TRIATHLON BASICS

GOAL SETTING
"Begin, and you are halfway there." Alfred A. Montapert

Goals are dreams, desires, or visions of things we want to achieve. Ask yourself the following questions:

- Where am I now?
- Where do I want to go?
- Set steps (mini-goals) to get from here to there.
- Can I fit these steps into my life? - If so, go for it! - If not, adjust goal. Then, go for it!

Goals should be:

- Specific
- Measurable with a date
- Realistic and achievable
- Something valued by you personally

The Plan:

- Determine the steps it will take to achieve your goal
- Write down your plan---"Plan the work and work the plan"
- Record your progress---use a logbook to record your workouts Review your plan periodically:
- Adjust your steps or goal if necessary
- Congratulations! You made it! Pat yourself on the back and be proud of your accomplishment!

TRAINING HINTS

- The name of the game is to have fun. It's only a three-letter word, but it's very important.
- Remember that your rest days are just as important as your quality workout days.
- If you have to skip a workout during the week, make sure you get your quality workouts in.
- In a race, always stay aerobic (rather than going anaerobic) when running up a hill.
- Don't be afraid to rest. It is better to be under-trained than over-trained.
- Remember to maintain a balance in your life: Take time for your family and other relationships and to explore other joys of life besides swim, bike, and run.
- Listen to how your body feels rather than trying to keep up with your fellow athletes' training schedules.
- Practice your transitions. It's the easiest way to knock minutes off your finish time.
- For all you hard training women---EAT! (No low calorie diets of carrots and melba toast allowed).

WHY DO I DO TRIATHLONS?

For the fun of trying, satisfaction of finishing, the motivation to keep going and the strength in knowing "I can do it." Triathlon is a total fitness package, a great way to burn calories, be motivated and enjoy cross-training. It's also a fun way to meet and spend time with other fitness enthusiasts. Whether you are a casual jogger, beginner triathlete or someone wanting to get fit, this program will help you.

Swim Sets

- Build up to 500m without stopping
- Do some kicking if your arms get sore
- Use alternate strokes, i.e. breast or back stroke

- A favorite workout (based on a 25 yard pool): - 3 x 100 yd (4 laps) & 6 x 50 yd (2 lap) ° build up to 3 x through - 5 x 100 swim and 50 kick ° build up to 3 x through

Running

- Variety: road, trails and hills
- Try a 5 minute push in the middle of your run
- Treadmill is a good substitute if weather is bad
- A favorite workout: - On a hill push up and over the top, and - Farlek run ° pick up the pace to a point, recover, then repeat. Build up to 12 times

Biking

- Stationary bike, bike paths and hills
- Smooth riding position ° relax shoulders and no bouncing
- Pedal in circles and controlled high RPMs
- A favorite workout: - Farlek ride (same as farlek run) and - Spinning for 1 minute. Build up to 12 times

BASIC SWIM TECHNIQUE:

Swimming is a sport of skill and finesse. Efficient swimming looks and feels effortless. You should feel the water flowing past your body, not running into you like a brick wall. There are two main obstacles to efficient swimming: frontal resistance and drag. Water does not compress; it has to be moved out of the way. The less mass you have pushing through the water, the less frontal resistance and less drag you have. Imagine a short, wide tugboat, and a long skinny kayak. The tugboat plows flat through the water, creating a lot of frontal resistance and drag. The kayak slices through the water, falling from side to side with minimal resistance and drag. This allows the kayak to use the energy from falling side to side, and transfer it toward propulsion. When you swim the freestyle, you want to swim like a kayak, rolling side to side, imagining you are ten feet tall.

CYCLING:

Training for the bike segment of your first triathlon requires some special considerations and plenty of attention to detail. Understanding some of the technical details about your bike can make the entire experience of cycling a lot more enjoyable. Triathletes have been known to push the cutting edge of bike technology. Bikes have changed a lot since we were kids. If you are purchasing a bike, especially for your first triathlon, the most important thing to get right regardless of your budget, is the fit. Good fit equates to comfort. And comfort helps you to keep the focus on your road safety, not your saddle sores. A good bike shop will have their mechanics fit you correctly.

The bike segment of the triathlon is the longest of the three disciplines and requires a variety of training considerations. To meet demands of a busy schedule, complicated by less than perfect weather, some alternatives to riding the roads include: Stationary Bikes, Wind Trainers & Spin Classes. Much of what we discuss about cycling in a triathlon is geared toward preparing you for the run. The bike is the bridge between the swim and the run. Underlying the impulse to cover this section as quickly as possible is the need to be as efficient as possible as well. The key of good fit along with comfort is aerodynamics. Good form, which relies on a properly fitted bike, will help you go faster more comfortably and more safely. In addition to speed, comfort and safety we need to consider pacing and nutrition. Because of the length of time spent on the bike during the triathlon, it is the best time to get needed calories after a hard swim and to hydrate properly for the fast run ahead.

