



PB Events – Short Course Dirty Duathlon Beginner 12 Week Program

Prepared by Triathlon Adventures Geelong

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Day Off	Interval* Bike Complete on any terrain or bike 30-45min duration Incl. 6x 1min build effort to 9/10 + 2min recovery	Day Off	Interval Run 20-30min easy run + 5 strides*	Day Off	MTB Skills 30-40min riding on mix of fire roads and single track Focus on looking 10m ahead up the trail *Green graded trails are suitable	Day Off
Week 2	Day Off	Interval Bike Complete on any terrain or bike 30-45min duration Incl. 4-6x 1min build effort to 9/10 + 2min recovery 2/10	Day Off	Interval Run 20-30min duration Incl. 4-6x 30sec tempo effort 7/10 + 90sec recovery 2/10	Day Off	MTB Skills 30-40min riding on mix of fire roads and single track Focus on looking 10m ahead up the trail and holding consistent effort throughout Easy to steady 4-5/10 RPE *Green graded trails are suitable	Day Off
Week 3	Day Off	Interval Bike Complete on any terrain or bike 30-45min duration Incl. 4-6x 1min threshold to hard effort to 8-9/10 + 2min recovery 2/10	Day Off	Interval Run 20-30min duration Incl. 4-6x 1min tempo effort 7/10 + 1min recovery 2/10	Day Off	MTB Brick* Session 30-40min riding on mix of fire roads and single track Focus on looking 10m ahead up the trail and holding consistent effort throughout Easy to steady 4-5/10 RPE *Green graded trails are suitable + 5-10min easy run off the bike RPE 4/10	Day Off
Week 4 EASY WEEK*	Day Off	Easy Bike Complete on any terrain or bike 30-45min duration No intervals	Day Off	Easy Run 20-30min easy run RPE 4/10	Day Off	Endurance Ride 30-40min riding on mix of fire roads and single track Include some hills or fun single track Easy to steady 4-5/10 RPE	Day Off

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Week 5	Day Off	Interval Bike Complete on any terrain or bike 30-45min duration Incl. 4-6x 90sec threshold to hard effort to 8-9/10 + 90sec recovery 2/10	Day Off	Interval Run 25-35min duration Incl. 4-6x 1min threshold effort 8/10 + 1min recovery 2/10	Day Off	MTB Brick* Session 35-45min riding on mix of fire roads and single track Focus on looking 10m ahead up the trail and holding consistent effort throughout Easy to steady 4-5/10 RPE *Green graded trails are suitable + 10min easy run off the bike RPE 4/10	Day Off
Week 6	Day Off	Interval Bike Complete on any terrain or bike 40-45min duration Incl. 4-6x 2min threshold to hard effort to 8-9/10 + 2min recovery 2/10	Day Off	Interval Run 25-35min duration Incl. 4-6x 90sec threshold effort 8/10 + 90sec recovery 2/10	Day Off	MTB Brick* Session 35-45min riding on mix of fire roads and single track Select a few section of single track to go faster, focus on holding speed through corners. Easy to steady 4-5/10 RPE *Green graded trails are suitable + 10-15min easy run off the bike RPE 4/10	Day Off
Week 7	Day Off	Interval Bike Complete on any terrain or bike 40-45min duration Incl. 4-6x 2min threshold to hard effort to 8-9/10 + 1min recovery 2/10 *Reminder book in your MTB for a service before the race	Day Off	Interval Run 30-40min duration Incl. 4-6x 2min threshold effort 8/10 + 2min recovery 2/10	Day Off	MTB Brick* Session 10min pre cycle run easy 4/10 + 35-45min riding on mix of fire roads and single track Select a few section of single track to go faster, focus on holding speed through corners. Easy to steady 4-5/10 RPE *Green graded trails are suitable + 10min easy run off the bike RPE 4/10	Day Off
Week 8 EASY WEEK	Day Off	Easy Bike Complete on any terrain or bike 30-45min duration No intervals	Day Off	Easy Run 30min easy run RPE 4/10	Day Off	Endurance Ride 40-45min riding on mix of fire roads and single track Include some hills or fun single track Easy to steady 4-5/10 RPE	Day Off

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Week 9	Day Off	Interval Bike Complete on any terrain or bike 40-45min duration Incl. 4-6x 3min threshold to hard effort to 8-9/10 + 1min recovery 2/10	Day Off	Interval Run 30-40min duration Incl. 4-6x 1min threshold effort 8/10 + 2min recovery 2/10	Day Off	MTB Brick* Session 10min pre cycle run easy 4/10 + 40-50min riding on mix of fire roads and single track Complete 2x5min sections of single track at race intensity (6-7/10 RPE) *Green graded trails are suitable + 10min easy run off the bike RPE 4/10	Day Off
Week 10	Day Off	Interval Bike Complete on any terrain or bike 40-45min duration Incl. 4-6x 4min threshold to hard effort to 8-9/10 + 1min recovery 2/10	Day Off	Interval Run 30-40min duration Incl. 4-6x 2min tempo to threshold effort 7-8/10 + 2min recovery 2/10	Day Off	MTB Brick* Session 10-15min pre cycle run easy 4/10 + 40-50min riding on mix of fire roads and single track Complete 2x8min sections of single track at race intensity (6-7/10 RPE) *Green graded trails are suitable + 10-15min easy run off the bike RPE 4/10	Day Off
Week 11	Day Off	Interval Bike Complete on any terrain or bike 40-45min duration Incl. 4-6x 5min threshold to hard effort to 8-9/10 + 1min recovery 2/10	Day Off	Interval Run 30-40min duration Incl. 4-6x 2min tempo to threshold effort 7-8/10 + 1min recovery 2/10	Day Off	MTB Brick* Session 10-15min pre cycle run easy 4/10 + 45-60min riding on mix of fire roads and single track Complete 2x10min sections of single track at race intensity (6-7/10 RPE) *Green graded trails are suitable + 10-15min easy run off the bike RPE 4/10	Day Off

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Week 12 RACE WEEK	Day Off	Interval Bike Complete on any terrain or bike 30-40min duration Incl. 4-6x 30sec tempo 7/10 + 90sec recovery 2/10	Day Off	Interval Run 20-30min easy run + 5 strides* *Read info below program	Day Off	Pre-Race Session 30-40min easy cycle on your race bike Incl. 3-4x 30sec tempo 7/10 + 90sec recovery 2/10 + 5-10min easy run off the bike 4/10 RPE Tomorrow's Race Plan Set out at a pace you can withstand for the entire distance, around steady to tempo effort 6-7/10 RPE	Dirty Duathlon Warm Up – 10min easy run with strides + 10min easy cycle Have fun!

Terms

Rate of Perceived Exertion (RPE) – how hard you feel that you are working out of 10. 10 being maximum effort, 1 being a very slow jog or walk.

Strides - are completed at the end of your run. Do 50m build efforts with best technique and job back to the start easy.

Brick Session – is a session which combines swim/bike or bike/run to simulate multisport events, limit transition time between activities

Interval Session – doing short efforts that are faster than a comfortable or easy pace.

Easy Week – also known as a de-load week, where you reduce overall intensity & volume to recovery from previous training load

Contact Details

Programmed prepared by Kate Bramley at Triathlon Adventures Geelong

For further information regarding this program or training programs for triathlon, running, swimming or cycling please contact me.

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Certified Triathlon Australia Performance Coach

Certified Athletics Australia Level 2 Recreational Running Coach

XTERRA Certified Coach

Bachelor of Education (Physical Education) with Honors