First-month self-check and training log

Answer the self-check honestly, then log your first four weeks. Your weakest sport is where your first effort goes.

Brick to Brick

Two-minute self-check (tick yes)

Sport	Question	Yes
Swim	I can swim 25 m of any stroke without stopping or standing	☐
Swim	I can put my face in the water and breathe out calmly	☐
Bike	My bike's brakes, tyres and gears all work	☐
Bike	I can start, stop, look over my shoulder and ride one-handed briefly	☐
Bike	I can ride for 30 minutes	☐
Run	I can walk briskly for 30 minutes	☐
Run	I can jog for 5–10 minutes without stopping	☐
Run	I have no current pain in knees, hips, back or feet	☐
Health	No heart, breathing or other conditions, and no chest pain, dizziness or unusual breathlessness when exercising	☐

> A 'no' to either swim question: book lessons or an adult improver class first. A 'no' to the health question: speak to a doctor before you start.

Hours a week I can give every week (not just a good week):

The sport that worries me most:

My first four weeks

Week	Swim sessions	Bike sessions	Run sessions	Hours	How I felt / any pain
1					
2					
3					
4					

From our guide to starting triathlon training. The four-week plan itself is available as a separate PDF and calendar download on the same page. Full guide and sources: bricktobrick.co/start-here/how-to-start-training. General information, not medical or coaching advice. Updated 2026-11-21.