#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 2

Week starting Monday the 8th of Jan

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| 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 |

*All plans created by Emmet Kelly WTC*

Logo, company name

Description automatically generated