Lastly, the most common mistake made during the bike segment of the triathlon, from rookies to pros, is getting lost. By spending the time to familiarize yourself with the course, you'll be giving yourself an unparalleled edge. You'll be able to spend your time thinking about how you're racing, not where! Racing is actually the safest and most exciting cycling environment there is. We hope through this clinic we can help your confidence in cycling and happily deliver you from the swim to the run in great shape.

SOME COMMON SENSE FOR YOUR BIKE RIDE:

- Properly fit helmet
- Tires inflated 100 p.s.i (foot pump is best for this)
- Bike pump mounted to bike frame
- Bike pouch with a spare tube and tire irons, mount under your seat
- Allen key set
- Energy bar or power gel packets
- Water bottles filled completely, either with water or with electrolyte replacement drink. (Replacement drink can be carried in a powder form in zip lock bags stored in a pocket.)
- Riding gloves
- Rain/wind jacket
- Cycling jersey with pockets
- Cycling shorts with pads for comfort
- Sunglasses, clear or yellow for a rainy or foggy morning
- Sunscreen and lip protection
- Some cash for an emergency "latte"
- Some form of ID
- Leave a note or message briefly giving your anticipated route and approximate time of ride
- Expect a sore butt, but don't expect it to last

Extra fuel, jacket, sunscreen, cash and I.D. should fit nicely into the back pockets of your riding jersey. Double layer two riding jerseys to increase your pocket space and equally distribute the weight of your gear. This list contains all you need for a 20-mile or 120 mile ride. Rain

jackets and rain tights can be peeled off and rolled up for longer rides when the temperature often fluctuates from cool mornings to the warmth of early afternoon. You can never be too prepared when you're relying so heavily on your equipment. Bike technology is easy enough to master if you have the right tools. The more confident you are in knowing how to make easy repairs, the more confident you will be in getting out onto those hidden, out-of-the-way roads. The joy of cycling is definitely on the road less traveled.

CHANGING A FLAT: Ten easy steps to changing a flat clincher/tubular bike tire:

1. Release and remove wheel from bike frame.
2. Pry tire off rim with tire levers.
3. Check flat tube for puncture (which may allow you to locate the cause of the flat).
4. Check inside tire for any sharp objects protruding through.
5. Check rim for any sharp surfaces.
6. Place new tube inside tire; start by feeding the stem into the rim hole.
7. Work tire, with tube inside, over the wheel rim, making sure the tube is not getting pinched between the tire and the rim. 8. Pump up new tube to specific pressure.
9. Place wheel back on bike frame.
10. Enjoy your ride!

THE GEAR - APPAREL:
The selection of performance apparel for female athletes is better than ever before. Choose technical clothing that keeps you comfortable and you'll be able to better focus on your workout. Here are some tips:

1. Stay away from cotton. When it becomes wet from perspiration or rain, cotton gets heavy, does not insulate well, and dries slowly. It also tends to chafe. Stick to synthetics such as Dri-FIT that wick, or move moisture away from the body to the outer surface of the fabric where it can evaporate. These fabrics are lighter, insulate better when wet, and dry quickly. The "no cotton" rule applies to socks too, especially if you tend to blister. Choose socks designed for running or cycling. Remember, if you wear very thick socks, you may have to buy a larger shoe to accommodate them.
2. In cold weather, dress in light layers. Try a synthetic base layer on top and tights or track pants to keep your legs warm. A wind/waterproof or water-resistant jacket or vest goes on top. Wear lightweight gloves if it's cool out; you can stash them in your pocket if they get too warm. Don't forget a hat if it's cold. In the rain, a cap with a bill will keep the water off your face. Do not overdress. You should feel a little chilly when you first start out. After a mile or two you will warm up.
3. In warm weather dress in lightweight fabrics that breathe. Don't forget sun protection. A lightweight mesh cap will shield your face. There are also lightweight sunglasses designed for runners and cyclists.
4. Choose a good sports bra. Avoid rough, exposed seams. If you need lots of support, choose a bra with adjustable straps and back. When you raise your arms above your head, the bra should stay put around the rib cage. Choose a bra with low or no cotton content.
5. If you have problems with chafing, try rubbing a little Vaseline or Bodyglide* on the affected areas. Some runners prefer to wear cycling-type shorts that fit tightly to avoid chafing between the legs. (*Bodyglide will not stain clothes or break down a neoprene wetsuit and is the recommended remedy)

Ten rules of running shoe selection:

1. Choose the right type of shoe for your biomechanics. There is no "best" shoe. The best shoe is the one that works for you. The two most important factors that determine what type of shoe will work for you are the shape of your foot and the degree to which your foot pronates (rolls inward) after it strikes the ground. A coach, sports medicine professional, or "shoe expert" at a good technical running store can watch you run and help determine what type of shoe you should be wearing. Don't choose a shoe based solely on how high your arch is. Many people with high arched feet overpronate severely and many people with low arches don't overpronate at all. Be aware that your biomechanics can change over time.

