

Racing Underground Duathlon Training Program

- INTRODUCTION -

This program is geared toward athletes who will be participating in the **Mile-High Duathlon Series**, but the principals will work for **any duathlon** you may be participating in this season.

These multisport events are a suitable for all ability levels. For beginners, they provide a great introduction to multi-sport racing, with manageable distances and a fun atmosphere. For the top performers there is a cash purse at each event.

The Mile-High Duathlon Series got underway in 1999 with the inaugural Barkin' Dog Duathlon, and nearly 2,000 first-timers have participated over the years. It offers a "Fat Tire" division for those who choose to ride mountain bikes, and it is one of the most affordable multisport experiences you will find. For the elites, there is over \$4,000 in prize money. Everyone is eligible to win some great raffle items including a pair of Zipp Race Wheels valued at \$2,000

We realize that the world of multi-sport racing can be intimidating, but there is really no reason to let that stop you from achieving your goal. That is why we have created a training program geared to all ability levels, from beginner through

intermediate and experienced.. This training program helps you to evaluate your current level of fitness and then design a schedule that is tailored to your background as a runner or cyclist as well as to the demands of your busy schedule.

The training program is divided into 3 training phases. The first is the 12 week base-phase of training. As you near the conclusion of this phase, you will design your next phase, which works on building your anaerobic threshold and VO2 Max - in other words, your body's ability to process oxygen and deal with lactic acid.

Finally, you will move into the racing phase. This is where you work on getting faster!

***** INSTRUCTIONS ON PRINTING A COPY OF THE TRAINING PROGRAM: Towards the end of the Base Phase and Aerobic Building Phase information, you will find a series of worksheets, etc. Each comes with a 2-page "Master Plan" that should be taped together or copied onto 11x17 paper. The Base Phase also includes a training log template. If you wish to use this, simply copy the 2 pages as a front-and-back, then punch holes into the left side and store in a 3-ring binder. You can make as many copies as you need. The Aerobic Building Phase worksheets are to be used in both the Aerobic Building Phase and the Racing Phase planning.**

DETERMINING YOUR CURRENT LEVEL

There are several questions which you will need to ask yourself before you delve any further into this program. First, you need to realize that, at this point, everyone who is reading this and entering into this program has a totally different fitness level and sports background.

While you may have been running for 30 minutes on Monday, Wednesday, and Friday for the past year, someone else may have been cycling 25 miles every Sunday and running 2 or 3 times a week with the baby jogger. Still another person might have been running 40 miles per week or biking 100 miles per week for many years, and racing 10 or 20 times a year!

The point is, each individual has a different background, a different work and family schedule, and different athletic goals. Every athlete recovers differently as well. A 65 year old man takes far longer to recover from a strenuous track workout or long run than he did when he was in his thirties.

Therefore, we have to look at where we came from before we can decide where we are going to go. This program assumes that you are able to comfortably complete a 5K run or a 25 mile bike ride. Don't worry if you can't do both of them - we'll work on that! And if you are well beyond this stage, that's OK too - this program is for everyone.

The following questions will help you to assess your current level of fitness, and your answers will guide you in designing your workouts over the next 6 months. But before you start answering questions and designing your training plan, take the time to read through the next several pages as they describe the whole process. Then, when you come back to this point and begin answering the questions, you will have a better idea of what types of things you should be thinking about.

The first questions address your running background. Please use the questionnaire when you are ready to write in your answers.

1. How long have you been running?

Yes, you may have run cross country or track in high school, or maybe picked up a jogging program in college, but if that was 10 years ago and there

was a 5 year gap in your training, then it doesn't count. The question is, how long has your current running streak been alive!

2. Some people measure their running in miles, and others do it by time. For convenience, I will use mileage in the following questions, however if you measure your running in time - that is fine. (I actually measure my running by time, not distance).

A -What was your typical weekly mileage over the past month?

