

#Couch2Duathlon

# WTC Tramore Duathlon Training Plan

## Intermediate Plan Week 5

Week starting Monday the 31<sup>st</sup> of Jan

<b>Monday</b>	Rest
<b>Tuesday</b>	Bike for 40 minutes
<b>Wednesday</b>	Run for 30 minutes include some sprints
<b>Thursday</b>	Bike for 40 minutes followed by 25 minute Run
<b>Friday</b>	Rest
<b>Saturday</b>	Run for 15 minutes Bike for 45 minutes followed by a run for 15 minutes
<b>Sunday</b>	Run for 40 minutes easy

