

A Beginner's Guide To The Triathlon

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Agenda

- Introductions
- What is triathlon?
- The Basics
- What to do on race day
- Warming up and stretching
- Nutrition
- Sport Specifics
- The Hyannis Sprints
- Tips
- Long Course Training
- 15-20' for Questions

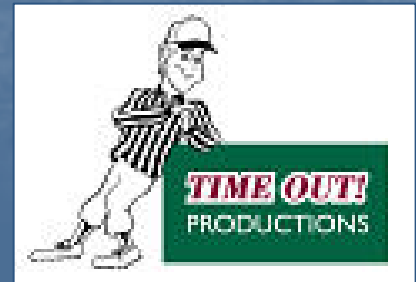


Introductions

- Athlete's Companion
 - Provides guides for amateur and professional athletes
 - Coaching
 - Gear acquisition
- Time Out! Productions
 - Rich and Rose Havens
 - Producer of the New England Triathlon Tour for 21 years and running
 - Coordinates BAA Boston Marathon finish area
 - First-timer's triathlons

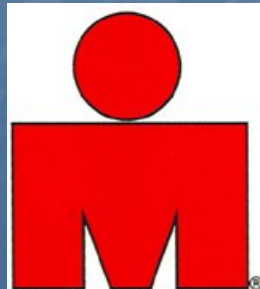


The Athlete's Companion



A Brief History of Triathlon

- Training events of the San Diego Track Club designed to break the running monotony
- Cmdr. John Collins takes the idea to Hawaii and combines the Waikiki Rough Water Swim, the Around-Oahu Bike Ride and the Honolulu Marathon into an event he calls Ironman in 1978. Twelve completed the event.
- ABC Wide World of Sports coverage in 1980 begins popularization of sport.
- National governing body, USA Triathlon, established in 1982.
- International governing body, International Triathlon Union, founded in 1989.
- Triathlon joined the Goodwill Games in 1994, the Pan Am Games in 1995, and the Olympics in 2000.
- The sport continues to grow as athletes explore various formats and enjoy the benefits of training for several sports instead of one.



Triathlon Formats

- Sprint: 1/4-1/3 mile swim, 8-15 mile bike, 3-5 mile run
- Olympic (ITU): 1.5km swim, 40km bike, 10km run
- Half Iron: 1.2 mile swim, 56 mile bike, 13.1 mile run
- Ironman: 2.4 mile swim, 112 mile bike, 26.2 mile run
- Many events include relay options to appeal to those not ready to attempt a solo effort
- Adventure formats include mountain biking, trail running (XTerra), kayaking, orienteering, mountain climbing, ultradistance.
- Related disciplines: duathlon – run/bike/run, aquathlon – swim/bike



What's Your #1 Concern?

- I'm going to drown.
- I'm going to get hit by a car.
- I'm going to mess up my transition.
- I'm going to get a flat tire.
- I'm going to get lost.
- Everyone will be gone by the time I finish.
- I'm going to injure myself.
- I won't be able to walk the next day.
- I'm going to enjoy it and sign-up for another one!



The Basics



Know The Rules!

DQ = disqualification VTP = variable time penalty

- Helmet must be worn at all times while on the bike. (DQ)
- Helmet strap must be fastened while on bike. (DQ)
- No outside assistance. (VTP)
- Incorrectly racked bike. (VTP)
- No glass containers in transition area. (VTP)
- No large equipment (chairs, coolers) in transition area. (VTP)
- Do not cross the centerline unless otherwise directed. (VTP)
- Stay within marked course boundaries and coned lanes. (VTP)
- No course cutting. (VTP/DQ)
- Run numbers must be fastened to the front and visible at all times. (VTP)
- No iPods or Walkmans. (VTP)
- Cyclists must keep to the right except when passing. (VTP)
- No drafting (except in draft legal races). Cycling box is 6' wide by 23' from leading edge of tire. Passing maneuver must be completed within 15 seconds or abandoned. (VTP)
- Starting in the wrong swim wave. (DQ)
- http://www.usatriathlon.org/Rules_Officials/rules.htm