-How have your legs been feeling?

B -What was your typical mileage over the past 6 months?

-How have your legs been feeling?

C -What was your "Biggest" week, and how often did you put in those kind of miles?

-How did you feel?

D -Do you regularly incorporate speedwork or tempo training into your weekly schedule?

If the answer is YES in the summer, but you haven't done any lately, please note that.

E -How far do you typically go on your longest run of the week?

If you once completed a 10 mile run, but you very rarely go more than 6, then please answer "6".

3. Please answer each of the previous questions for your cycling experience.

4. Do you regularly mix-up your training during the week, doing both running and cycling.

It's OK if you don't.

5. How much time do you have available each week to devote to training?

If you are having a little trouble with this one, it is better to estimate conservatively. If you plan more than you can actually accomplish, then you are setting yourself up for failure. Remember, this is a quality-based program as opposed to a distance-based program. We realize you have a job, family, friends, and a whole host of other obligations. Worksheet-A is designed to help you out with this question. The center column (Training Minutes Available) is where you write how much time you have available on that day for training. While you're at it, fill in the two columns at left with info on your current training ("R" stands for Run and "B" stands for Bike).

6. List your best running time for every distance from 1/4 mile to the 10K over the past 2 years.

Also, it will be helpful if you note your Personal Record (PR) for each of these distances and the year you posted it.

7. Obviously, you own a bicycle or you would not be able to compete in a duathlon - but do you own a wind trainer?

A wind trainer, for those who are unfamiliar with the device, is a type of treadmill for your bike. You clamp your bike into a metal stand, and the tire spins against a roller. The roller provides resistance so you get a workout similar to the road.

8. Jot down any additional physical activities you enjoy and a comment on them.

Maybe you do an occasional 15 or 20 mile bike ride in the summer, or mountain bike sporadically with friends. Do you swim or lift weights at your local health club - or maybe take a spinning or yoga class. Write it down!

DESIGNING YOUR PROGRAM

The Weekly Schedule

Just as every athlete posted different answers to the previous questions, every athlete will devise a different training plan for the Mile-High Duathlon Series. We will now analyze your answers to those questions and use them to design your 6-month training plan. As we go along, we will create a sample plan for our imaginary athlete, "Joe Runner."

The first phase of the training plan for the Mile-High Duathlon Series is the Base Phase. The goal of this phase is to build your mileage and to incorporate long runs and/or rides into your training week. Along the way, these workouts will improve your plumbing. Long runs and rides will better develop your capillary system, allowing more oxygenated blood to be carried deeper into your muscles. This is the first step in becoming a better endurance athlete.

The Base Phase will last for 12 weeks. During that time, we will slowly build up the length of your training week and the length of your long workouts. The Base Phase will take you through

three 4-week cycles. Each cycle will be composed of 3 weeks of building followed by a 1-week recovery.

The first step is determining how you will approach each week of training. At this point, we will not concern ourselves with mileage - just the type of activity you will do on each day of the week. Training plans tend to work better if you do the workouts in the same order week after week. Your body adjusts to the workload and recovery, or else it lets you know that you're doing a little too much.

The first workouts we will schedule are your long run and ride. These will eat up the most time, so it is best to plan them first, then fit the other workouts in around them. Since most people work during the day, it makes the most sense to schedule your long bike-ride on the weekend.

Of course, this is Colorado, and it is winter, so you need to be flexible. While we do get our share of gorgeous days every winter, weather is the one factor that is totally out of your control. So don't fret the big Saturday snowstorm that foils your plans. If you own a wind trainer, then you have an alternate workout right there in your closet. If you don't own a wind trainer, it is not mandatory, but it will allow you to train on your bike throughout the winter which will put you further ahead when spring rolls around. Performance Bicycle Shop carries a quiet fluid-trainer for around \$150 if you hit a sale, and slightly louder magnetic units can be had for even less.

