



Set

Weeks 1-2: Establishing Base

The first two weeks are all about laying a strong foundation for success, gently prepare your body for the challenges ahead.



Session 1: Swim (Technique & Endurance)

- Warm-up: 2 × 25m easy, focus on breathing
- Main: 6 × 25m swim, 30s rest between
- Drills: 4 × 25m kick with board OR side breathing
- Cool down: 50m easy swim

Total: ~250–300m



Session 2: Bike (Endurance)

- Warm-up: 5 min easy spin
- Main: 15 min continuous ride, steady pace
- Finish: 2 × 2 min slightly harder effort, 2 min easy spin between
- Cool down: 5 min easy

Total: ~25 min



Session 3: Run/Walk (Intro)

- Warm-up: 5 min brisk walk
- Main: 8 × (1 min jog / 2 min walk)
- Cool down: 5 min walk + stretch

Total: ~25 min, ~1.5–2 km covered