**LONESTAR MULTISPORTS DUATHLON CHALLENGE**

This month’s “challenge” offers **three different duathlon distances – “Standard”, “Long” and “Ultra”.** Every duathon begins with a run, followed by a bike and finishing with a second run.

**The three “courses”** offered are:

**STANDARD: 2020 AG USAT National Duathlon Championships in Tuscaloosa AL (R/5.9miles, B/25.4 miles, R/3.1 miles**) in May

**LONG:** **2020 Miami Man** **Half Duathlon in Miami (R/2 miles, B/56 miles, R/13.1 miles)** in September

**ULTRA: 2020** **International Triathlon Union (ITU) Long Course Powerman Duathlon World Championship (R/6.2 miles, B/93.1 miles, R/18.6 miles**) in Zofingen Switzerland in September.

**I’ll offer a 2, 3, and 4-week plan to do the various distances.** **They are only recommendations**, as are the frequency of workouts (WKOs) and the distance of each WKO. You are entirely at liberty to do whatever schedule you want to follow – mine are ideas of just one approach to the different duathlon distances of each sport to aid those of you who might benefit from structure to your efforts.

Via whatever series of WKOs you do, the major restriction I place on you is that YOU **MUST** COMPLETE THE **FIRST RUN** PORTION OF THE DUATHLON **BEFORE** YOU BEGIN ACCUMULATING THE **BIKE** DISTANCE – AND YOU **MUST** COMPLETE THE BIKE PORTION OF THE “CHALLENGE” **BEFORE** DOING/COUNTING THE MILAGE AND TIMES FOR THE **SECOND RUN**.

 I.e., the Standard Distance is R/5.9 miles, B/24.3 miles and R/2.8 miles. Sooooo, you can’t log any cycling miles UNTIL you’ve logged 5.1 miles (and the date/time done); THEN you can start logging your info for the24.3 mile bike – AFTER you’ve logged the minimum 24.3 miles of information, that’s when you can log your last 2.8 miles. Maybe more clearly states: **do the first run before working on the bike and don’t count any run time for the second run until the bike distance is done. Do only the first run, THEN the bike, and finish only with the last run**. Hopefully something of all this was clear…

**And you can “log” your runs and rides on the road, trainer, treadmill, etc. – any means that allows you to accurately measure the distance of a workout and the time it took to do it.**

I’m planning on starting the “DC” on 3 Feb, Monday**. If you choose to do the Ultra Distance/4 Week,** **you** **need to start on 3 Feb** **– you can start logging the distance ANY day after the 3rd, BUT the very last day you can log a WKO will be on 1 Mar, 4 weeks after 3 Feb**. If you choose **to do the Standard Du/2 Week Plan or the Long Du/3 Week Plan, you can start on Feb 3rd or any day thereafter so long as all WKOs are logged NLT 1 Mar. In essence, you have 28 days to finish ANY of** **the 3 distances** offered. You’re choice, your challenge. Send your files/log sheet, etc. when you’ve completed the distance you choose; **I need all data NLT 2 Mar** to do awards. Yes, awards….

**PLEASE EMAIL ME IF YOU WANT TO DO THE CHALLENGE – I’LL SEND YOU THREE SUGGESTED “PLANS” AND A LOG SHEET IF YOU NEED ONE.**

 If you have a coach, be SURE s/he approves you doing this. If there are any questions on any of the above, shoot some electrons to rbyard@satx.rr.com. More info will be posted before 3 Feb.