A wind trainer will also allow you to work on your pedaling technique over the winter, making you more efficient on the bike. Learning to pedal smooth circles instead of mashing the pedals will leave you feeling much more fresh when you step off the bike and begin to run.

As we design your training plan, I will give options for those who own wind trainers and those who don't.

OK, back to mapping out your Base Phase training week. When planning your schedule, you should try and follow the same workout sequence each week, meaning your key workouts should fall on the same days each week.

This is somewhat crucial because over the first 4 week cycle, your body will begin to adapt to the stresses of the training week. As it adapts, it will become comfortable with the recovery periods between your key workouts. And perhaps more importantly, by getting into a regular routine, you are more likely to stick with the program.

Take out “Worksheet-A” again and write the following information into the column labeled “Duathlon Training Effort.” Efforts can be written rather generally - for example, Long, Speed, Easy, or Off.

As I previously mentioned, the first workout we should schedule is for your weekly long bike ride. Your long ride may grow to up to 1-1/2 hours - or even longer if you come from a strong cycling background. For most people, there are a limited number of days during the week when you can fit in a ride of this length, so before we fill up your week with other workouts we should grab a day for this one.

In our example, Joe Runner has been running consistently for almost 3 years, and he mountain bikes with the guys 3 or 4 times every summer. Joe’s typical training week includes a lunchtime 3-mile run every Monday, Wednesday, and Friday and a five miler on the weekend. Once every month or so, he will substitute a 5K race for his five-miler, and every Memorial Day he runs the Bolder Boulder. His 5K PR is 21:42 - conveniently 7:00 per mile pace.

By all accounts, Joe Runner is a pretty typical entrant in the local 5K’s held around the state every weekend. With a 5K pace of 7 minutes per mile and limited cycling experience, Joe will benefit most (and will see better results) this season by focusing his efforts on a strong run and becoming moderately proficient on the bike.

If Joe Runner decides that duathlon is a sport he would like to pursue further, then he might find it worthwhile to focus on the bike NEXT WINTER to bring it online with his running ability.

For Joe, the weekend is the only time he can squeeze a long bike ride into his training week. This leaves him with two choices - Saturday or Sunday. Since he really enjoys his lunchtime training runs with his cute co-worker, he decides that Saturday

works best. This will allow him Sunday to recover - and being a single guy, this won’t interfere with his Saturday Night-Life or the Sunday Bronco’s Game!

Next, Joe must pick a day for his long run. At this point in his running career, Joe is doing a once-a-week 5 miler at 8:30 per mile pace. In the past, Joe did this run alone on the weekend, but he convinced his week-day running partner to adjust their lunchtime routine to follow his training plan. Together, they decided that Wednesday would make a good day for the long run. This would leave them sufficient time to recover if either of them chose to hop into a 5K on the weekend.

Joe and his running partner typically run a fast two miles in the middle of their Monday run. Since every plan should include a faster session per week during the base phase, they decide to stick with tradition and keep it on Monday.

According to Joe’s answers to the Fitness Level Questionnaire, he had been doing 4 runs per week prior to this duathlon training program. Since he will be adding cycling to his weekly schedule, we will cut his running back to 3 days per week. In sticking with the established Monday, Wednesday, Friday lunchtime runs, Joe selects Friday as his third weekly run.

At this point in the year, Joe would also benefit from 1 or 2 short midweek bike rides. With the short daylight and uncertain weather, Joe decides to purchase a wind trainer - although he tries to take his mountain bike out at lunch on Tuesday or Thursday for a half-hour when the weather is suitable.

Now that you’ve seen how Joe designed his training plan - it’s time for you to give it a go! Like Joe, your first decision will be when to schedule your weekly long bike ride. (As a side note, Joe will begin with a 10 mile ride, or around 45 minutes and will eventually build to a long ride of 25 miles which will take just over 90 minutes)

Also note that Joe has planned nothing for Sunday. While his reasoning may have revolved around the Sunday Bronco’s game, he was smart to incorporate a day of complete rest into his schedule. Athletes of all levels should give their bodies a day to recover from a week of hard work. It will only make them better athletes in the long run.

