#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 3

Week starting Monday the 15th of Jan

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|  | Plans created by Emmet Kelly WTC |
| Monday | Rest |
| Tuesday | Bike for 45 mins |
| Wednesday | Run for 3 minutes’ walk for 2 minutes repeat for 45 mins |
| Thursday | Run for 5 minutes Bike for 35 minutes, Run for 5 minutes |
| Friday | Rest |
| Saturday | Bike for 60mins followed by 15 minute run |
| Sunday | Walk for 45 mins – run a little if you’re feeling good |

