



Set

Weeks 3-4: Building on your foundation

You've made it to weeks 3 and 4 of your journey. You're doing great, let's build on your efforts.

Goal: Reach close to race distances in each sport separately.



Session 1: Swim

- Warm-up: 2 × 50m easy
- Main: 4 × 50m, 30s rest
- Drill: 4 × 25m breathing every 3rd stroke
- Endurance set: 100m continuous swim
- Cool down: 50m easy swim

Total: ~400m



Session 2: Bike

- Warm-up: 5 min brisk walk
- Main: 3 × 5 min jog, 2 min walk between
- Cool down: 5 min walk

Total: ~25–30 min, ~2–2.5 km covered



Session 3: Run/Walk

- 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