2. Get the right fit. Many women, even veteran athletes choose shoes that are too small. The shoe should fit snugly in the heel and arch area with approximately a thumbnails width of room between your longest toe and the end of the shoe. None of your toes should be pressing against the side or top of the shoe; there should be plenty of "wiggle room". There should be no uncomfortable pressure points. Make sure that your foot is sitting on the midsole, not hanging over the sides. If you order custom orthotics, you may need larger or wider shoe to accommodate them. You will also need a shoe that is deep enough so that your heel does not slip out. Be aware that your shoe size will probably increase as you get older.

3. Don't buy a shoe based on what it might feel like later. The shoe should be comfortable in the store when you try it on. Running shoes do not stretch out. In wet climate, they actually tend to shrink, especially after being soaked. If the shoe hurts in the store, it will probably still hurt when you run in it later.

4. Replace your shoes when it is time to. The life of a running shoe is measured in miles, not years. Most shoes will last for 400 to 500 miles. For lightweight "trainer-racer" models, think 300 to 400 miles. It's a good idea to rotate two pairs of the same or similar training shoes. This will allow wet shoes to dry before you need to wear them again and save you a few trips to the running store.

5. Not all injuries are caused by shoes, and new shoes won't instantly cure an existing injury. A correct new shoe model may remove the cause of the injury, so that the body can heal itself. New shoes can't compensate for overtraining.

6. You get what you pay for. You probably won't get a great running shoe for under $60.00 (unless its on sale). A good running shoe will set you back somewhere in the range of $70.00 to $100.00. What you don't pay for now, you will probably pay for later. By the same token, the most expensive shoe isn't always the best one for you. That $150.00 shoe may have the best cushioning around, but if what you need is stability, its money down the drain.

7. Don't put too much emphasis on weight (shoe weight, that is). Most of the time, a few ounces really doesn't matter. Lightweight trainers and racing flats work best for people with efficient biomechanics. If you are not one of these people, wearing them could cause you to run inefficiently

and lead to more fatigue later in the race.

8. Don't put running shoes in the washing machine.

9. Be prepared when you go to buy your new shoes. Take your old shoes with you along with the socks that you usually wear when you run.

10. Don't forget your orthotics, if you wear them. It's best to try on shoes later in the day, or after you have finished your run.

Hot Tips - - Do's and Dont's of Triathlon

Do's

- Hard days/easy days
- Have all injuries looked at
- Take a day off
- Find a reliable training partner
- Pay attention to traffic and pedestrians
- Complete the race distance in practice prior to the race day
- Combine or brick your workouts e.g. swim-bike, bike-run
- Practice transitions in training
- Arrive at the race at least one hour prior to racing
- Attend pre-race briefing
- Know your race transition ° Ins and Outs
- Warm-up and cool down easy ° at least 10 minutes
- Start out at your own pace
- Try running without socks in training and racing
- Eat as soon as possible after racing to prepare for your next workout
- Have fun and share your experience

Don'ts

- Place limits on yourself
- Train when you are "too tired"
- Train hard every workout
- Ignore pain
- Overtrain
- Try anything new on race day ° shoes, food, drink, bike
- Eat solid or big meals close to an event
- Go out too hard and suffer the rest of the race
- Spend too much time in transitions ° extra clothing
- Draft on the bike (racing)
- Be afraid of what you "can't do"
- Forget to thank a race volunteer

Transition Checklist

Pre-Race:

- Swim suit or race attire Swim:
- Towel
- 2/goggles, clear and smoke
- Defogger
- Sunscreen
- Bodyglide
- Race swim cap
- Nutrition - water, fluid replacement, bar and gel
- Baby powder (optional)

Bike:

- Bike
- Shoes
- Sunglasses clear/tinted
- Helmet
- Bike pump Jersey (optional)
- Cycling gloves (optional)
- Socks (optional)

Run:

- Shoes
- Race number belt

- Hat (optional)
- Shorts (optional)
- Socks (optional)

Have something dry and clean to put on after the race.