Setting Your Mileage for Week-1

Now that you have each of your days scheduled, it is time to determine how many miles to run and ride on each of those days. We will begin by filling in the final column on “Worksheet-A,” with the header, “Duathlon Training, First Week.”

As you fill in these boxes, be careful to note the time available for training in the middle column of the worksheet. Although your long run today may only take 40 minutes, but it will take you over an hour by week-11. Be careful to set a schedule that you can stick to.

For your weekly long run, look back at your answer to question #2E. If a run of this length really beats you up and takes several days to recover from, then it is too long. Enter the length of your standard long run that allows you to resume quality training after just 1 day of recovery time (i.e. if you do your long run on Sunday, you should feel fully recovered by Tuesday.) If you are over 50, then you may take another day to fully recover from your long run.

Enter the length of this long run into the appropriate space on “Worksheet-A.”

Next, fill in the length of your long ride for that first week.

For runners who rarely bike, why not start out with a 45 minute ride, or 30 minutes on the wind trainer (if you own one). An out and back ride is a great way to start out if you are totally new - just keep in mind that riding the first half with a tail wind or going downhill means the return trip could take twice as long. My advice: keep it flat for your first trip out!

If you are brand-new to cycling, then fill in 10 miles in the long ride distance for week-1 on “Worksheet-A.” It may not sound like much, but you are incorporating a new sport into your weekly routine and it is best to start slowly.

For the more experienced cyclist, look back at your answer to question #3E and use that as a starting point. If it is 50 miles or greater, then you really are doing more than you need to as a rookie duathlete, but your non-duathlon goals may require that kind of mileage. Evaluate what your goals are for the upcoming sea-

son and design your “Base-Phase Master Plan” accordingly. I am not suggesting cutting back on the length of your long ride, but you certainly do not need to continue to build upon it (from a duathlon perspective). Instead, you can focus a little more on developing your running.

Next, we’ll look at your weekly fast run. To keep things interesting, we’ll alternate doing a tempo run one week with an easy set of intervals the next. At this point, however, we will only concern ourselves with week-1; a tempo week.

A tempo run, in this program, is done at an effort that you could maintain for a 1 hour race. For someone who runs a 10K in 1 hour, that means your tempo run will be at approximately 10 minutes per mile pace. If you can race 10 miles in an hour, then your tempo run will be at a pace of 6 minutes per mile. If you’ve never run for an hour, then go at a pace that is slightly slower than your 5K pace, and just at the point where it is hard to carry on a conversation while running.

Look back at your answers to questions 2A, 2B, and 2C. If you have been consistently running 20 miles per week or more, then you will do a tempo run of 20-30 minutes, with an easy 5-10 minute warm-up and cool-down. For those of you who can handle a 10 minute warm-up and cool down with a 30 minute tempo run sandwiched between, this is the most effective tempo session you can do.

If this workout is too long, based on your previous training, then shorten your warm-up and cool down to 5 minutes and perhaps only do 20 minutes at tempo pace - a 30 minute total workout! In the appropriate box on “Worksheet-A,” write in the total run time and in parentheses the length of your tempo effort, for example: 30 min (20T).

In the case of Joe Runner, the length of his tempo session will be 20 minutes of tempo running with a 10 minute warm-up and a 5 minute cool-down. If your answer to question #2D was "Yes" then tempo training will not be a shock to your system. If your answer was "No" then maybe you should limit your tempo workout to 20 minutes to start.

Finally, look over the rest of “Worksheet-A” and locate any additional running days. These will be

easy sessions. Fill in the time or distance for any running days that have not been assigned a length. Our example, Joe Runner, has wisely trimmed down the distance of his typical Friday run to 2 miles instead of the traditional 3 miles. This allows him another day to recover from the long run on Wednesday and leaves him fresh for the Saturday long ride.

