#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 4

Week starting Monday the 22nd of Jan

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| Monday | Rest |
| Tuesday | Bike for 45 minutes try to increase your effort for the duration |
| Wednesday | Run for 4 minutes’ walk for 1 minutes repeat for 30 mins |
| Thursday | Run for 5 minutes Bike for 35 minutes followed by run for 5 mins |
| Friday | Rest |
| Saturday | Bike for 60 mins followed by 15 minute run |
| Sunday | Walk for 45 mins – run a little if you’re feeling good |

Logo, company name

Description automatically generated