



Wisconsin Du Series Beginner Program - 5K to Duathlon

GOAL 1: Build up the training slowly!

GOAL 2: Focus on stretching and recovery after workouts! Do mainset once warmed up!

GOAL 3: Make your transitions fast when practicing the brick sessions! Don't crowd your transition space, keep it simple!

GOAL 4: On FREE DAY; you can choose to take the day off or exercise, just keep it easy.

KEY: Terms

RPE = rate of perceived exertion

1= rest; 2-3= light exertion; 4-5= moderate exertion; 6-7= somewhat hard exertion;

8= hard exertion; 9= very hard exertion; 10= maximal effort

Strides = accelerate a bit faster than your typical training pace

Running Hills= 5% incline at RPE of 9, do when warmed up

'= minutes, ''= seconds

Bike workouts ex: 10x1' RPE 8, 1' easy = After a good warmup, ride at RPE 8 for 1', then easy for 1', repeat

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	25' run/walk as 2'walk, 3'run (x5)	Bike: 45' at RPE 7	25' run/walk as 2'walk, 3'run (x5)	FREE DAY	Bike: 45-60' at RPE 7	30' run/walk as 2'walk, 3'run (x6)	2h50'+
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	30' run/walk as 1'walk, 4'run (x6)	Bike: 60' at RPE 7	30' run/walk as 1'walk, 4'run (x6)	FREE DAY	Bike: 60' at RPE 7	35' run/walk as 1'walk, 4'run (x7)	3h35'+
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	36' run/walk as 1'walk, 5'run (x6)	Bike: 60' w/ 10x1' RPE 8, 1' easy	36' run/walk as 1'walk, 5'run (x6)	FREE DAY	Bike: 60' w/10x1' RPE 8-9, 1' easy	42' run/walk as 1'walk, 5'run (x7)	3h54'+

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	42' run/walk as 1'walk, 6'run (x6)	Bike: 60' w/ 5x2' RPE 8, 2' easy	42' run/walk as 1'walk, 6'run (x6)	FREE DAY	Bike: 60' w/ 5x2' at RPE 8-9, 2' easy	49' run/walk as 1'walk, 6'run (x7)	4h15'+
Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Recovery Week	OFF	24' run/walk as 1'walk, 7'run (x3)	Bike: 45' at RPE 7	32' run/walk as 1'walk, 7'run (x4)	FREE DAY	Bike: 45' at RPE 7	30' run/walk as 1'walk, 4'run (x6)	2h56'
Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	40' run/walk as 1'walk, 7'run (x5)	Bike: 60' w/ 5x3' RPE 8, 3' easy	40' run/walk as 1'walk, 7'run (x5)	Bike: 60' at RPE 7	Brick: Bike 45', Run 10'	35' Total: 6x15" Hill Repeats	4h50'
Week 7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	45' run, finish with 6x40step strides	Bike: 60' w/ 4x4' RPE 8, 4' easy	45' run/walk as 1'walk, 8'run (x5)	Bike: 60' at RPE 7	Brick: Run 10, Bike 45', Run 15'	35' Total: 8x15" Hill Repeats	5h15'
Week 8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	45' run, finish with 6x40step strides	Bike: 60' w/ 3x6' RPE 8, 4' easy	45' run/walk as 1'walk, 8'run (x5)	Bike: 60' at RPE 7	Brick: Bike 60', Run 15'	40' Total: 10x15" Hill Repeats	5h25'
Week 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
	OFF	40' run, finish with 6x40step strides	Bike: 60' w/ 2x10' RPE 8, 5' easy	40' run, finish with 4x40step strides	Bike: 60' at RPE 7	Brick: Run 10', Bike 60' Run 20'	40' Total: 10x15" Hill Repeats	5h30'
Week 10	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
race week	OFF	35' run, finish with 4x40step strides	Bike: 45' w/ 10x1' RPE 8, 1' easy	20' run, finish with 4x40step strides	Day off to rest up for your race day best!	Bike: 30' at RPE 7	RACE DAY!	2h10' + Race!