Now that your first week of running has been scheduled, you should quickly add up the total running time or distance for the week. Now compare it to your answer to question #2A and 2B. If you are coming from a running background, then your running mileage in this duathlon plan should be approximately 75-80 percent of your typical weekly mileage before entering the plan.

If you are coming from a strictly biking background, you need to be sure that you don't do too much too soon. Your long run should be no longer than 3 miles if you are completely new to running, and 2 days per week of running is a great place to start. If this is the case, you should also eliminate the fast run from your weekly plan. If things are going well, then add a 3rd day of running beginning in week-9.

O.K. Now let's fill out the rest of your first week of cycling.

Winter is a great time to work on cycling technique. This is best accomplished on a wind trainer, but can be done on the road as well (and it's not nearly as boring). Technique work is important because a smooth round pedal stroke is more efficient than mashing the pedals. A wind trainer workout that is broken up into various short intervals goes by very quickly as well.

Samples of technique work are:

1. Spinning the pedals at very high speed (120-130 RPM) for a minute in an easy gear (with an easy 1 minute recovery between fast efforts). The trick is to pedal as fast as you can without bouncing in the saddle. If your cadence exceeds 130 RPM then it is time to shift to the next harder gear (I normally choose a leg, then count on the downstroke for the full minute). For new cyclists, you may want to begin with 30 second efforts.

2. Pedaling for 30 seconds to 1 minute with one leg (clipless pedals only) then switching to the other leg. Do this in an easy gear. It is not to build strength -

instead it teaches your muscles to spin in circles. You should maintain a cadence of 87-92 RPM for the best results.

If you have any other days scheduled for cycling, then they should be ridden at an easy effort. For experienced cyclists, you may opt to include a tempo-style ride into one of these additional days - but no longer than 30 minutes of tempo effort.

Again, if you are a bike racer, then you may desire to maintain your standard winter bike training protocol, but I would recommend eliminating one ride per week from your normal training routine to compensate for the additional running you will be doing.

Filling out your Base-Phase Master Plan

Now that we've come up with week-1 in your duathlon training plan, it's time to design your entire "Base-Phase Master Plan." I would recommend making a few copies of the blank template, and also working in pencil. If all of this is new to you (and even if it's not), you are bound to make some mistakes in your first draft.

The first step is transferring your first week of workouts from worksheet-A to the appropriate boxes in your "Base-Phase Master Plan."

Next, write in the dates of any races you plan to do during the weeks of the base-phase of training.

Also, write in any conflicts to training, like a wedding or other event that will keep you from getting in a scheduled workout. Remember, this is supposed to be fun, so there is no sense putting pressure on yourself to get in a workout when you really can't fit one into the day. You are not training for the Olympics! Adjustments to accommodate work or family obligations is part of being a recreational athlete.

Also keep in mind that a missed workout is just that, a missed workout! Trying to make it up will throw off your whole schedule and begin squeezing key workouts too close together. If you miss a workout now and then, just shrug it off and stick to the schedule.

If you are a chronic workout misser, however, this

can be a problem and maybe you should reevaluate your goals in worksheet-A and see if you over estimated the time you have available for training.

This time, we'll begin with the long run. I believe that all duathletes who plan to race a 5K run, 30K bike, 5K run duathlon should feel comfortable going out for a weekly long run of 8 miles. I realize some of you may already be doing weekly long run's that are longer than this, and that is great, but for those of you who never approach this distance in your training, 8 miles makes a good goal to aspire to - and 10 is probably a better goal if you have hopes of being competitive in any of the tougher age groups.

Now is a good time to decide where your aspirations lie. If you feel that 8 miles is a good goal, then great! If you feel comfortable aiming for 10 or 12, then we'll use that as the goal distance. Go to the box for your week-11 long run on the "Base Phase Master Plan" and jot this number down. Remember, do it in pencil because you may discover that you were a little overzealous in your goal setting .

