

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 6

Week starting Monday the 6th of Feb

Plan created by Emmet Kelly

Monday	Taper Week
Tuesday	Bike for 45 minutes
Wednesday	Run for 3 minutes' walk for 2 minutes repeat for 30 mins
Thursday	Run for 5 minutes Bike for 30 minutes Run for 5 minutes
Friday	Rest
Saturday	Race Day
Sunday	

