#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 6

Week starting Monday the 5th of Feb

Plan created by Emmet Kelly

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| 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 |  |

