#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 6

Week starting Monday the 5th of Feb

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| 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 |  |

Logo, company name

Description automatically generated