



# RUNNING TO POWER HEART RESEARCH

## Duathlon training plan for beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run/Walk : 20 minutes Stretch: 10 min	Bike: 50/60 minutes. Stretch:10 min	Run/walk : 20 minutes Stretch: 10 min	Bike: 20 minutes yoga/Pilates class	Rest Stretch: 10 min	Bike: 60 minutes Stretch:10 min
2	Rest	Run/Walk : 20 minutes Stretch: 10 min	Run/walk : 25 minutes Stretch:10 min	Bike: 60 minutes stretch:10 min	Bike: 20 minutes stretch:10 min	Rest Stretch: 10 min	Run/walk: 10 min Bike: 50 min Run/walk: 10 min stretch:10 min
3	Rest	Run/walk : 20 minutes Stretch: 10 min	Run/walk : 30 minutes Stretch:10 min	Bike: 70 minutes Stretch:10 min	Bike: 30 minutes Stretch:10 min	Rest Stretch: 10 min	Run/walk: 45 min Bike: 15 min Stretch:10 min
4	Rest	Run/Walk : 20 minutes Stretch: 10 min	Bike: 40 Run/Walk 15 Stretch:10 min	Bike: 60 minutes Stretch:10 min	Active recovery Swim or Yoga/Pilates	Rest	Run/Walk: 15 min Bike: 45 minutes Stretch:10 min
5	Rest	Run/Walk : 30 minutes Stretch: 10 min	Run/Walk 30 minutes. Stretch: 10 min	Run/Walk: 30 minutes Stretch: 10 min	Bike: 30 minutes or swim or Yoga/Pilates class	Rest. Stretch: 10 min	Run/Walk: 15 Bike: 30 mins Run/Walk: 15. Stretch: 10 min

**FIGHT FOR EVERY HEARTBEAT**

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6</b>	Rest	Run/Walk : 30 minutes. Stretch: 10 min	Run/Walk 30 Bike 30 minutes Stretch: 10 min	Run/Walk: 30 minutes Stretch: 10 min	Bike: 30 minutes or swim or yoga/Pilates class	Rest. Stretch:10 min	Run/Walk: 10 Bike: 60 Run/Walk: 10 Stretch: 10 min
<b>7</b>	Rest Stretch:10 min	Run/walk : 30 minutes Stretch:10 min	Run/walk: 10 Bike: 60 minutes Stretch:10 min	Run/walk : 30 minutes Stretch:10 min	Bike: 30 minutes or swim or Yoga/Pilates class	Rest Stretch:10 min	Bike: 90 minutes Stretch:10 min
<b>8</b>	Rest	Run/walk : 30 minutes Stretch:10 min	Run/Walk: 10 Bike: 10 Run/Walk: 10 Stretch:10 min	Bike: 60 minutes Stretch:10 min	Run: 30 minutes or swim or Yoga/Pilates class	Rest Stretch:10 min	Bike: 40 Run: 30 minutes Stretch:10 min
<b>9</b>	Rest Stretch:10 min	Run/walk : 30 minutes Stretch:10 min	Run/walk: 20 Bike: 30 Run/walk: 10 Stretch:10 min PRACTISE TRANSITIONS	Bike: 70 minutes Stretch:10 min	Run: 20 minutes or swim or Yoga/Pilates class	Rest Stretch:10 min	Bike: 40 Run: 30 minutes Stretch:10 min
<b>10</b>	Rest Stretch:10 min	Run/walk : 20 minutes Stretch:10 min	Run/walk: 10 Bike: 10 Run/walk: 10 PRACTISE TRANSITIONS	Rest	Jog/walk: 20 Bike: 20 minutes Stretch:10 min	Rest Check the course PREPARE FOR THE RACE	<b>Duathlon Event</b>

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