

Kickin' Leaves Duathlon 8 Week Novice Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run: 20	Off	Bike: 40	Run: 20	Bike: 20	Off	Bike: 60
2	Run: 25	Off	Run: 30	Bike: 45	Bike: 30	Off	Bike: 60 Run: 10
3	Run: 25	Off	Run: 35	Bike: 60	Bike: 45	Off	Bike: 15 Run: 45
4	Bike: 30	Off	Run: 15 Bike: 30 Run: 15	Bike: 45	Run: 30	Off	Run: 20 Bike 60
Rest 5 Week	Run: 15	Off	Bike: 30	Run: 20	Bike: 30	Off	Run: 15 Bike: 30 Run: 15
6	Run 45	Off	Bike: 65	Run: 30	Run: 60	Off	Run: 20 Bike: 30 Run: 20 Bike: 30 Run: 20
7	Bike: 45	Off	Bike: 60	Run: 35	Bike: 45	Off	Run: 10 Bike: 60 Run: 10
8	Run: 30	Off	Run: 10 Bike: 15	Bike: 10 Run: 5 Rest	Off	Duathlon	Rest

