#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 2

Week starting Monday the 8th of Jan

All plans created by Emmet Kelly WTC

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| Monday | Easy Week |
| Tuesday | Bike for 40 mins |
| Wednesday | Run for 30 minutes |
| Thursday | Bike for 40 minutes followed by 20 min Run |
| Friday | Rest |
| Saturday | Bike for 105 mins Include some Climbing |
| Sunday | Run 40 minutes easy |

Logo, company name

Description automatically generated