



15wk Complete Training Programme

i ABOUT THIS PLAN

This 15 week programme is designed to prepare you physically for the Storm The Castle duathlon. The programme is timed so that you begin it exactly 15wks prior to race day and use it all the way up to the race.

You have chosen the 'Complete' programme which will ensure that you can complete the race distance at the same time as working hard to achieve the best possible race time.

If possible it makes sense to try and train with other like minded athletes, as long as their goals are not too dissimilar to your own. If you do decide to train with others it helps if they are of a similar fitness level to yourself, you should not train with others who are too fast or too slow for you, also steer clear of the kind of athletes who just want to race all of the time. This is training, not racing.

Each session is planned for you and details the time, intensity and venue for how the session should be completed. In each session box you will see that there are the letters RPE, this refers to the intensity of how hard you should work and means Rate of Perceived Exertion. At the back of the programme is a table helping you understand what each RPE number means. You will also see that the location of where the session should be completed is given for you, O = outdoors, Trd = Treadmill and Gym means the indoor gym. If you do not have access to a gym with a treadmill then every session will need to be outdoors.

It is important that you complete some sessions prior to race day that simulate the race itself, we call these sessions a BRICK. Any BRICK session means that you combine the 2 disciplines in one session with them being executed one straight after the other. It could be a bike followed by a run or even a run/bike/run session. When preparing for these sessions try to organise yourself and be able to immediately transfer from one sport to the next.

If you are currently used to doing a strength training session we would suggest that you continue to do this. We would suggest that a maximum of 2 strength training sessions is enough when combined with this duathlon plan. Ideally it should be completed on one of the REST days given or

The specific objectives in the programme are:

1. Creating a structure for the athlete to complete the training
2. Establishing and building an aerobic base
3. Completing sessions that will replicate the race distances
4. Considering sport-specific fitness with high intensity training
5. Completing race simulation training sessions (BRICK)



it will make a double session day. If you are not currently doing any strength training then we would suggest that you try to include some but speak to a fitness professional before beginning any structured strength plan.

RG Active are organising training sessions on the Storm The Castle route and you can join them by contacting the organisers of the race to book your place. Knowing the race course and understand how to race the course is incredibly advantageous on race day.

[The training plan >](#)



www.StormTheCastleDuathlon.com

Phase 1

	MON	TUES	WED	THURS	FRI	SAT	SUN
Wk 1	Run #1 Trd/R 40mins @ RPE:6-8	REST	Bike #1 G 50mins @ RPE:6-9	Run #2 Trd/R 45mins @ RPE:6-8	REST	Run Trd/O 5-7km @ RPE:7-8	Bike O 25km @ RPE:6-7 Include some gentle climbs
Wk 2	Run #1 Trd/R 40mins @ RPE:6-8	REST	Bike #1 G 50mins @ RPE:6-9	Run #2 Trd/R 45mins @ RPE:6-8	REST	Run Trd/O 7km @ RPE:7-8	Bike O 30km @ RPE:6-7 Include some gentle climbs
Wk 3	Run #1 Trd/R 40mins @ RPE:6-8	REST	Bike #1 G 50mins @ RPE:6-9	Run #2 Trd/R 45mins @ RPE:6-8	REST	Run Trd/O 7-8km @ RPE:7-8	Bike O 35km @ RPE:6-7 Include some gentle climbs
Wk 4	Run #1 Trd/R 40mins @ RPE:6-8	REST	Bike #1 G 50mins @ RPE:6-9	Run #2 Trd/R 45mins @ RPE:6-8	REST	Run Trd/O 8-10km @ RPE:7-8	Bike O 35km @ RPE:6-7 Include some gentle climbs
Wk 5	Run #1 Trd/R 40mins @ RPE:6-8	REST	Bike #1 G 50mins @ RPE:6-9	Run #2 Trd/O 5km Time Trial	REST	Run Trd/O 5-7km @ RPE:7-8	Bike O 25km @ RPE:6-7 Include some gentle climbs

KEY:

Trd = Treadmill,
O = Outdoors
G = Gym
R = Road
BRICK = a multiple training session with disciplines completed immediately after each other

SESSION DEFINITIONS:

Run #1:

5-6mins warm up @ RPE:6 then 5 x (1min steep climb @ RPE:8 / 4mins steady @ RPE:6)

Bike #1:

10mins warm up @ RPE:6 then 4 x (4mins big gear climbing simulation @ RPE:7-8 / 6mins recovery @ RPE:6)

Run #2:

5-6mins warm up @ RPE:6 then 8 x (2mins hard run @ RPE:8-9 / 3mins recovery @ RPE:6)



Phase 2

	MON	TUES	WED	THURS	FRI	SAT	SUN
Wk 1	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr @ RPE:6-9	Run #2 Trd/R 50mins @ RPE:6-8	REST	Run Trd/O 8km @ RPE:7-8 This needs to be a run including hill reps	BRICK R Bike R 30km @ RPE:7 Run R 5km @ RPE:7 Both must include hills
Wk 2	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr @ RPE:6-9	BRICK G Run G 25mins @ RPE:7 Bike G 25mins @ RPE:7-8	REST	Run Trd/O 10km @ RPE:7-8	Bike O 35-40km @ RPE:6-7 Include some gentle climbs
Wk 3	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr @ RPE:6-9	Run #2 Trd/R 50mins @ RPE:6-8	REST	Run Trd/O 8km @ RPE:7-8 This needs to be a run including hill reps	BRICK R Bike R 35km @ RPE:7 Run R 6km @ RPE:7 Both must include hills
Wk 4	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr @ RPE:6-9	BRICK G Run G 25mins @ RPE:7 Bike G 35mins @ RPE:7-8	REST	Run Trd/O 10km @ RPE:7-8	Bike O 40km @ RPE:6-7 Include some gentle climbs
Wk 5	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr @ RPE:6-9	Run Trd/O 5km Time Trial	REST	Run Trd/O 5-7km @ RPE:7-8	Bike O 25km @ RPE:6-7 Include some gentle climbs

