




DUATHLON 8 WEEK FIRST-TIMER TRAINING

For the WIN FOR KC DUATHLON: July 29, 2017



Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 5	Run/Walk - 30 mins	Rest	Garmin Group Ride or Bike - 60 mins	Run/Walk - 20 mins	Bike - 20 mins	Bike - 60 mins	Rest
June 12	Run/Walk - 20 mins	Run/Walk - 25 mins	Rest	Bike - 60 mins	Bike - 20 mins	Run/Walk - 10 mins, Bike 50 mins, Run/Walk - 10 mins	Rest
June 19	Run/Walk - 20 mins	Run/Walk - 30 mins	First Timer's Forum	Bike - 70 mins	Bike - 30 mins	Run/Walk - 45 mins Bike - 15 mins	Rest
June 26	Bike - 30 mins	Bike - 45 mins. Run/Walk - 15 mins	Rest	Bike - 60 mins	Run/Walk - 30 mins	Run/Walk - 15 mins Bike - 45 mins	Rest
July 3	Run/Walk - 20 mins	Rest	Garmin Group Ride or Bike - 60 mins	Run/Walk - 20 mins	Bike - 30 mins	Run/Walk - 15 mins, Bike - 30 mins, Run/Walk 15 mins	Rest
July 10	Run/Walk - 30 mins	Run/Walk - 30 mins Bike - 30 mins	Rest	Run/Walk - 25 mins	Bike - 75 mins	Run/Walk: 10 mins, Bike: 60 mins, Run/walk: 10 mins	Rest
July 17	Bike - 30 mins	Run/Walk - 10 mins Bike 60 mins	Rest	Run/Walk - 30 mins	Bike - 60 mins	Bike - 90 mins	Rest
July 24	Run/Walk - 20 mins	Run/Walk - 10 mins Bike - 10 mins Run/Walk - 10 mins	Rest	Bike 15 mins	Rest		Recover & Smile