LYNX TRIATHLON

Step 1: come up with a 5k bike loop and 1k run loop

The workout:

Cycle: 1 x 5k loop & transition into run gear

Run: 1 x 1k loop & transition into bike gear

Cycle: 2 x 5k loops & transition into run gear

Run: 2 x 1k loops & transition into bike gear

Cycle: 1 x 5k loop & transition into run gear

Run: 1 x 1k loop & then cool down as needed

Total cycling distance: 20k

Total run distance: 4k