

TURN TO P99
for four 20-minute meals for instant energy, ideal before a key brick workout.

TRAINING PLAN
COACH DERMOTT HAYE



RACE A DUATHLON IN JUST 4 WEEKS!

Don't want the multisport party to stop? Then it's time to switch focus to duathlon and race strong to the end of the year

Transitioning from the tri season to duathlon is more tricky than many athletes would anticipate. The time spent on swim sessions needs to be used up elsewhere and getting the balance of bike and run time will depend on your background and weaknesses. Duathlon is a run-dominant sport; looking at a standard distance there's 50% more running than normal, which means a very different set of sessions. And, in many cases, it's physically more demanding as the impact of running is greater than swimming.

The training plan here is based on the intermediate triathlete who has a foundation of training hours in the bank. Four weeks is not a large amount of time to transition seamlessly into a duathlon but as long as you've been training regularly through the summer, and don't have any underlying injuries, then it's long enough. Just like any other training plan there needs to be a balance of intensity in the training week, so some sessions focus on endurance and aerobic workouts, whereas others are interval-style sessions and focus on improving speed and power.

The most common mistake is struggling to pace the first run correctly. We feel strong going into the first run and begin to get excited by our times, but then our legs feel tired on the bike. We're often taught to limit the use of our legs during a swim, but there's no way out of this in duathlon, so brick sessions are easily the most important session of the week.

Using these sessions to learn what pace will allow you to bike strong is vital. Start by reducing your normal 10km race pace by 10-20secs per km and see how that feels - if you're able to bike strong and then go out and run again you're close to the right pace. If you struggle, then keep experimenting with the pace to find your ideal strategy. If you're able to execute a strong second run where your pace is as close as possible to the first run, then you'll probably overtake people!

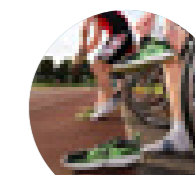
Thanks to our 220 Triathlon Club of the Year 2017, Leeds & Bradford Triathlon Club, who let us join them at one of their brick training sessions for this feature's pics. The category was sponsored by Skechers, so we also dropped off their prize of 20 pairs of run shoes! ▶

COACH'S TIPS DUATHLON PREP



BRICK IT

Don't neglect the importance of brick-style sessions. It's crucial that you know what it feels like to run on tired legs, and all styles of brick are vital to a great race outcome.



PRACTISE TRANSITIONS

Develop your transition technique. With no wetsuit, it's all about the changeover of footwear. Even indoor sessions should include swapping bike shoes for run shoes.



WORK OUT RUN PACE

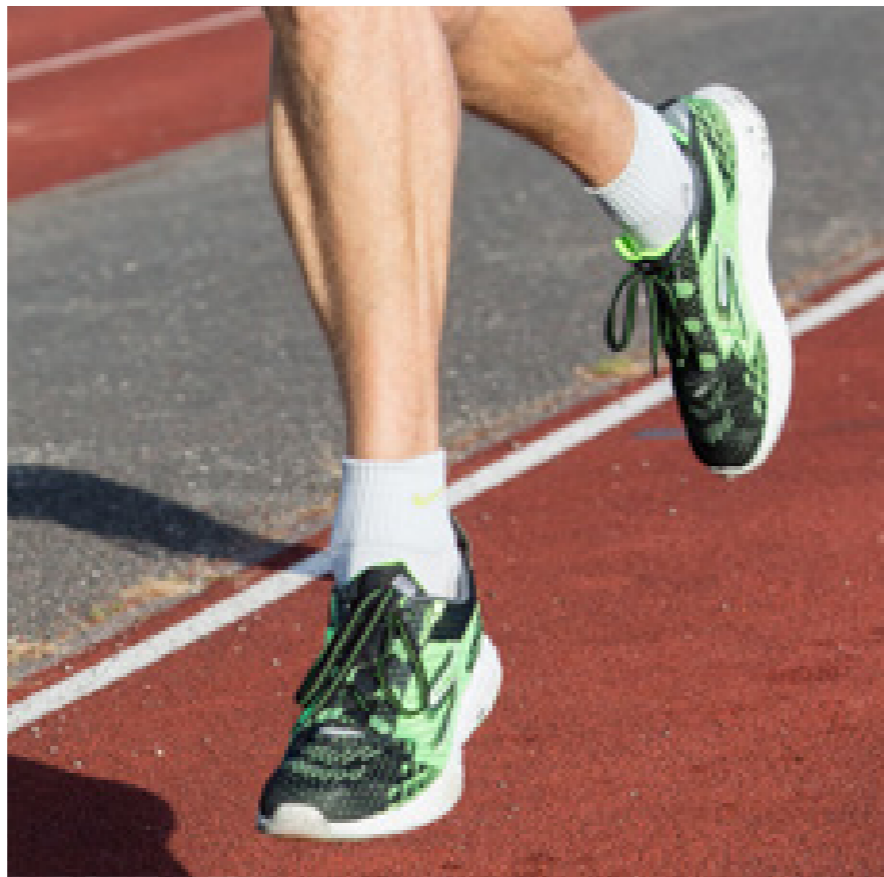
Many duathlons are ruined by hitting the first run too hard, so the remaining bike and run are a disaster. Use the brick sessions to establish a strong, first-run pace.



