

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 2

Week starting Monday the 10th of Jan

Monday	Easy Week
Tuesday	Bike for 30 mins
Wednesday	Run for 3 minutes' walk for two minutes repeat for 30 mins
Thursday	Bike for 30 minutes
Friday	Rest
Saturday	Bike for 60mins
Sunday	Walk for 45 mins – run a little if you're feeling good

