



# PB Events – Long Course Dirty Duathlon

## 12 Week Beginner Program

Prepared by Triathlon Adventures Geelong

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	<b>Day Off</b>	<b>Interval* Bike</b> Complete on any terrain or bike  30-45min duration Incl. 4-6x 1min build effort to 9/10 + 2min recovery	<b>Day Off</b>	<b>Interval Run</b> 20-30min easy run + 5 strides*	<b>Day Off</b>	<b>MTB Skills</b> 45-60min riding on mix of fire roads and single track Focus on looking 10m ahead up the trail *Green graded trails are suitable	<b>Easy Run</b> 20-30min easy run Preferably on trails RPE 4/10
<b>Week 2</b>	<b>Day Off</b>	<b>Interval Bike</b> Complete on any terrain or bike  30-45min duration Incl. 4-6x 1min build effort to 9/10 + 2min recovery 2/10	<b>Day Off</b>	<b>Interval Run</b> 20-30min duration Incl. 4-6x 30sec tempo effort 7/10 + 90sec recovery 2/10	<b>Day Off</b>	<b>MTB Skills</b> 40-60min 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	<b>Easy Run</b> 20-30min easy run Preferably on trails RPE 4/10
<b>Week 3</b>	<b>Day Off</b>	<b>Interval Bike</b> Complete on any terrain or bike  60min duration Incl. 4-6x 1min threshold to hard effort to 8-9/10 + 2min recovery 2/10	<b>Day Off</b>	<b>Interval Run</b> 30min duration Incl. 4-6x 1min tempo effort 7/10 + 1min recovery 2/10	<b>Day Off</b>	<b>MTB Brick* Session</b> 40-60min 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	<b>Easy Run</b> 25-35min easy run Preferably on trails RPE 4/10
<b>Week 4 EASY WEEK*</b>	<b>Day Off</b>	<b>Easy Bike</b> Complete on any terrain or bike  45-60min duration No intervals	<b>Day Off</b>	<b>Interval Run</b> 30min easy run + 5 strides*	<b>Day Off</b>	<b>Endurance Ride</b> 45-60min riding on mix of fire roads and single track Include some hills or fun single track Easy to steady 4-5/10 RPE	<b>Easy Run</b> 20-30min easy run Preferably on trails RPE 4/10

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<b>Week 5</b>	<b>Day Off</b>	<p><b>Interval Bike</b> Complete on any terrain or bike</p> <p>45-60min duration Incl. 4-6x 90sec threshold to hard effort to 8-9/10 + 90sec recovery 2/10</p>	<b>Day Off</b>	<p><b>Interval Run</b> 30-40min duration Incl. 4-6x 1min threshold effort 8/10 + 1min recovery 2/10</p>	<b>Day Off</b>	<p><b>MTB Brick* Session</b> 40-60min 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</p> <p>+ 5-10min easy run off the bike RPE 4/10</p>	<p><b>Easy Run</b> 25-35min easy run Preferably on trails RPE 4/10</p>
<b>Week 6</b>	<b>Day Off</b>	<p><b>Interval Bike</b> Complete on any terrain or bike</p> <p>45-60min duration Incl. 4-6x 2min threshold to hard effort to 8-9/10 + 2min recovery 2/10</p>	<b>Day Off</b>	<p><b>Interval Run</b> 35-45min duration Incl. 4-6x 90sec threshold effort 8/10 + 90sec recovery 2/10</p>	<b>Day Off</b>	<p><b>MTB Brick* Session</b> 45-60min 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</p> <p>+ 10-15min easy run off the bike RPE 4/10</p>	<p><b>Easy Run</b> 30-40min easy run Preferably on trails RPE 4/10</p>
<b>Week 7</b>	<b>Day Off</b>	<p><b>Interval Bike</b> Complete on any terrain or bike</p> <p>45-60min duration Incl. 4-6x 2min threshold to hard effort to 8-9/10 + 1min recovery 2/10</p> <p>*Reminder book in your MTB for a service before the race</p>	<b>Day Off</b>	<p><b>Interval Run</b> 35-45min duration Incl. 4-6x 2min threshold effort 8/10 + 2min recovery 2/10</p>	<b>Day Off</b>	<p><b>MTB Brick* Session</b> 5-10min pre cycle run easy 4/10 +</p> <p>45-60min 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</p> <p>+ 10-15min easy run off the bike RPE 4/10</p>	<p><b>Easy Run</b> 30-40min easy run Preferably on trails RPE 4/10</p>

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<b>Week 8</b> <b>EASY WEEK</b>	<b>Day Off</b>	<b>Easy Bike</b> Complete on any terrain or bike  30-45min duration No intervals	<b>Day Off</b>	<b>Easy Run</b> 30min easy run RPE 4/10	<b>Day Off</b>	<b>Endurance Ride</b> 45-60min riding on mix of fire roads and single track Include some hills or fun single track Easy to steady 4-5/10 RPE	<b>Easy Run</b> 30min easy run Preferably on trails RPE 4/10
<b>Week 9</b>	<b>Day Off</b>	<b>Interval Bike</b> Complete on any terrain or bike  45-60min duration Incl. 4-6x 3min threshold to hard effort to 8-9/10 + 1min recovery 2/10	<b>Day Off</b>	<b>Interval Run</b> 40-45min duration Incl. 4-6x 1min threshold effort 8/10 + 2min recovery 2/10	<b>Day Off</b>	<b>MTB Brick* Session</b> 10-15min pre cycle run easy 4/10 +  45-60min riding on mix of fire roads and single track Option to complete 2x5min 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	<b>Easy Run</b> 30-40min easy run Preferably on trails RPE 4/10
<b>Week 10</b>	<b>Day Off</b>	<b>Interval Bike</b> Complete on any terrain or bike  45-60min duration Incl. 4-6x 4min threshold to hard effort to 8-9/10 + 1min recovery 2/10	<b>Day Off</b>	<b>Interval Run</b> 40-45min duration Incl. 4-6x 2min tempo to threshold effort 7-8/10 + 2min recovery 2/10	<b>Day Off</b>	<b>MTB Brick* Session</b> 10-15min pre cycle run easy 4/10 +  45-60min riding on mix of fire roads and single track Option to 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	<b>Easy Run</b> 30-40min easy run Preferably on trails RPE 4/10

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<b>Week 11</b>	<b>Day Off</b>	<b>Interval Bike</b> Complete on any terrain or bike  45-60min duration Incl. 4-6x 5min threshold to hard effort to 8-9/10 + 1min recovery 2/10	<b>Day Off</b>	<b>Interval Run</b> 40-45min duration Incl. 4-6x 2min tempo to threshold effort 7-8/10 + 1min recovery 2/10	<b>Day Off</b>	<b>MTB Brick* Session</b> 10-15min pre cycle run easy 4/10 +  45-60min riding on mix of fire roads and single track Option to 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	<b>Easy Run</b> 30-40min easy run Preferably on trails RPE 4/10
<b>Week 12 RACE WEEK</b>	<b>Day Off</b>	<b>Interval Bike</b> Complete on any terrain or bike  30-40min duration Incl. 6-8x 30sec tempo 7/10 + 90sec recovery 2/10	<b>Day Off</b>	<b>Interval Run</b> 20-30min easy run + 5 strides*	<b>Day Off</b>	<b>Pre-Race Session</b> 20-30min 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	<b>Dirty Duathlon</b> 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, option to increase to 8-9/10 for short periods

## 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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