

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 2

Week starting Monday the 9th of Jan

All plans created by Emmet Kelly WTC

Monday	Easy Week
Tuesday	Bike for 40 mins
Wednesday	Run for 30 minutes
Thursday	Bike for 40 minutes followed by 20 min Run
Friday	Rest
Saturday	Bike for 105 mins Include some Climbing
Sunday	Run 40 minutes easy

