

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 3

Week starting Monday the 17th of Jan

Monday	Rest
Tuesday	Bike for 45 mins
Wednesday	Run for 3 minutes' walk for 2 minutes repeat for 45 mins
Thursday	Run for 5 minutes Bike for 35 minutes, Run for 5 minutes
Friday	Rest
Saturday	Bike for 60mins followed by 15 minute run
Sunday	Walk for 45 mins – run a little if you're feeling good

