#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 4

Week starting Monday the 22nd of Jan

Plan created by Emmet Kelly

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| Monday | Rest |
| Tuesday | Bike for 40 minutes |
| Wednesday | Run for 30 minutes include some sprint efforts |
| Thursday | Bike for 40 minutes followed by run for 25 mins |
| Friday | Rest |
| Saturday | Bike for 75 mins followed by 20 minute run |
| Sunday | Run for 60 minutes Include Some Hills |

Logo, company name

Description automatically generated