# #Couch2Duathlon

## Eirgen WTC Tramore Duathlon Training Plan

### Intermediate

Week starting Monday 10th February

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|---|---|
| **Monday** | Rest |
| **Tuesday** | Bike for 40 Minutes |
| **Wednesday** | Run for 30 Minutes - Include some sprint efforts |
| **Thursday** | Bike for 40 Minutes followed by a 25 Minute Run |
| **Friday** | Rest |
| **Saturday** | Run for 15 Minutes then Bike for 45 Minutes followed by a 15 Minute Run |
| **Sunday** | Run for 40 Minutes Easy |

EirGen Pharma

Waterford Triathlon Club