



RUNNING TO POWER HEART RESEARCH

Duathlon training plan for advanced

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run: 30 mins easy effort + stretch 10 min	Bike: 60 mins Inc 5 x 5 min efforts at cadence 100 rpm steady, with threshold efforts Stretch 10 min	Run: 30 mins easy effort + Stretch 10 min	Active recovery e.g. bike or swim 30 min Yoga/Pilates class	Run: 10 mins warm up, 3 x 10 mins at Threshold effort with 2 mins jog recovery between efforts, 10 mins cool down + stretch	Circuit training OR 30 mins easy effort run + Bike: 90 mins easy/steady effort + stretch
2	Rest	Run: 30 mins easy effort + stretch 10 min	Run: 45 mins steady effort inc 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts + stretch	Bike: 60 mins Steady effort + stretch 10 min	Run: 20 mins Bike: 45 mins Steady effort + stretch 10 min	Rest Stretch 10 min	Long run/ride – easy/steady effort: Bike: 90 mins Run: 20 mins Stretch 10 min
3	Rest	Run: 30 mins easy effort + stretch 10 min	Run: 50 mins steady effort inc 4 x 8 mins at Threshold effort with 60 secs jog recovery between efforts + stretch	Bike: 90 mins Easy effort + stretch 10 min	Bike: 60 min or Spin class Steady/threshold stretch 10 min	Rest Stretch 10 min	Long run/ride – easy/steady effort: Bike: 30 mins Run: 75 mins Stretch 10 min

FIGHT FOR EVERY HEARTBEAT

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4	Rest	Bike 60 mins OR spin class + stretch	Run: 15 mins steady Bike: 30 mins steady Run: 15 mins steady + stretch 10 min	Bike: 60 mins easy effort + stretch 10 min	Run: 60 mins steady effort over an undulating route + stretch	Rest + stretch	Long run/ride – easy/steady effort: Bike: 1hr45 mins Run: 15 mins + stretch
5	Rest	Run: 30 mins easy effort + stretch 10 min	Bike: 30 mins easy effort + stretch 10 min	Run: 45 mins steady effort + stretch 10 min	Yoga/Pilates class OR 45 mins core/body exercises	Rest + stretch	Long run/ride - easy/steady effort Run: 15 mins Bike: 60 mins Run: 15 min Stretch 10 min
6	Rest	Run: 60 mins steady effort over an undulating route + stretch	Bike: 120 mins easy Run: 30 mins easy + stretch 10 mins	Run: 30 mins easy effort + stretch 10 min	Circuit training Bike OR spin class OR Yoga/Pilates class	Rest + stretch	Transition day – easy/steady effort: Run: 20 mins Bike: 30 mins Run: 20 mins Bike: 30 mins Run: 10 mins Stretch 10 min
7	Rest	Bike: 45 mins easy effort + stretch 10 min	Bike: 120 mins steady Run: 15 mins steady + stretch	Run: 30 mins easy effort + stretch 10 min	Bike: 60 mins OR spin class OR Yoga/Pilates	Rest + stretch	Run: 20 mins Bike: 120 mins Run: 10 mins long run/ride Stretch 10 min
8	Rest	Run: 30 mins Easy stretch 10 min	Bike: 90 mins Run: 10 out 8 min back P/E steady Stretch 10 min	Run: 50 mins steady effort inc 3 x 10 mins at Threshold effort with 2 mins jog recovery between efforts + stretch	AM: Run: 30 mins easy effort + stretch PM: Run: 30 mins easy effort + stretch	Rest + stretch	Long run/ride – easy/steady effort: Bike: 40 mins Run: 30 mins Stretch 10 min

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Rest	Run: 30 mins easy effort + stretch 10 mins	Run: 20 mins steady Bike: 60 mins steady Run: 30 mins steady Practise transitions	Bike: 90 mins easy effort run + stretch	Rest Stretch 10 min	Run: 10 mins warm up, 3 x 10 mins at Threshold effort with 90 secs jog recovery between efforts, 10 mins cool down + stretch	Long run/ride – easy/steady effort: Run 15 mins Bike: 75 mins Run: 20 min Stretch 10 min Practise transitions
10	Rest Stretch 15 min	Run: 30 mins easy effort + stretch 10 mins	Run: 10 mins easy Bike: 15 mins steady Run: 10 mins steady Practise Transitions	Run: 10 mins warm up, 3 x 5 mins at Threshold effort with 60 secs jog recovery between efforts, 10 mins cool down + stretch	Jog: 20 mins easy Bike: 20 min easy + stretch	Rest Preparation for the race	Duathlon Event

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