



DUATHLON

16 WEEK TRAINING PLAN

1.5 mile run / 20K bike / 5K run

Plan provided by
 The Reds Triathlon Team
www.redstriteam.com
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 weeks until race day	1/2 - 1 mile run	15 minute bike	off	20 minute bike	1/2 - 1 mile run	20 minutes or 4 miles bike	off
15 weeks until race day	3/4 - 1 mile run	20 minute bike	off	20 minute bike	3/4-1 mile run	30 minutes or 5 miles biking	off
14 weeks until race day	1-1.5 mile run	25-30 minutes of biking	1/5 - 1 mile run	20 - 30 minutes of biking	3/4-1 mile run	5 miles biking	off
13 weeks until race day	1.5 -2 mile run	30 minutes of biking	1 - 2 mile run	30 minutes of biking	1 mile run	5 miles biking + 1 mile run off the bike	off
12 weeks until race day	2 mile run	30 minutes or 5 miles of biking	20 minutes or 4 miles of biking	off	2 mile run	8 miles biking	1-2 mile run
11 weeks until race day	off	2.5 miles	30-40 minutes of biking or 7 miles	2 miles	20 - 30 minutes of biking or 5 miles	1 mile run / 8 miles biking / 1/2 mile run	off
10 weeks until race day	2 miles	1 mile run / 15 minutes of biking / 1/2 - 1 mile run	off	30-40 minutes of biking or 7 miles	2.5 miles running	10 miles biking	2 miles
9 weeks until race day	off	40-45 minutes of biking or 8 miles	3 miles	off	30-40 minutes of biking or 7 miles	2 mile run / 10 miles biking	2-3 miles
8 weeks until race day	off	2 mile run + 30 minutes of biking	40-45 minutes of biking or 8 miles	3 miles of running	off	13 miles biking	3 miles
7 weeks until race day	off	45-50 minutes of biking or 9 miles	off	3 miles of running	off	1 mile of running / 10 miles of biking / 1 mile of running	2 miles of running
6 weeks until race day	off	45-50 minutes of biking or 9 miles	3 miles of running	30-40 minutes of biking or 7 miles	off	1 mile run / 8 miles bike / 2 mile run	2 miles of running
5 weeks until race day	off	45-50 minutes of biking or 9 miles	30-40 minutes of biking or 7 miles	3 miles of running	1 mile of running	12 miles + 3 miles running	off
4 weeks until race day	30-40 minutes of biking or 7 miles	45-50 minutes of biking or 9 miles	2-3 miles of running	off	3 miles running	1 mile run + 10 mile biking + 1 mile run	2-3 miles of running
3 weeks until race day	off	50-55 minutes of biking or 10 miles	3 miles of running	30-40 minutes of biking or 7 miles	off	1 mile run + 15 miles biking + 4 miles running off the bike	off
2 weeks until race day	30 minutes of easy biking - don't worry about miles	off	3 miles of running	45-50 minutes of biking or 9 miles	off	1 mile run + 8 miles + 1 mile run	2 miles running
Race week!	20 mintues of running	30 minutes of easy biking - don't worry about miles	off	30 minutes of easy biking - don't worry about miles	15 - 20 mintues of running - a warm up run	15 minutes easy spin on your bike - just get the legs warmed up!	RACE DAY

NOTES: Regarding Number of weeks until race day - to figure out where to start in the plan, count the number of weeks out you are from race day. If you are 16 weeks out, you start at "16 weeks out until race day." If you are 12 weeks out - start at "12 weeks until race day."