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SESSION DEFINITIONS:

Run #1:
 5-6mins warm up @ RPE:6 then 5 x (3mins steady climb @ RPE:8 / 2mins steady @ RPE:5 / 1min very steep climb @ RPE:10 / 4mins steady @ RPE:6)

Bike #1:
 10mins warm up @ RPE:6 then 5 x (3mins big gear climbing simulation @ RPE:7-8 / 3mins recovery @ RPE:6 / 1min maximum effort climb standing out of saddle @ RPE: 10 / 3mins steady @ RPE:6)

Run #2:
 5-6mins warm up @ RPE:6 then 10 x (3mins hard run @ RPE:8-9 / 1min complete rest @ RPE:4)



Phase 3

	MON	TUES	WED	THURS	FRI	SAT	SUN
Wk 1	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr 10mins @ RPE:6-9	Run #2 Trd/R 50mins @ RPE:6-8	REST	Run Trd/O 10km @ RPE:7-8 This needs to be a run including hill reps	BRICK R Bike R 35km @ RPE:7 Run R 6km @ RPE:7 Both must include hills
Wk 2	Run #3 Trd/R 1hr 10mins @ RPE:6-10	REST	Bike #1 G 1hr 10mins @ RPE:6-9	BRICK G Run G 40mins @ RPE:7 Bike G 20mins @ RPE:7-8	REST	Run Trd/O 10-12km @ RPE:7-8	Bike O 40-45km @ RPE:6-7 Include some gentle climbs
Wk 3	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #1 G 1hr 10mins @ RPE:6-9	Run #2 Trd/R 50mins @ RPE:6-8	REST	Run Trd/O 3-5km @ RPE:7-8 This needs to be a run including hill reps	BRICK R Run R 10km @ RPE:8 Bike R 35km @ RPE:7 Run R 5km @ RPE:8 All must include hills
Wk 4	Run #3 Trd/R 1hr 10mins @ RPE:6-10	REST	Bike #1 G 1hr 10mins @ RPE:6-9	BRICK G Bike G 40mins @ RPE:7 Run G 20mins @ RPE:7-8	REST	Run Trd/O 3-5km @ RPE:7-8 This needs to be a run including hill reps	BRICK R Run R 6-7km @ RPE:8 Bike R 30km @ RPE:8 Run R 3km @ RPE:8 All must include hills
Wk 5	Run #1 Trd/R 1hr @ RPE:6-10	REST	Bike #2 G 40mins @ RPE:6-9	Run Trd/O 4-5km @ RPE:7-8	REST	Pre Race Ride 15-20mins @ RPE:5-6 Pre Race Run 10mins @ RPE:6	

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SESSION DEFINITIONS:

Run #1:
5-6mins warm up @ RPE:6 then 10 x (1min 30secs very steep climb @ RPE:9-10 / 3mins 30secs recovery @ RPE:5-6)

Bike #1:
10mins warm up @ RPE:6 then 10 x (2mins big gear climbing simulation @ RPE:8 / 1min maximum effort climb standing out of saddle @ RPE: 9-10 / 3mins steady @ RPE:6)

Run #2:
5-6mins warm up @ RPE:6 then 8 x (3mins @ RPE:8 / 30secs sprint @ RPE:10 / 1min complete rest @ RPE:4)

Bike #2:
5mins warm up @ RPE:6 then 6 x (1min big gear climbing simulation @ RPE:8 / 1min maximum effort climb standing out of saddle @ RPE: 9-10 / 3mins steady @ RPE:6)

Run #3:
5-6mins warm up @ RPE:6 then 5 x (8mins hard run @ RPE:8 / 2mins easy recovery @ RPE:5-6)



Rate of Perceived Exertion

We will use the Rate of Perceived Exertion (RPE) scale illustrated below to determine the intensity of your sessions. These will be highlighted in each session text to make it clear as to what is expected. This table helps you understand exactly how you should feel when executing the training session.

Due to the nature of the scale, it is subjective and requires you to feel how your body is responding to the exercise, when doing this consider how your heart is pumping, how quickly you are breathing, how much you are sweating and how much discomfort you are experiencing in your legs.

Please remember that everybody's RPE figure could be different to yours when exercising at the same speed because we all respond differently to exercise.

RPE

0	Complete Rest
1	Very Weak: I am just about moving
2	Weak: I am walking at a faster pace and can hold a conversation easily
3	Light: I am beginning to sweat a little, but can hold conversation throughout
4	Moderate: I am very happy at this effort
5	Somewhat Strong: I am sweating more heavily and starting to feel my breathing is becoming more stressed
6	Strong: I am beginning to feel more out of breath but could maintain this pace for a few hours
7	Very Strong: My breathing is very laboured, but I can still maintain pace for an hour without slowing.
8	Hard: I am starting to struggle to hold this pace and my heart is racing and am sweating heavily
9	Very Hard: This is hurting and I can only hold this effort for up to 5mins
10	Extremely Hard: I am absolutely flat out and this is sprinting. I will need to stop after 30secs.