Bike - 10k or run 5k (6) | Bike 18k + Run 4k (8-9) | Off |
| 6 | Bike-Hills 60min (8-10) | Run 4k + Bike 12k | Off | Trail run 5k (8) | Bike -12k or run 8k (6) | Run 2k + Bike 12k + Run 2k | Off |
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