

# #Couch2Duathlon

## WTC Tramore Duathlon Training Plan

### Intermediate Plan Week 3

Week starting Monday the 16th of Jan

Plan created by Emmet Kelly

<b>Monday</b>	Rest
<b>Tuesday</b>	Bike for 40 mins
<b>Wednesday</b>	Run for 30 minutes - include some sprint efforts
<b>Thursday</b>	Bike for 40 minutes, followed by a 25 minute Run
<b>Friday</b>	Rest
<b>Saturday</b>	Bike for 75mins followed by 20minute run
<b>Sunday</b>	Run for 60 minutes Include Some Hills