KNOW THE COURSE

If the course includes some climbing then train on hills in the longer sessions. Make hills your friend! For a flatter course, spend time on your tri-bars in training.

JASON NEWSOME



TRAINING PLAN - WEEKS 1 TO 2

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 1 - TIME TO GET STARTED. OUR PLAN BEGINS ON A MONDAY, BUT YOU CAN START ON ANY DAY OF THE WEEK

RUN

4 x 2.5km moderate-vigorous
 • 90secs rest between reps
 • Increase speed in final 500m to a very hard pace

BIKE

8 x [2mins moderate / 2mins vigorous simulated climbing / 1min easy recovery]
 • Use big gears and reduce revs per min on simulated climb efforts

RUN

12km as 4 x [1km moderate / 1km vigorous / 1km easy] on an undulating route

BRICK

4 x 1km run moderate
 • 5km bike vigorous
 • 2mins rest between reps

REST DAY

BRICK

40km bike at estimated race pace
 • 5km run at slower than estimated race pace

BIKE

30km easy to moderate

WEEK 2 - ALWAYS INCLUDE A WARM-UP BEFORE EACH SESSION 5-8MINS OF GRADUALLY BUILDING FROM EASY TO VIGOROUS

RUN

4 x 2.5km moderate-vigorous
 • 70secs rest between reps
 • Increase speed in final 500m to a very hard pace

BIKE

9 x [2mins moderate / 2mins vigorous simulated climbing / 1min easy recovery]
 • Use big gears and reduce revs per min on simulated climb efforts

RUN

12km as 4 x [1.5km moderate / 1km vigorous / 500m easy] on an undulating route

BIKE

3 x [8mins moderate / 2mins vigorous high speed / 4mins easy recovery]
 • Use big gears and increase revs per min on high speed efforts

REST DAY

BRICK

8km run at slower than estimated race pace
 • 40km bike at estimated race pace
 • 4km run at slower than estimated race pace

BRICK

30km easy to moderate

TRAINING PLAN - WEEKS 3 TO 4

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

WEEK 3 - ALWAYS INCLUDE A COOL-DOWN AFTER EACH SESSION 3-5MINS OF EASY CARDIO FOLLOWED BY STRETCHES

RUN

4 x 2.5km moderate-vigorous
 • 60secs rest between reps
 • Increase speed in final 500m to a very hard pace

BIKE

10 x [2mins moderate / 2mins vigorous simulated climbing / 1min recovery]
 • Use big gears and reduce revs per min on simulated climb efforts

RUN

12km as 3 x [2km moderate / 1km vigorous / 1km easy] on an undulating route

BRICK

3 x 1.5km run moderate
 • 8km bike vigorous
 • 2mins rest between reps

REST DAY

BRICK

10km run at slower than estimated race pace
 • 30km bike at estimated race pace
 • 2km run at slower than estimated race pace

BRICK

30km easy to moderate

WEEK 4 - THE FINAL WEEK INCLUDES A PRE-RACE BRICK SESSION TO LOOSEN THE LEGS AND DO A FINAL EQUIPMENT CHECK

RUN

3 x 2.5km moderate-vigorous
 • 90secs rest between reps
 • Increase speed in final 500m to a very hard pace

BIKE

3 x [5mins moderate / 1min vigorous high speed / 4mins easy recovery]
 • Use big gears and increase revs per min on high speed efforts

RUN

5km as 2 x [1.5km moderate / 500m vigorous / 500m easy] on an undulating route

BRICK

2 x 5km bike moderate
 • 500m run moderate
 • 2mins rest between reps

REST DAY

BRICK

10km bike Spin legs and test the bike is working well
 • 1.5km run Very light and easy run to stretch out

STANDARD DISTANCE DUATHLON

10km run
 • 40km bike
 • 10km run