

TRAINING PLAN  
COACH DERMOTT HAYES



# HOW TO SMASH A DUATHLON IN JUST 8 WEEKS!

WAGNER ARAJO

*If you want to race strong on the duathlon circuit this off-season you need to get cracking with this training plan. Dermott Hayes is your run/bike/run coach*

**PICK YOUR DU**  
Inspired to race a duathlon? Then turn to p114 for our race calendar covering the rest of 2018.



**D**uathlon time already? Well yes if you want to reach that run/bike/run finish line, in say October or November, in style. You may have already started putting your wetsuit away for the off-season, but still want to stay in shape and target some multisport races. And the ideal way to continue racing is to switch focus to the duathlon circuit and, in turn, maintain top-end run and bike fitness. Well-conditioned athletes will continue to train through the triathlon off-season and stay focused with occasional races. And a duathlon, being of a similar total duration, is even considered by some to be harder than triathlon!

The expected level of training history coming into this plan is that you'll have completed a sprint-distance triathlon, or a stand-alone 10km run and 40km bike. This means that you will have a knowledge of the distances and duration of training sessions to come. With the omission of any swim training, it means more time for the run, and the performance of any duathlon is very much

dictated by how the run goes, so the volume of run sessions is more significant than in any triathlon plan. The plan ensures that in both bike and run training there's a balance of stamina and speed, with the inclusion of longer aerobic training as well as shorter, higher-intensity interval style sessions. After all, the only way to race faster is to train faster.

A key indicator of a well-executed duathlon is the ability to pace the first run right so that you have enough energy for the final 5km; get it wrong and it can be like treading through treacle.

As with all triathlon plans this will include brick sessions, but here they're varied between run-bike, bike-run, and run-bike-run. The longer brick sessions are a great chance to fine-tune your race pace (referred to as RP). There are also regular multi-brick sessions with a high number of bike and run efforts to allow for greater speed focus and lots of transition practice. These multi-brick workouts are better completed indoors if possible to allow for super-fast transitions.

So ditch the wetsuit, get ready to boost your running and hit that duathlon like a pro! ▶

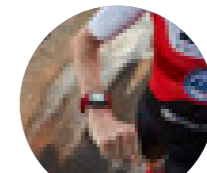
## COACH'S TIPS OPTIMISE YOUR SESSIONS



**STRETCH TO STAY STRONG**  
Stay run strong with a thorough stretching plan after run sessions. Prevent injuries by completing a post-workout stretching routine.



**DON'T SKIP A BRICK**  
Do not miss your brick sessions. The variety of brick sessions overleaf will get you race ready and give you a clearer understanding of pacing.



**PACE TO THE END**  
Don't blast through the first run and end up cycling with completely fired legs. Manage your pacing so you can run strong at the end.



**WORK ON NUTRITION**  
Practise how to fuel. It's different to triathlon so spend time working out your nutrition strategy in training before the big duathlon race day.

## TRAINING PLAN - WEEKS 1 TO 4

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

**WEEK 1**—OUR SEVEN DAYS/WEEK PLAN BEGINS ON A MONDAY, BUT YOU CAN START ANY DAY OF THE WEEK

<b>RUN</b> 8km easy to vigorous on a rolling route • 4 x [1km moderate; 400m vigorous; 600m easy]	<b>BIKE</b> 10 x 1 [1km @RP; 1km moderate recovery] • 3mins easy • 10 x [500m @RP; 500m moderate recovery]	<b>BRICK</b> 2 x [2km moderate run; 10km vigorous] • 1min rest between sets	<b>RUN</b> 6-8 x 1.2km increasing pace each 400m to finish on 400m RP • 60secs rest between sets • Use this session to help find race pace	<b>REST DAY</b>	<b>RUN</b> 10-12km easy to moderate on a flat route • Include 3 x 1km vigorous with 1km recovery pace	<b>BIKE</b> 30-40km moderate • Aim to include some hills while practising body position when climbing
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**WEEK 2**—THIS WEEK INCLUDES THE FIRST MAJOR BRICK, WITH A TRANSITION RUN-THROUGH BETWEEN THE DISCIPLINES

<b>RUN</b> 8km easy to vigorous on a rolling route • 4 x [1km moderate; 400m vigorous; 600m easy]	<b>BIKE</b> 10 x [1km @RP; 1km moderate recovery] • 3mins easy • 10 x [500m @RP; 500m moderate recovery]	<b>BIKE</b> 45mins easy to moderate as: 3 x [12mins moderate; 3mins vigorous]	<b>RUN</b> 5km	<b>REST DAY</b>	<b>BRICK</b> 10km run @RP • 40km bike, include 1 x 20km @RP • Include fast transition	<b>RUN</b> 5km easy • Set a maximum pace that you will not exceed
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**WEEK 3**—THIS WEEK SEES A MIX OF INTENSITIES ON THE BIKE AND RUN TO BUILD STAMINA, SPEED AND STRENGTH

