

HOW TO SURVIVE YOUR FIRST TRIATHLON



THE SPRINT TRIATHLON

PART 1

SWIM 1/2 MILE



HOW TO TRAIN:

- Hire a coach
- Purchase instructional swim videos to improve your stroke
- Join a Masters Swim Team to improve your technique

WHAT YOU NEED:

- A bathing suit
- Goggles

HOW TO FINISH PART 1:

- Focus on positive thoughts
- Focus on an object in the distance
- Find a swimming partner
- Avoid the chaos of the crowd by counting to 10 after the gun goes off and/or swim diagonal to the turn buoy

PART 2

BIKE 12 - 14 MILES



HOW TO TRAIN:

- Join a cycling club
- Take indoor Spinning classes
- Buy a stationary bike trainer and instructional workout DVDs

WHAT YOU NEED:

- A bike
- A helmet
- Bike shorts
- Bike shirt

HOW TO FINISH PART 2:

- Ride conservatively to conserve energy
- Take in fluids and extra calories if necessary
- Be aware of other athletes around you at all times
- Bring a spare tube (or two!) just in case you get a flat
- Always remember that "the bike sets up the run"



PART 3

RUN 3.1 MILES

HOW TO TRAIN:

- Join a running club
- Use short organized races like 5Ks as training
- Get fitted for the right shoes at a specialty running store
- Use a combination of treadmill and outdoor workouts
- Practice on mastering your running form: Arms bent to roughly 90 degrees, hands gently cupped, shoulders down and back & soft-foot strike

WHAT YOU NEED:

- Running shoes
- Shorts
- Shirt

HOW TO FINISH PART 3:

- Start out slowly to let your legs transition from biking to running
- Stay in the moment: Don't think about how far you have to go
- Put a smile on your face – It creates positive energy within your body
- Thank the volunteers along the course!

PART 4

MORE SURVIVAL TIPS

LEARN THE LANGUAGE: TRIATHLON TERMS

- **BRICK:** A bike workout followed immediately by a run
- **AERO BARS:** Special bike handlebars that allow for greater aerodynamics
- **PR:** Personal Record. Your best time for that distance.
- **DNF:** Did Not Finish. Dropping out of a race.

REFUEL YOUR BODY WHILE TRAINING WITH HEALTHY CARBS & PROTEIN:

- Wheat pasta & tuna (or chicken)
- Wheat bread with peanut butter
- Brown rice & beans
- Power Shake: Frozen fruit with protein powder

MENTAL TRAINING TO BOOST PERFORMANCE:

- I feel great!*
- I have trained and I am ready*
- I will finish the swim*
- Pick it up!*
- Nice and easy*