



RUNNING TO POWER HEART RESEARCH

Duathlon training plan for intermediate

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Run: 30 mins easy effort. Stretch 10 min	Bike: 60 mins inc. 2 x 10 mins cadence 100 RPM steady effort with Threshold efforts. Stretch 10 min	Run: 30 mins steady effort. Stretch 10 min	Active recovery e.g. bike OR swim 30 mins easy effort OR Yoga/Pilates class	Run: 45 mins - 10 w/up, 10 mins at Threshold effort, 5 mins easy, 10 mins Threshold effort (perceived effort: P/E 7-8 out of 10) 10 mins w/down. Stretch 10 min	Run 30 mins followed by bike: 90 mins - long run/ride. Stretch 10 min
2	Rest	Run: 30 mins easy Stretch 10 mins	Run: 45 mins hills OR tempo for 4 x 5 min steady with threshold efforts (inc. w/up and w/down). Stretch 10 min	Bike: 60 mins easy effort. Stretch 10 mins	Run: 20 mins + Bike 45 mins – all steady effort. Stretch 10 mins	Rest. Stretch 10 mins	Bike: 90 mins Run: 20 mins long run/ride Stretch 10 mins
3	Rest	Run: 30 mins Easy stretch 10 mins	Run: 45 mins hills OR tempo 2 x 10 min 5 min recovery steady with threshold efforts. Stretch 10 min	Bike: 75 mins easy effort. Stretch 10 mins	Bike: 60 mins or spin class - steady/ threshold effort. Stretch 10mins	Rest. Stretch 10 mins	Bike: 30 mins Run: 75 mins long run/ride Stretch 10 mins

FIGHT FOR EVERY HEARTBEAT

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4	Rest	Run: 30 mins easy effort. Stretch 10 mins	Run: 45 mins hills easy effort. Stretch 10 mins	Bike: 60 min easy effort. Stretch 10 mins	Rest	Bike: 60 mins steady effort, undulating if possible. Stretch 10 mins	Run: 30 mins steady effort. Stretch 10 mins
5	Rest	Run: 30 mins easy effort. Stretch 10 mins	Bike: 30 mins easy effort. Stretch 10 mins	Run: 30 mins easy effort. Stretch 10 mins	Rest or Yoga/Pilates class	Rest. Stretch 10 mins	Run: 75-90 mins long run easy effort. Stretch 10 mins
6	Rest	Run: 50 mins hilly circuit steady effort. Stretch 10 mins	AM Bike 90 mins steady effort. PM Run: 30 mins easy effort. Stretch 10 mins	Run: 30 mins easy. Stretch 10 mins	Circuit training OR bike or spin class or Yoga/Pilates class	Rest	Transition day Run: 10 mins Bike: 30 mins Run: 10 mins Bike: 30 mins Run: 10 mins- long run/ride Stretch 10 mins
7	Rest	Bike: 45 mins easy effort. Stretch 10 mins	Bike: 90 mins Run: 10 mins – all steady effort. Stretch 10 mins	Run: 30 mins easy effort. Stretch 10 mins	Bike: 60 mins steady or Spin class OR Yoga/Pilates	Rest	Run: 20 mins Bike: 120 mins Run: 10 mins - long run/ride. Stretch 10 mins
8	Rest	Run: 30 mins easy effort. Stretch 10 mins	Bike: 60 mins Run: 10 mins out easy/10 mins back steady. Stretch 10 mins	Run: 40 inc. 2 x 10 min at threshold with 3 mins between efforts. Stretch 10 min	AM Run: 30 min easy PM Run: 30 mins steady. Stretch 10 mins	Rest. Stretch 10 mins	Bike: 40 mins OR spin class OR circuit training class Run: 30 mins steady effort. Stretch 10 mins

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9	Rest	Run: 30 mins Easy. Stretch 10 min	Run: 20 mins Bike: 60 mins Run: 15 mins out easy/15 mins back steady effort. Practise transitions	Run: 45 min steady with 3x10 min at threshold, 3mins between efforts. Stretch 10 mins	Active recovery e.g. bike OR swim 30 min OR Yoga/Pilates class	Rest	Run 15 mins Bike: 75 mins Run: 20 mins - long run/ ride. Practise transitions
10	Rest	Run: 20 mins	Run: 10 mins easy Bike: 15 mins steady Run: 10 mins threshold effort. Practise transitions	Rest	Jog: 20 mins easy Bike: 20 mins easy. Stretch 10 mins	Rest	Duathlon Event

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