<b>RUN</b> 8km easy to vigorous on a rolling route • 4 x [1km moderate; 400m vigorous; 600m easy]	<b>BIKE</b> 8 x [1.5km @RP; 1km moderate recovery] • 3mins easy • 8 x [700m @RP; 300m moderate recovery]	<b>BRICK</b> 2 x [2km moderate run; 10km vigorous bike] • 1min rest between sets	<b>RUN</b> 6-8 x [1.5km increasing pace each 500m to finish on 500m @RP] • 60secs rest between sets • Use this session to help find race pace	<b>REST DAY</b>	<b>RUN</b> 12km easy to moderate on a flat route • Include 3 x 1km vigorous with 1km recovery pace	<b>BIKE</b> 55-60km moderate • Include 3 x 12km @RP with 3km recovery
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**WEEK 4**—A COUPLE OF REST DAYS ARE INCLUDED THIS WEEK BEFORE A TOUGH WEEKEND BIKE/RUN BRICK

<b>REST DAY</b>	<b>BIKE</b> 8 x [1.5km @RP; 1km moderate recovery] • 3mins easy • 8 x [700m @RP; 300m moderate recovery]	<b>BIKE</b> 45mins easy to moderate as: 3 x [12mins moderate; 3mins vigorous]	<b>RUN</b> 5km time trial	<b>REST DAY</b>	<b>BRICK</b> 45km bike, include 1 x 20km @RP • 7km run @RP • Include fast transition	<b>RUN</b> 5km easy • Set a maximum pace that you will not exceed
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## TRAINING PLAN - WEEKS 5 TO 8

MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY • SATURDAY • SUNDAY

**WEEK 5**—THE MULTI-BRICK HERE IS PERFECT FOR THE GYM AS YOU CAN WEAR THE SAME KIT THROUGHOUT

<b>RUN</b> 9km easy to vigorous on a rolling route • 3 x [1.5km moderate; 500m vigorous; 1km easy]	<b>BIKE</b> 6 x [2km @RP; 1km moderate recovery] • 3mins easy • 12 x [500m @ max speed; 500m easy recovery]	<b>BRICK</b> 3 x [1.6km moderate run; 8km vigorous bike] • 40secs rest between sets	<b>RUN</b> 3-4 x [800m; 600m; 400m; 200m @RP] • 40secs rest between sets • 400m easy recovery	<b>REST DAY</b>	<b>RUN</b> 12-13km easy to moderate on a flat route • Include 3 x 1.5km hard with 1km recovery pace	<b>BIKE</b> 50km moderate • Include 2 x 15km @RP with 3km recovery
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**WEEK 6**—THIS WEEK INCLUDES A RACE-DAY RUN-THOUGH AT THE WEEKEND, SO PLAN A ROUTE SIMILAR TO YOUR RACE

<b>RUN</b> 3-4 x [800m; 600m; 400m; 200m @RP] • 40secs rest between sets • 400m easy recovery	<b>BIKE</b> 6 x [2km @RP; 1km moderate recovery] • 3mins easy • 12 x [500m @ max speed; 500m easy recovery]	<b>RUN</b> 7.5km easy to vigorous on a rolling route • 3 x [1.5km moderate; 500m vigorous; 500m easy]	<b>BIKE</b> 45mins easy to moderate as: 3 x [10mins moderate; 5mins vigorous]	<b>REST DAY</b>	<b>BIKE</b> 10km run 40km bike 2km run • Try to choose a route similar to your race • Use session to practise pacing	<b>RUN</b> 5km easy • Set a maximum pace that you will not exceed
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**WEEK 7**—DON'T FORGET TO WARM UP (5-8MINS FROM EASY TO VIGOROUS) AND COOL DOWN (3-5MIN EASY CARDIO & STRETCHES)

<b>RUN</b> 7.5km easy to vigorous on a rolling route • 3 x [1km moderate; 500m vigorous; 1km easy]	<b>BRICK</b> 3 x [1.6km moderate run; 8km vigorous bike] • 40secs rest between sets	<b>BIKE</b> 45mins easy to moderate as: 3 x [10mins moderate; 5mins vigorous]	<b>RUN</b> 5km time trial	<b>REST DAY</b>	<b>BRICK</b> 6km run 25km bike 3km run • Try to choose a route similar to your race • Use session to practise pacing	<b>BIKE</b> 30km moderate • Aim to include some hills, practising body position when climbing
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**WEEK 8**—TWO REST DAYS THIS WEEK AS YOU BUILD UP TO RACE DAY—TIME TO CONQUER THE DU!

<b>RUN</b> 8 x [800m increasing pace each 200m to finish on 200m @RP] • 30secs rest between sets	<b>REST DAY</b>	<b>BIKE</b> 40mins easy to moderate as: 4 x [7mins moderate; 3mins vigorous]	<b>RUN</b> 4-5km easy to vigorous on a flat route • 4 x [600m moderate; 200m vigorous; 200m easy]	<b>REST DAY</b>	<b>PRE-RACE</b> Choose either a bike or run and do an easy 20min session to include 2 x 3mins efforts @RP	<b>DUATHLON</b> 10km bike • 40km bike • 5km run
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