

#Couch2Duathlon

Eirgen WTC Tramore Duathlon Training Plan Beginner

Week starting Monday 20th January

Monday

Easy Week

Tuesday

Bike for 30 Minutes

Wednesday

Run for 3 Minutes, Walk for 2 Minutes -
Repeat for 30 Minutes

Thursday

Bike for 30 Minutes

Friday

Rest

Saturday

Bike for 60 Minutes

Sunday

Walk for 45 Minutes - Run a little if you feel
good!

