

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 6

Week starting Monday the 6th of Feb

Plan created by Emmet Kelly

Monday	Taper Week
Tuesday	Bike for 20 minutes
Wednesday	Run for 20 minutes' include some sprint efforts
Thursday	Bike for 20 minutes followed by a 10 Minute Run
Friday	Rest
Saturday	Race Day
Sunday	

