

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 1

Week starting Monday the 3rd of Jan

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

