

Beaver Fever Duathlon Training Plan

Week's to go	Date on Monday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Comments
		Rest Day	Bike (minutes)	Run (minutes)	Bike (minutes)	Run (minutes)	Long Run (minutes)	Long Bike (minutes)	
10	8/5/13	<i>off</i>	48	25.5	42	25.5	30	60	<p>Bike: Try riding an "out and back" route. Go out for 30 minutes and then ride back. This way, you don't get too far from home.</p> <p>Run: It is ok to jog and walk during your long run. Just go for total time.</p>
9	8/12/13	<i>off</i>	54	28.5	48	28.5	33	66	<p>Tip: If you don't have time to work out 6 days a week, try doubling up one day a week.</p>
8	8/19/13	<i>off</i>	60	31.5	54	31.5	36	72	<p>Work hard this week. Next week you get to take it a little easier. Stick with it, it will pay off in the end!</p>
7	8/26/13	<i>off</i>	51	28.5	45	28.5	31.5	63	<p>This week is a "recovery week." This means you get to take off some time from last week. Next week we start to build up again.</p>
6	9/2/13	<i>off</i>	60	34.5	54	Run & Bike: Run-15 min Bike-30 min	39	78	<p>Tip: Once you work out for more than one hour, it is time to start taking in some nutrition. Try bringing a snack with you on your longer bike rides.</p>
5	9/9/13	<i>off</i>	66	37.5	60	37.5	42	84	<p>Tip: Finding yourself with more time, or wanting to do more? You can add a workout! Try adding some cross training like hiking.</p>

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4	9/16/13	<i>off</i>	72	40.5	66	40.5	Run 3.1 miles.	Bike 20 miles	This is your BIG WEEKEND! Time to see what those legs can do! Time your 5k run, and also time your 20 mile ride. We can compare these to your race times in October! Try to do the run with out stopping!
3	9/23/13	<i>off</i>	63	Bike & Run: Bike-75 min Run-25 min	<i>off</i>	36	40.5	81	This week, combine your midweek bike and run. You should run with in 10 minutes of getting off the bike. It is time to practice those transition legs. It will feel weird at first, but after about 10 minutes of jogging, you should start to feel your normal stride coming back. Email in your new 500 yard swim time if you have improved from your registration estimate. beaverfeverdu@gmail.com
2	9/30/13	<i>off</i>	84	Bike & Run: Bike-85 min Run-30 min	<i>off</i>	45	51	102	This is your hardest week! Really go for it. You have only 2 weeks to go!
1	10/7/13	<i>off</i>	78	Bike & Run: Bike-85 min Run-30 min	<i>off</i>	Run & Bike: Run-15 min Bike-30 min	48	96	This is it! One week to go. Make it count.
RACE WEEK!	10/14/13	<i>off</i>	60	Bike & Run: Bike-45 min Run-15 min	<i>off</i>	20	<i>off</i>	RACE!	Congratulations! You have made it. Can't wait to see you at the race!

Starting Long Run - Minutes 30 <-- This isn't a continuous run. It is how long can alternate jogging and walking before you feel too tired
Starting Long Bike - Minutes 60 to jog again