



PB Events – Short Course Dirty Duathlon Intermediate 12 Week Program

Prepared by Triathlon Adventures Geelong

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OPTIONAL Recovery Ride 30min easy cycle on any bike RPE 4/10	Day Off	Interval* Bike Complete on any terrain or bike 45min duration Incl. 6x 1min build effort to 9/10 + 2min recovery	Interval Run 20-30min easy run + 5 strides*	Day Off	MTB Skills 45-60min riding on mix of fire roads and single track Focus on looking 10m ahead up the trail *Green graded trails are suitable	Easy Run 30-40min easy run Preferably on trails RPE 4/10
Week 2	OPTIONAL Recovery Ride 30min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 45min duration Incl. 8-10x 1min build effort to 9/10 + 2min recovery 2/10	Interval Run 30-40min duration Incl. 6-10x 30sec tempo effort 7/10 + 90sec recovery 2/10	Day Off	MTB Skills 45-60min 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	Easy Run 30-40min easy run Preferably on trails RPE 4/10
Week 3	OPTIONAL Recovery Ride 30min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 45-60min duration Incl. 8-10x 1min threshold to hard effort to 8-9/10 + 2min recovery 2/10	Interval Run 30-40min duration Incl. 6-10x 1min tempo effort 7/10 + 1min recovery 2/10	Day Off	MTB Brick* Session 45-60min 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	Easy Run 30-40min easy run Preferably on trails RPE 4/10
Week 4 EASY WEEK*	OPTIONAL Recovery Ride 30min easy cycle on any bike RPE 4/10	Day Off	Easy Bike Complete on any terrain or bike 30-45min duration No intervals	Easy Run 30min easy run RPE 4/10	Day Off	Endurance Ride 60-75min riding on mix of fire roads and single track Include some hills or fun single track Easy to steady 4-5/10 RPE	Easy Run 20-30min easy run Preferably on trails RPE 4/10

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Week 5	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 8-10x 90sec threshold to hard effort to 8-9/10 + 90sec recovery 2/10	Interval Run 40-45min duration Incl. 6-10x 1min threshold effort 8/10 + 1min recovery 2/10	Day Off	MTB Brick* Session 60min 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	Easy Run 30-40min easy run Preferably on trails RPE 4/10
Week 6	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 6-8x 2min threshold to hard effort to 8-9/10 + 2min recovery 2/10	Interval Run 40-45min duration Incl. 6-10x 90sec threshold effort 8/10 + 90sec recovery 2/10	Day Off	MTB Brick* Session 60-75min 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 + 20min easy run off the bike RPE 4/10	Easy Run 40-45min easy run Preferably on trails RPE 4/10
Week 7	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 6-8x 2min threshold to hard effort to 8-9/10 + 1min recovery 2/10 *Reminder book in your MTB for a service before the race	Interval Run 40-45min duration Incl. 6-10x 2min threshold effort 8/10 + 2min recovery 2/10	Day Off	MTB Brick* Session 10min pre cycle run easy 4/10 + 60-75min 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 + 20min easy run off the bike RPE 4/10	Easy Run 40-45min easy run Preferably on trails RPE 4/10
Week 8 EASY WEEK	OPTIONAL Recovery Ride 30min easy cycle on any bike RPE 4/10	Day Off	Easy Bike Complete on any terrain or bike 30-45min duration No intervals	Easy Run 30min easy run RPE 4/10	Day Off	Endurance Ride 60-75min riding on mix of fire roads and single track Include some hills or fun single track Easy to steady 4-5/10 RPE	Easy Run 20-30min easy run Preferably on trails RPE 4/10

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Week 9	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 6-8x 3min threshold to hard effort to 8-9/10 + 1min recovery 2/10	Interval Run 40-45min duration Incl. 6-10x 1min threshold effort 8/10 + 2min recovery 2/10	Day Off	MTB Brick* Session 10-15min pre cycle run easy 4/10 + 60-75min 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 + 20min easy run off the bike RPE 4/10	Easy Run 40-45min easy run Preferably on trails RPE 4/10
Week 10	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 6-8x 4min threshold to hard effort to 8-9/10 + 1min recovery 2/10	Interval Run 40-45min duration Incl. 6-10x 2min tempo to threshold effort 7-8/10 + 2min recovery 2/10	Day Off	MTB Brick* Session 20min pre cycle run easy 4/10 + 60-75min 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 + 20min easy run off the bike RPE 4/10	Easy Run 40-45min easy run Preferably on trails RPE 4/10
Week 11	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 6-8x 5min threshold to hard effort to 8-9/10 + 1min recovery 2/10	Interval Run 40-45min duration Incl. 6-10x 2min tempo to threshold effort 7-8/10 + 1min recovery 2/10	Day Off	MTB Brick* Session 20min pre cycle run easy 4/10 + 60-75min 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 + 20min easy run off the bike RPE 4/10	Easy Run 40-45min easy run Preferably on trails RPE 4/10

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Week 12 RACE WEEK	OPTIONAL Recovery Ride 30-45min easy cycle on any bike RPE 4/10	Day Off	Interval Bike Complete on any terrain or bike 60min duration Incl. 6-8x 30sec tempo 7/10 + 90sec recovery 2/10	Interval Run 20-30min easy run + 5 strides* *Read info below program	Day Off	Pre-Race Session 30-45min 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	Dirty Duathlon Warm Up – 10min easy run with strides + 10min easy cycle Have fun! Set out at a pace you can withstand for the entire distance, around steady to tempo effort 6-7/10 RPE

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 Athletics Australia Level 2 Recreational Running Coach

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