




# 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<br>Bike - 15 mins   | Rest            |
| June 26 | Bike - 30 mins     | Bike - 45 mins.<br>Run/Walk - 15 mins                      | Rest                                | Bike - 60 mins     | Run/Walk - 30 mins | Run/Walk - 15 mins<br>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<br>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<br>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<br>Bike - 10 mins<br>Run/Walk - 10 mins | Rest                                | Bike 15 mins       | Rest               |  | Recover & Smile |