#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Beginner Plan Week 5

Week starting Monday the 29th of Jan

Plan created by Emmet Kelly

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| Monday | Rest |
| Tuesday | Bike for 30 minutes at your new effort |
| Wednesday | Run for 4 minutes’ walk for 1 minutes repeat for 30 mins |
| Thursday | Bike for 30 minutes |
| Friday | Rest |
| Saturday | Bike for 90 minutes |
| Sunday | Walk for 45 minutes run a little if you are feeling good. |

Logo, company name

Description automatically generated