

Beginner Level Training Plan for ET Batavia Duathlon

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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|---------|---|---|--|---|---------------------------------------|
| WEEK 1 | RUN - 20 min. (see notes) | OFF | RUN - 20 min. (see notes) | BIKE - 30 min. Spin class or Stationary Bike | OFF | RUN - 20 min. (see notes) | BIKE - 45 min. Outside if possible |
| WEEK 2 | RUN - 20 min. (see notes) | OFF | RUN - 20 min. (see notes) | BIKE - 30 min. Spin class or Stationary Bike | BIKE - 30 min. Spin class or Stationary Bike | RUN - 20 min. (see notes) | BIKE - 45 min. Outside if possible |
| WEEK 3 | RUN - 25 min. (see notes) | OFF | RUN - 25 min. (see notes) | BIKE - 30 min. Spin class or Stationary Bike | Stength Training Multi-joint functional | RUN - 25 min. (see notes) | BIKE - 55 min. Outside if possible |
| WEEK 4 | RUN - 20 min. (see notes) | OFF | BIKE - 30 min. Spin class or Stationary Bike | BRICK Run 10 min. Bike 30 min. Run 10 min. | OFF | RUN - 30 min. (see notes) | BIKE - 45 min. Outside if possible |
| WEEK 5 | RUN - 25 min. (see notes) | OFF | BIKE - 30 min. Spin class or Stationary Bike | BRICK Run 10 min. Bike 35 min. Run 15 min. | BIKE - 30 min. Spin class or Stationary Bike | RUN - 35 min. (see notes) | BIKE - 55 min. Outside if possible |
| WEEK 6 | RUN - 30 min. (see notes) | OFF | BIKE - 30 min. Spin class or Stationary Bike | BRICK Run 15 min. Bike 40 min. Run 20 min. | Stength Training Multi-joint functional | RUN - 40 min. (see notes) | BIKE - 65 min. Outside if possible |
| WEEK 7 | RUN - 30 min. (see notes) | OFF | BIKE - 30 min. Spin class or Stationary Bike | BRICK Run 20 min. Bike 45 min. Run 25 min. | BIKE - 30 min. Spin class or Stationary Bike | RUN - 45 min. (see notes) | BIKE - 65 min. Outside if possible |
| WEEK 8 | RUN - 35 min. (see notes) | OFF | BIKE - 30 min. Spin class or Stationary Bike | BRICK Run 20 min. Bike 50 min. Run 30 min. | BIKE - 30 min. Spin class or Stationary Bike | RUN - 45 min. (see notes) | BIKE - 70 min. Outside if possible |
| WEEK 9 | RUN - 35 min. (see notes) | OFF | BIKE - 30 min. Spin class or Stationary Bike | BRICK Run 20 min. Bike 55 min. Run 35 min. | OFF | RUN - 50 min. (see notes) | BIKE - 55 min. Outside if possible |
| WEEK 10 | RUN - 25 min. Add 3x1 minute intervals at race pace after warmup | OFF | BRICK Run 15 min. Bike 35 min. Run 20 min. | BIKE - 30 min. Easy with 3x1 minutes intervals at race pace after warmup | OFF | BIKE - 20 min. easy RUN - 10 min. easy | Batavia Duathlon <i>Have Fun!!</i> |

Run Notes:

New to running: (Jog / Walk Progression) - walk 5 minutes to warm-up, walk 5 minutes at the end to cool down, rest of the time is jog 30 sec./ walk 30 sec in week #1.
Increase jog interval time to 1 minute in week #2. Then increase the jog time another minute each week until race day.

Intermediate: (Easy/Moderate Effort Endurance Run) - 5 minute easy jog to warm-up, 5 minute walk to cool down, rest of time is moderate effort, steady endurance run.

Experienced: (Interval Efforts) - adjust amount of time to your current personal running plan/pace. Add in 4 x 2 minute intervals @ 5K pace on one of your runs during the week.

Other Notes:

- Keep the majority of your workouts in the easy to moderate intensity range.
- For brick workouts, transition quickly (less than 5 minutes) to help simulate the race.



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