

#Couch2Duathlon

WTC Tramore Duathlon Training Plan

Intermediate Plan Week 1

Week starting Monday the 3rd of Jan

Monday	Rest
Tuesday	Bike for 45 mins
Wednesday	Run for 40 minutes – Include some sprint efforts
Thursday	Bike for 30 minutes followed by 15 minute Run
Friday	Rest
Saturday	Bike for 105 minutes include some climbing
Sunday	Run for 60 minutes easy