If you are already running 10 or more miles on your long run, or you will be hitting 10 miles in the first 4-week cycle then you have a decision to make. Technically, a 10 mile long run is plenty for a rookie duathlete competing in a race of this length. If your running goals for the year include racing a half-marathon or longer then you may want to continue to build your long run throughout the 12 week base phase. Whatever you decide, be sure to cut your long-run mileage back every fourth week to give your body a break. And also keep in mind that you will be cycling in addition to your running.

For many of you, we will need to set up a logical progression for building up to your goal distance. Look back at your answer to question #1. If you have been running for less than 2 years, you can accomplish a safe build-up by adding 1 mile to your long run every 2 weeks and taking a break from your long run every 4th week.

For example - if your typical long run is now 4 miles, keep it there for week-1 so you can get a feel for training in two sports. On weeks 2-3, increase your long run to 5 miles. Week-4 drops back to 4 miles. On week-5 run 5 miles and on weeks 6-7 go for a 6 mile run. On week 8 you will get a recovery week where you will drop back to 4 miles. Week-9 resumes the progression with 6 miles followed by 7 miles on Week-10. In week-

11 you will be ready to go for your goal of 8 miles! (please check out "Joe Runner's Base-Phase Master Plan" for reference.)

If you have been running injury free for 2 years or more, and you are currently running less than 10 miles on your weekly long run, you can be a little more aggressive and add 1 mile each week for the first three weeks of each cycle. The fourth week, you will drop back to your starting long-run mileage. On week-5, your long run will be the same as week-3, in week-6 you will add another mile, and in week-7, another. Week-8 is recovery, and will go back to the same mileage as week-5. Progression begins again in week-9, which will be the same as week-7, increase your mileage by 1 mile in week-10, and another in week-11. Week-11 will put you at your long run goal.

If this progression has exceeded your long-run goal distance, then work your way back through your long-run schedule. Week-11 will remain your goal-distance, week-10 will be 1 mile less than week-11, and week 9 will be 2 miles less than week-11. Week-8 is a recovery week and will be approximately the same as your long run on week-2.

If your long run on week-7 is also longer than your goal for week-11, then modify weeks 4-7 to match weeks 8-11.

If this sounds a little confusing, you will definitely want to make copies of your "Base-Phase Master Plan" and fill it in as you read through the instructions. Also, please look at "Joe Runner's Base-Phase Master Plan" as a guide.

Next, we will fill in your weekly fast runs. Looking back at worksheet-A, we have scheduled a tempo run for week-1 of our base phase of duathlon training. We will duplicate this run on each of the odd-numbered weeks in our "Base-Phase Master Plan." On the even weeks, we will do a moderate set of intervals designed to improve running form and maintain leg speed. Fill in "Form Intervals" on the even-numbered weeks of your "Base-Phase Master Plan."

Form Intervals are really quite simple. You will run at 5K race pace for 1 minute, and take a 1 minute easy jogging recovery following the hard effort. This is not an all-out sprint. Instead, you

will focus on standing tall, getting good knee lift and leg extension and “running proud” instead of plodding along all hunched over. I typically do 10 of these 1 minute efforts in a workout. Depending on the length of your workout, you may want to do only 5, or maybe trim them down to 30 seconds each. I do not advocate doing more than 10 hard efforts.

All other run workouts during the week will be done at an easy to moderate effort, at a pace where you could easily carry on a conversation with a running partner. The length of these runs, as well as your fast day, will remain constant through the base phase of training.

Now, on to the bike.

Our long bike ride will follow a similar build-up to the long run, although several factors make the bike a bit different. The first, and certainly not the least important is the weather. Winter can be hell on a well designed plan, so you have to be flexible when it comes to winter riding time.

