#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 1

Week starting Monday the 1st of Jan

Plans created by Emmet Kelly WTC

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| Monday | Rest |
| Tuesday | Bike for 40 mins |
| Wednesday | Run for 3 minutes’ walk for two minutes repeat for 40 mins |
| Thursday | Run for 5 minutes Bike for 30 minutes followed by 5 minute Run |
| Friday | Rest |
| Saturday | Bike for 60mins followed by 5 minute run |
| Sunday | Walk for 45 mins – run a little if you’re feeling good |

Logo, company name

Description automatically generated