

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 4

Week starting Monday the 23rd of Jan

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