I recommend a wind trainer to anyone who is taking the plunge into a sport that involves biking - it is a one-time investment that allows you a great deal of flexibility when it comes to training. You can bike at 5:00 a.m. or after dinner - and weather is never an issue. Also, with the wind trainer there is no coasting, so I think of wind trainer time as quality training time. 40 minutes on the trainer is roughly equivalent to 60 minutes on the road (although without a TV and VCR it can get quite boring!)

The second difference between riding and running is that biking is low impact, so you can make leaps in the length of your long ride without any serious consequences.

The longest ride in the Mile-High Duathlon Series is 30K, or 18.6 miles. Obviously, you will want to be able to cover at least this distance in training. I would recommend building up to a long ride of at least 25-30 miles.

Also, keep in mind that while the bike courses in Mile-High Duathlon Series are all paved, a mountain bike is perfectly acceptable, and much of your training can be done on dirt roads. On race day, however, you will want to leave the knobby tires at home and replace them with tires that have a less aggressive

tread. Knobby tires will be an annoyance on a paved route.

After your first ride, you will get a feel for your individual riding speed. Try and increase your long ride by 15 minutes or so each week until you are doing 25-30 miles for your long ride. Of course, you can ride longer if you choose, but this is the minimum recommended distance you should be doing for your long ride by the time early April rolls around.

Also, make sure to build for only 3 weeks at a time, then drop back to an easy 10 miler on every fourth week to give your body the opportunity for complete recovery. And if you're confined to the wind trainer - I would not recommend going any longer than 45 minutes to an hour in one ride. That is just a recipe for losing interest in your training program. Please check out “Joe Runner’s” schedule for reference.

As I mentioned earlier - if you are a long-time cyclist or bike racer, then you will probably want to maintain much of your cycling training as-is, however you will probably want to drop one of your weekly cycling workouts to compensate for your new running training.

If you have incorporated a cycling technique session into your weekly schedule, then fill it in now for the entire “Base-Phase Master Plan.” If you will be performing it on the wind trainer, then keep it to 30-45 minutes. My typical wind trainer technique drills take 45 minutes including warm-up and cool-down, and I perform them every week or two year round! It reinforces good pedaling technique.

Other riding days will be easier efforts during this phase - especially if you are a runner who is just getting started in duathlon. The length of the rides can be as little as 30 minutes at this point. The goal is to get comfortable on the bike, and to “touch the sport” more frequently. Short daylight hours will certainly affect the length of your rides during the work week and as I mentioned earlier - wind trainer time should be kept to 60 minutes or less per session.

For the more experienced rider, incorporating a tempo ride at this point in training fits well into the base training phase. If you are not doing a tempo run during the week, then a tempo ride becomes almost mandatory.

At this point, your “Base-Phase Master Plan” is nearly complete. You have probably noticed that week-12 is conspicuously absent of workouts. Week-12 is your end of phase recovery week and is identical to week-4.

All unfilled boxes in your “Base-Phase Master Plan” should be filled in with “Off” or “Rest” to remind you not to over-do-it! Once you have done this, take a few minutes to review your plan and look for any workouts or trends that conflict with the real world.

Are any of your workout sessions too long for your lunch break? Did you schedule a long run for your wedding day? (although I snuck in a 15 miler on the morning of my wedding!)

Also, take this opportunity to find the boxes you have filled in as potential race dates. You do not want to be doing your long run or tempo run on either of the 2 days preceding a race. Modify those days to either “Rest” or an easy run or ride, whichever works best for you.

Now get out there and have some fun!!!

Base-Phase

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1							
2							
3							
4							
5							
6							

Useful Abbreviations

EZ - an Easy Run or Ride

Form - a form workout on the run

K - Kilometers

Long - A Long Run or Ride

Mi. - Miles

Min. - Minutes

Mod. - A Moderate Paced Run or Ride

Tech - A technique workout on the bike

Tempo - a Tempo Run or Ride at AT Effort

Use this space to list comments about specific workouts and races that may be helpful information for you this season. Always be sure to include the date.

