



Fourteen Week plan for Beginner/Intermediate to Northern Crossing Duathlon

Training Zone Definitions (guide only):

Recovery – Easy pace

Endurance – Steady continuous pace often up to several hours

Tempo – Moderate to Hard, race pace for a moderate to long event

Anaerobic Threshold – Hard, normally short efforts, e.g. Intervals

55-65% of HR Max


65-75% of HR Max

75-85% of HR Max

85-90% of HR Max

| Week starting: | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 31 st January Week 1 Build 135mins | Day off | Run 15mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 45mins in Endurance range – mostly flat. | Day off | Run 15mins in Endurance range – reasonably comfortable and flat run. | Cycle 60mins in Endurance range – mostly flat. |
| 7 th February Week 2 Build 160mins | Day off | Run 20mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 45mins in Endurance range – mostly flat. | Day off | Run 20mins in Endurance range – reasonably comfortable and flat run. | Cycle 75mins in Endurance range – flat to rolling ride. |
| 14 th February Week 3 Build 190mins | Day off | Run 25mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 50mins in Endurance range – mostly flat. | Day off | Run 25mins in Endurance range – some hills, ideally off road. | Cycle 90mins in Endurance range – flat to rolling, aim to keep a good cadence on hills. |
| 21 st February Week 4 Recovery 160mins | Day off | Run 25mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 50mins in Endurance range – rolling ride, Tempo intensity on hills. | Day off | Run 25mins in Endurance range – some hills, ideally off road. | Cycle 60mins in Endurance range – flat to rolling ride. |

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| 28 th February Week 5 Build 220mins | Day off | Run 30mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 60mins in Endurance range, Tempo intensity on hills – flat to rolling ride | Day off | Run 30mins in Endurance range, Tempo on hills – Hilly, ideally off road. | Cycle 100mins in Endurance range – flat to rolling, aim to keep a good cadence on hills. |
| 7 th March Week 6 Build 250mins | Day off | Run 35mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 60mins in Endurance range, Tempo intensity on hills – flat to rolling ride | Day off | Run 35mins in Endurance range, Tempo on hills – Flat to rolling, ideally off road. | Cycle 120mins in Endurance range – flat to rolling, aim to keep a good cadence on hills. |
| 14 th March Week 7 Build 300mins | Day off | Run 40mins in Endurance range – reasonably comfortable and flat run. | Day off | Cycle 60mins + Run 10mins. Both in Endurance range – flat to rolling ride, keep a good cadence on hills. Start run easy and build to your normal pace over 3 or 4mins. | Day off | Run 40mins in Endurance range, Tempo on hills – Off road, try and include at least one long hill, approx 4mins climbing. | Cycle 150mins in Endurance range – flat to rolling. Include 2x 10min sections at Tempo intensity, 10mins Endurance in between. |
| 21 st March Week 8 Recovery 240mins | Day off | Run 30mins in Recovery range – easy, enjoyable, ideally off road run | Day off | Cycle 70mins at Recovery intensity, Endurance on hills – mostly flat. | Day off | Run 40mins – first 10mins in Endurance range, next 20mins in Tempo, easing back to Endurance for last 10mins – Flat to rolling. | Cycle 100mins in Endurance range – flat to rolling. Include 2x 10min sections at Tempo intensity, 10mins Endurance in between. |
| 28 th March Week 9 Build 345mins | Day off | Run 50mins in Endurance range – flat to rolling run. | Day off | Cycle 70mins + Run 15mins. Both in Endurance range – flat to rolling ride, keep a good cadence on hills. Start run easy and build to your normal pace over 3 or 4mins. | Day off | Run 50mins in Endurance range, Tempo on hills – Off road, try and include at least one long hill, approx 4mins climbing. | Cycle 160mins in Endurance range – flat to rolling. Include 3x 10min sections at Tempo intensity, 10mins Endurance in between. |
| 4 th April Week 10 Build 400mins (peak volume) | Day off | Run 40mins + Cycle 30mins. Run in Tempo range, hilly. Cycle steady in Endurance on flat. | Day off | Cycle 90mins in Endurance range – flat to rolling ride, include 3x 5mins @ Tempo intensity on the flat, 10mins Endurance in between. | Day off | Run 40mins in Endurance range – mostly flat, not too hard on any hills | Run 50mins + Cycle 150mins both in Endurance range can go to Tempo on hills – flat to rolling. |

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| 11 th April Week 11 Recovery 270mins | Day off | Run 40mins in Recovery range – easy, enjoyable, ideally off road run. | Day off | Cycle 90mins in Endurance range – flat to rolling ride. | Day off | Cycle 60mins in Endurance range – flat to rolling ride. | Cycle 60mins + 20mins Run. Cycle at Tempo – rolling to hilly ride. Run in Endurance – start easy after cycle and gradually build to a steady pace. |
| 18 th April Week 12 Build 400mins | Day off | Run 40mins + Cycle 30mins. Run in Tempo range, hilly. Cycle on rolling road, lower end of Tempo range. | Day off | Cycle 90mins in Tempo range – Rolling to Hilly ride, this is at your race pace. Work hard but try not to over do it on the hills. | Day off | Run 50mins in Endurance range – mostly flat, not too hard on any hills | Run 40mins + Cycle 120mins + Run 30mins. Endurance range for first run, Tempo for cycle and second run – Rolling runs and ride, ideally on the course or as similar terrain as possible. |
| 25 th April Week 13 Taper 270mins | Day off | Run 40mins in Recovery range – easy, enjoyable, ideally off road run. | Day off | Cycle 90mins in Tempo range – Rolling to Hilly ride, this is at your race pace. Work hard but try not to over do it on the hills | Day off | Cycle 60mins in Endurance range – flat to rolling ride. | Run 30mins + Cycle 30mins + Run 20mins. Endurance range for first run, Tempo for cycle and second run – mostly off road for runs. Practise your smooth and fast transitions. |
| 2 nd May Week 14 Taper | Day off | Cycle 60mins, first 30mins in Recovery, 2 nd 30mins in Endurance range – flat to rolling ride. | Day off | Run 30mins in Recovery range – easy, enjoyable, ideally off road run. | Easy 15min Cycle and stretch. Check that your bike is 100% ready to race. |  | Relax 😊 |