

10 week beginners duathlon training program

WK	DAY OF WEEK		
1	SUNDAY	1	Core/Flexibility
	MONDAY	2	Bike 30 mins
	TUESDAY	3	Run 15 mins
	WEDNESDAY	4	Bike 30 mins & Run 10 mins
	THURSDAY	5	Rest day
	FRIDAY	6	Run 25 mins
	SATURDAY	7	Bike 30 mins
2	SUNDAY	8	Run 30 mins
	MONDAY	9	Core/Flexibility
	TUESDAY	10	Bike 30 mins & Run 15 mins
	WEDNESDAY	11	Bike 60 mins
	THURSDAY	12	Rest day
	FRIDAY	13	Run 30 mins
	SATURDAY	14	Bike 40 mins
3	SUNDAY	15	Core/Flexibility
	MONDAY	16	Bike 40 mins
	TUESDAY	17	Run 20 mins
	WEDNESDAY	18	Bike 35mins & Run 15 mins
	THURSDAY	19	Rest Day
	FRIDAY	20	Run 35mins
	SATURDAY	21	Bike 50mins
4	SUNDAY	22	Run 30 mins
	MONDAY	23	Run 35 mins & Core / Flexibility
	TUESDAY	24	Bike 35mins & Run 20 mins
	WEDNESDAY	25	Bike 60mins
	THURSDAY	26	Rest Day
	FRIDAY	27	Run 40mins
	SATURDAY	28	Bike 60mins
5	SUNDAY	29	Run 30 mins & Core / Flexibility
	MONDAY	30	Bike 50mins
	TUESDAY	31	Run 25mins
	WEDNESDAY	32	Bike 40mins & Run 20 mins
	THURSDAY	33	Rest Day
	FRIDAY	34	Run 45mins
	SATURDAY	35	Bike 50min
	SUNDAY	36	Run 30 mins

6	MONDAY	37	Run 40mins & Core / Flexibility
	TUESDAY	38	Bike 40mins & Run 25 mins
	WEDNESDAY	39	Bike 60mins
	THURSDAY	40	Rest Day
	FRIDAY	41	Run 50mins
	SATURDAY	42	Bike 60mins
7	SUNDAY	43	Core/Flexibility
	MONDAY	44	Bike 60mins
	TUESDAY	45	Run 30mins
	WEDNESDAY	46	Bike 45mins & Run 25 mins
	THURSDAY	47	Rest Day
	FRIDAY	48	Run 55mins
8	SATURDAY	49	Bike 70mins
	SUNDAY	50	Run 30mins
	MONDAY	51	Run 45mins & Core / Flexibility
	TUESDAY	52	Bike 45mins & Run 25 mins
	WEDNESDAY	53	Bike 60mins
	THURSDAY	54	Rest Day
9	FRIDAY	55	Run 60mins
	SATURDAY	56	Bike 80mins
	SUNDAY	57	Run 40mins & Core / Flexibility
	MONDAY	58	Bike 60mins
	TUESDAY	59	Run 35mins
	WEDNESDAY	60	Bike 50mins & Run 30mins
10	THURSDAY	61	Rest Day
	FRIDAY	62	Run 65mins
	SATURDAY	63	Bike 70mins
	SUNDAY	64	Run 30 mins
	MONDAY	65	Run 50 mins & Core/Flexibility
	TUESDAY	66	Bike 45 mins & Run 15 mins easy
10	WEDNESDAY	67	Bike 45 mins
	THURSDAY	68	Rest day
	FRIDAY	69	Run 15 mins or Bike 30 mins
	SATURDAY	70	RACE DAY!