

#Couch2Duathlon

# WTC Tramore Duathlon Training Plan

## Beginner Plan Week 5

Week starting Monday the 30<sup>th</sup> of Jan

Plan created by Emmet Kelly

<b>Monday</b>	Rest
<b>Tuesday</b>	Bike for 30 minutes at your new effort
<b>Wednesday</b>	Run for 4 minutes' walk for 1 minutes repeat for 30 mins
<b>Thursday</b>	Bike for 30 minutes
<b>Friday</b>	Rest
<b>Saturday</b>	Bike for 90 minutes
<b>Sunday</b>	Walk for 45 minutes run a little if you are feeling good.

