Your first month of triathlon training: About 2.5–3 h a week

Building the habit before a plan

Brick to Brick

Week	Mon	✓	Tue	✓	Wed	✓	Thu	✓	Fri	✓	Sat	✓	Sun	✓
Week 1 Start	Rest		Swim 20–30 min: short lengths with rests, breathing out under water		Run-walk 20–25 min		Bike 30–40 min easy with skills (gears, braking, looking back)		Rest or 15–20 min strength and mobility		Swim 20–30 min		Bike 45 min easy (or run-walk 25 min)	
Week 2 Add a little	Rest		Swim 20–30 min: short lengths with rests, breathing out under water		Run-walk 25 min		Bike 30–40 min easy with skills (gears, braking, looking back)		Rest or 15–20 min strength and mobility		Swim 20–30 min		Bike 50 min easy	
Week 3 Add a little	Rest		Swim 30 min		Run-walk 25–30 min		Bike 40–45 min easy with skills		Rest or 15–20 min strength and mobility		Swim 20–30 min		Bike 50 min easy	
Week 4 (easier) Consolidate	Rest		Swim 20–30 min: short lengths with rests, breathing out under water		Run-walk 20–25 min		Bike 30–40 min easy with skills (gears, braking, looking back)		Rest or 15–20 min strength and mobility		Swim 20–30 min		Bike 40 min easy	

Effort guide

- Every session easy: you can talk in full sentences
- Change one thing at a time: a little longer, or one more session, not both

Notes

- Warning signs: soreness lasting more than two days, feeling flat for a week, poor sleep.
- Any chest pain, dizziness or unusual breathlessness: stop and see a doctor.
- **Week 2:** Add 5–10 minutes to one session in each sport, or an extra short session in your weakest sport.
- **Week 4 (easier):** Slightly easier to let your body catch up. You should feel you could do more.

Race date and start

Race / goal date: _____

Week 1 starts (Monday): _____