

Sprint Duathlon 6 Week Plan

| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|-------------|----------------------------------|---------------|---------------------------------|---|--------|---------------------------------|----------|
| WEEK 1 | <i>BIKE</i> | | 20mins steady | | 25mins steady | OFF | | 10k ride |
| | <i>RUN</i> | 20mins as 60sec run, 60sec walk | | 20mins as 90sec run, 60sec walk | | | 20mins as 90sec run, 30sec walk | |
| WEEK 2 | <i>BIKE</i> | | 30mins steady | | 30mins as 10mins easy, 5mins tempo x2 | | | 12k ride |
| | <i>RUN</i> | 25mins as 2min run, 30sec walk | | 25mins as 3min run, 30sec walk | | | 30mins as 4min run, 1min walk | |
| WEEK 3 | <i>BIKE</i> | | 35mins steady | | 35mins inc 12mins of 1min hard, 1min easy | | | 15k ride |
| | <i>RUN</i> | 30mins as 4.5min run, 30sec walk | | 35mins as 6min run, 1min walk | | | 35mins as 9min run, 1min walk | |



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|--------|-------------|-----------------------------------|---------------|---|---|--------|---------------|----------|
| WEEK 4 | <i>BIKE</i> | | 35mins steady | | 40mins steady | OFF | | 16k ride |
| | <i>RUN</i> | 30mins as 14min run, 1min walk | | 35mins as 20min run, 1min walk, 14min run | | | 30mins run | |
| WEEK 5 | <i>BIKE</i> | | 40mins steady | | 40mins inc 20mins of 1min hard, 1min easy | | | 18k ride |
| | <i>RUN</i> | 30mins run | | 35mins run | | | 20mins run | |
| WEEK 6 | <i>BIKE</i> | | 45mins steady | | 50mins steady | | | 20k ride |
| | <i>RUN</i> | 20mins as 1min harder, 3mins easy | | 35mins steady | | | 30mins steady | |



Sprint Duathlon 6 Week Plan- Notes & Explanations

- ‘Steady’ refers to an intensity of around 3 to 5/10 effort. You should be able to hold a conversation.
- The ‘1min harder’ should be done above your ‘steady’ pace and usually between 7 to 9/10 effort. This is just to change the overall intensity and get some faster efforts in.
- ‘Tempo’ sessions should be done at a 6 to 7/10 effort level.
- Some of the walk-run sessions may not add up to the total time. Just keep rolling through as it is written until you complete the total time.
- This plan is a guide and should not be followed if you have or suffer from any injuries. Every athlete’s starting point is different so you may need to adjust the sessions to meet your needs.
- Feel free to move the days/sessions around to suit your schedule. I would advise against running and cycling on the same day where possible just to limit the amount of fatigue in the legs.