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Master Plan

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat
7							
8							
9							
10							
11							
12							

Questionnaire

Please consult page-2 of the program guide-book for details on answering each question

- 1. How long have you been running?**
- 2. Please answer each of the following questions for your running experience.**
 - A -What was your typical weekly mileage over the past month?**
-How have your legs been feeling?
 - B -What was your typical mileage over the past 6 months?**
-How have your legs been feeling?
 - C -What was your “Biggest” week, and how often did you put in those kind of miles?**
-How did you feel?
 - D -Do you regularly incorporate speedwork or tempo training into your weekly schedule?**
 - E -How far do you typically go on your longest run of the week?**
- 3. Please answer each of the following questions for your cycling experience.**
 - A -What was your typical weekly mileage over the past month?**
-How have your legs been feeling?
 - B -What was your typical mileage over the past 6 months?**
-How have your legs been feeling?
 - C -What was your “Biggest” week, and how often did you put in those kind of miles?**
-How did you feel?
 - D -Do you regularly incorporate speedwork or tempo training into your weekly schedule?**
 - E -How far do you typically go on your longest run of the week?**
- 4. Do you regularly mix-up your training during the week, doing both running and cycling.**
- 5. How much time do you have available each week to devote to training? Use Worksheet-A**
- 6. List your best running time for every distance from 1/4 mile to the 10K over the past 2 years.**
- 7. Do you own a wind trainer?**
- 8. Jot down any additional physical activities you enjoy and a comment on them.**

Worksheet - A

Day	Current Training		Training Min. Avail.	Duathlon Training	
	Time / Dist	Effort		Effort	First Week
Mon.	R:			R:	
	B:			B:	
Tue.	R:			R:	
	B:			B:	
Wed.	R:			R:	
	B:			B:	
Thu.	R:			R:	
	B:			B:	
Fri.	R:			R:	
	B:			B:	
Sat.	R:			R:	
	B:			B:	
Sun.	R:			R:	
	B:			B:	
Total	R: B:	X		R: B:	X

Other Activities: _____

Joe Runner's Sample

Worksheet - A

Day	Current Training		Training Min. Avail.	Duathlon Training	
	Time / Dist	Effort		Effort	First Week
Mon.	R: 3 Mile	Tempo	1 Hour	R: Tempo	35 Min. (20T)
	B:			B:	
Tue.	R:		1 Hour	R:	
	B:			B: EZ	30 Min.
Wed.	R: 3 Mile	EZ	1 Hour	R: Long	5 Miles
	B:			B:	
Thu.	R:		1 Hour	R:	
	B:			B: EZ	30 Min.
Fri.	R: 3 Mile	EZ	1 Hour	R: EZ	2 Miles
	B:			B:	
Sat.	R: 5 Mile	EZ	3 Hrs	R:	
	B:			B: Long	10 Miles
Sun.	R:		2 Hrs	R:	
	B:			B:	
Total	R: 14 B: 0	X	10 Hrs	R: 11 B: 20	X

Other Activities: _____

Dates: ___/___/___ - ___/___/___ **Phase:** _____ **Week #** _____

	PURPOSE	COMMENTS	MILES OR MIN.
M O N			
T U E			
W E D			
T H U			
F R I			
S A T			
S U N			

WEEKLY RUN TOTAL:

WEEKLY BIKE TOTAL:

WEEKLY COMMENTS:

Dates: ___/___/___ - ___/___/___ **Phase:** _____ **Week #** _____

	PURPOSE	COMMENTS	MILES OR MIN.
M O N			
T U E			
W E D			
T H U			
F R I			
S A T			
S U N			

WEEKLY RUN TOTAL:

WEEKLY BIKE TOTAL:

WEEKLY COMMENTS:
