

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 4

Week starting Monday the 24th of Jan

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