Picking up your registration materials

- Have with you: USAT membership card, license or other photo ID
- Look up your race number on the list of confirmed registrations
- If you don't have a USAT membership:
 - Fill out a single event USAT license registration
 - Take it to the USAT table with \$9
- Go to the check-in table for your assigned race number and pick up your running number, bike number, Champion Chip, swim cap, and pins. Verify your numbers.
- Go to the t-shirt table and pick up your t-shirt and bag of sponsor goodies.
- Review the race course.
- All relay team members must be present at registration time and each must have a single event USAT license if they don't have individual memberships.



On race morning ...

- Make a checklist
- Plan to arrive early – first wave starts at 7:00 AM!
- Pick up registration stuff if you didn't get it yesterday
- Take bike to on-site mechanic if you need air or a quick fix
- Take bike (with number) and gear to transition area
- Have helmet out for inspection
- Take bike and gear to correct rack
- Layout transition area
- Go to body marking
- Put on sunscreen
- Verify equipment
- Go for a warm-up and loosen up
- Change into swimming gear
- Go to appropriate location for swim start
- Race!



Setting Up Your Transition

- Place items in order of use
- Make everything easily accessible
- Consider where you'll be approaching from
- Be considerate of neighbors
- Rack the bike so that it stays in place but will be easy to disengage after the swim



Your Race Morning Checklist

- Bike
- Bike shoes
- Tire pump
- Spare tire(s)
- Bike tool(s)
- Helmet
- Swimsuit or wetsuit
- Goggles
- Watch
- Sunglasses
- Hat
- Sunscreen
- Money
- Running shoes
- Running top
- Running shorts
- Change of clothes for post-race party
- Towel
- Champion chip
- Race numbers
- Race number belt
- Transition bag
- Water bottle(s)
- Nutrition
- Foot wash



Nutrition Tips

- Pre-race
 - Blend of complex carbohydrates and protein 1-2 hours before start
 - Bagel and cream cheese, PB&J
 - Hydrate, hydrate, hydrate!
- During Race
 - Depends on your estimated time
 - 60 minutes or less: no need for food during the race
 - 60-90 minutes: 100 calories halfway through the bike
 - 90+ minutes: 100 calories near start of bike and halfway through run
 - Hydrate, hydrate, hydrate!
- Post-race
 - Blend of complex carbohydrates and protein for optimal recovery in 4:1 ratio within 120 minutes of finish
 - Hydrate, hydrate, hydrate!



Warmup

- 5-10 minute run to loosen legs, raise heart rate and get blood flowing
- 5-10 minute ride to make sure mechanicals are in order ... but go early or you may lose rack space in crowded races!
- Dynamic warmup stretches 15-30 minutes before start



Hip Crossover

Scorpion





Calf Stretch

Inverted Hamstring





Forward Lunge/Forearm to Instep



Kneeling Hip Flexor Stretch

© Sports Medicine Institute



Advanced Stretches

- Handwalk
- Lunges
 - Drop
 - Side
 - Backward Lunge with a twist
- Sumo Squat



Backward Lunge with Twist

© Ron Jones





Sumo Squat

© Ron Jones



Decisions, Decisions, ...

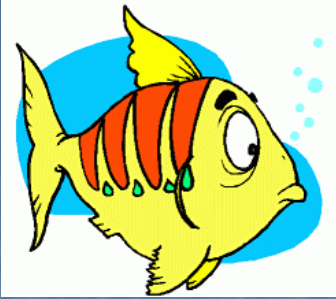
- Wetsuit or swimsuit?
 - How good a swimmer are you?
 - What are the water conditions?
 - What is the temperature?
 - Has the course been shortened?
- Socks or no socks?
 - Do you have trouble with blisters?
 - Do sandy feet in shoes really bother you?
 - Practice with wet feet in your bike shoes and running shoes if you decide to go sockless!!



... Decisions

- What kind of bike?
 - What are the course conditions?
 - Hilly or flat?
 - Am I competing for an age-group victory or just going for a finish?
 - How does the bike fit?
 - Stay comfortable!
- What to wear?
 - What are the weather conditions?
 - Comfortable shorts
 - Don't worry about water or wind drag
 - Tri-suits vs. singlets and shorts





Sport Specifics

- Swim

- The Start

- Wave, open water, or pier
 - Pick a line that you'll be comfortable with
 - Don't get caught in the thrashing of the fast fish if you're not a strong swimmer



Sport Specifics



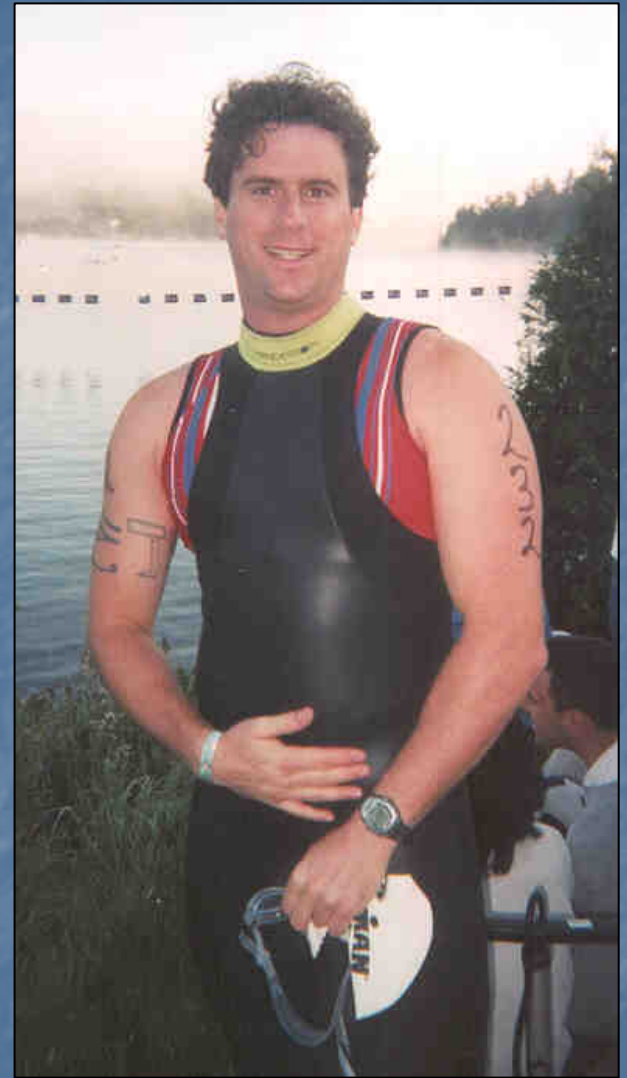
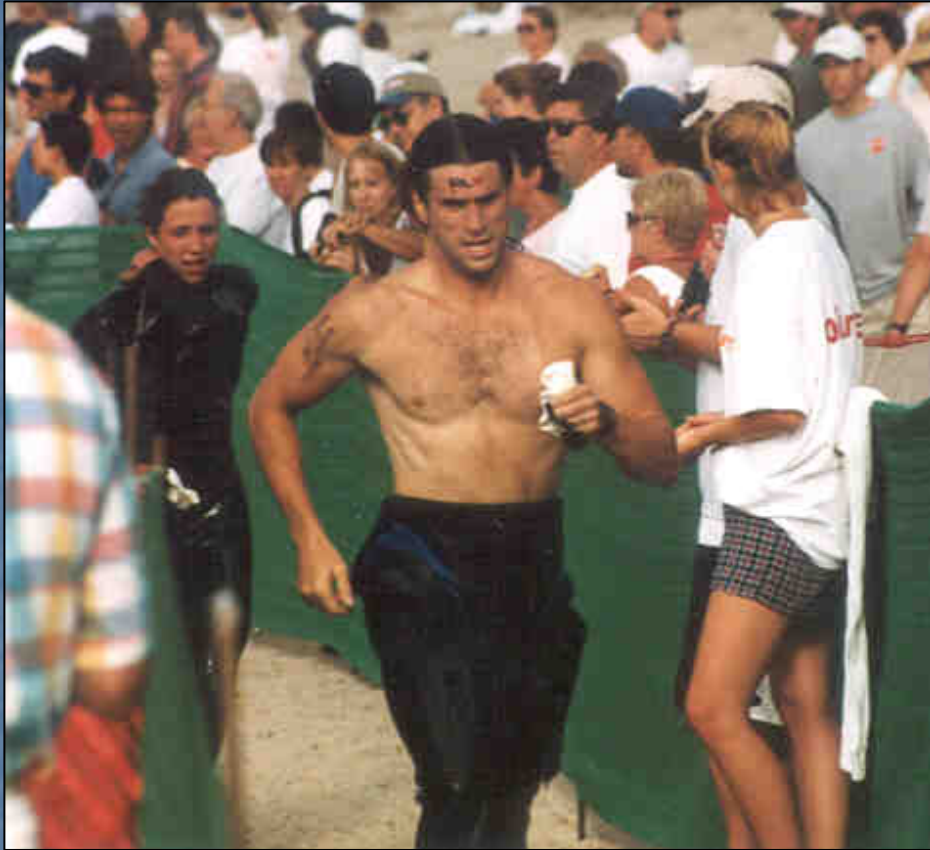
- During the swim
 - Float on your back if you need a rest
 - Rest on lifeguard board
 - Raise your hand if you need help
 - Relax – you've still got a bike and a run ahead of you
 - Focus on form and what you've practiced in the pool
 - Sight on the buoys and the finish line
 - Sight every 5-10 strokes
 - Maintain breathing rhythm
 - Adapt your stroke and rhythm for the chop
 - Watch swimmers in waves ahead of you to gauge effects of wind and current
 - Stand and run when you can lift your legs almost completely out of the water

Sport Specifics

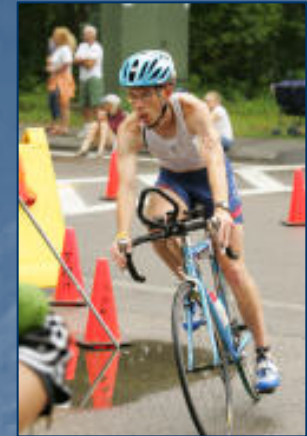
■ First Transition

- Peel the wetsuit on your way up the beach
- Don't try putting a bike jersey or running singlet on while you're wet
- Have a footwash in your transition setup
- Put your helmet on before touching your bike
- Mount in a manner that you're comfortable with. Don't try a flying leap if you haven't done it in practice.
- Leave clipless shoes off bike if you haven't practiced putting shoes on while riding
- Don't drop your water bottle





Sport Specifics



■ The Bike

- Spin for a few minutes to get your legs loose and up to speed
- Take corners at your ability
- Follow the rules of the road
- Stay within designated course markings and cones and don't cross centerlines
- Keep to the right as much as possible
- Don't pass on corners or within controlled (coned) sections
- Watch for vehicles
- Keep your hands on the handlebars
- Watch for slower "clumps" of riders across the road ... and try not to become involved in one yourself

Sport Specifics

■ The Bike

- Take the opportunity to hydrate while riding. You're losing more water than you think.
- Put nutrition in an easy to reach place.
- Keep your helmet clipped at all times.
- Watch exertion level – you still have a run coming.
- Positioning.

Sport Specifics



■ Second Transition

- Shift to low gear and spin for the last $\frac{1}{2}$ - 1 mile to prepare legs for run
- Stretch legs while coming towards transition
- Be careful running in bike shoes
- Be aware of other bikers and runners
- Elastic laces save transition time

Sport Specifics

■ The Run

- Ease into your running pace ... bike legs want to continue moving fast
- Wobbly legs are normal off the bike
- Racing the clock vs. racing people
- Concentrate on maintaining your best form
- Enjoy it! You're almost done!



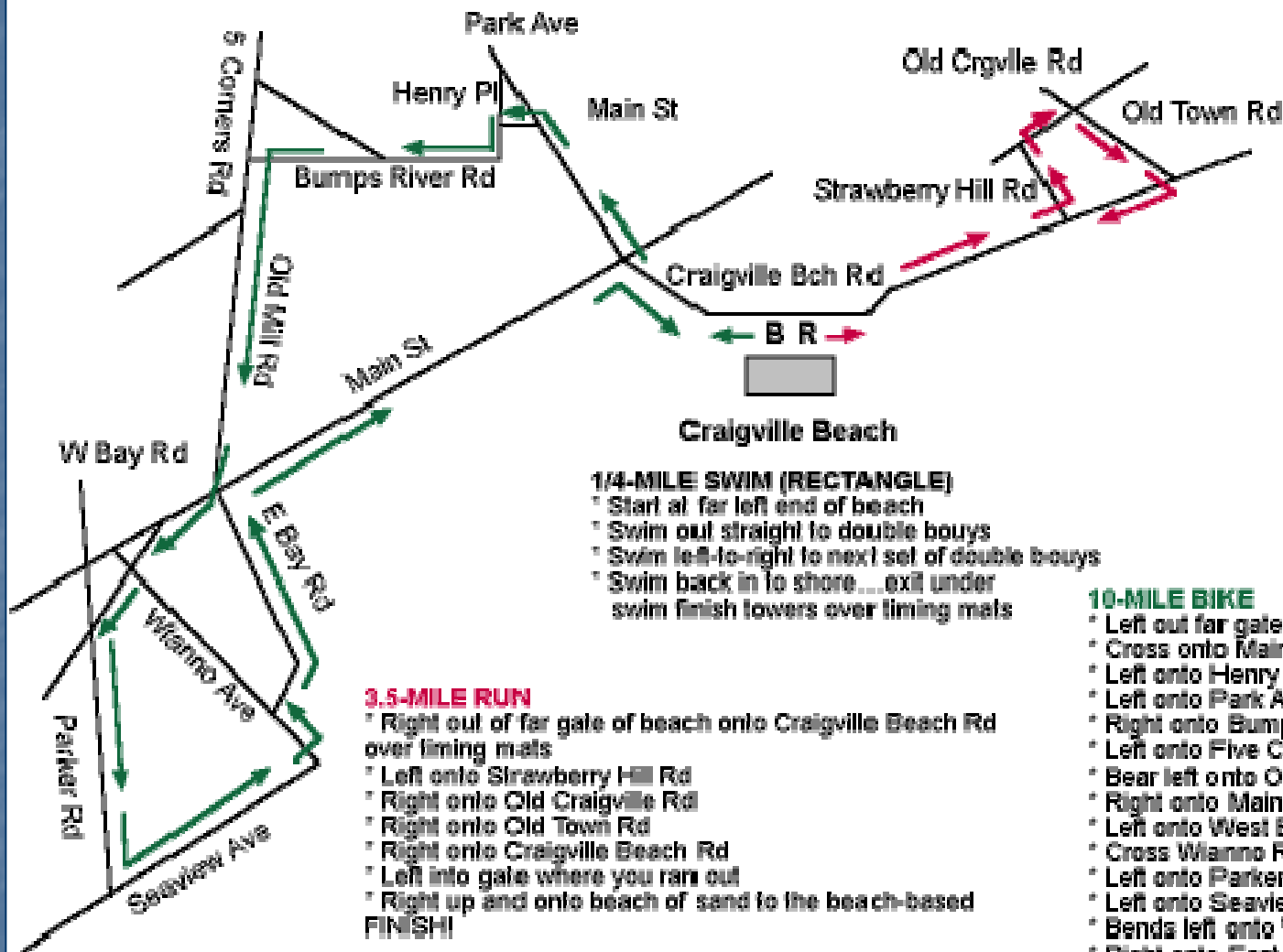
Sport Specifics

- The Transitions
 - Practice transitions
 - Don't get flustered by a misbehaving piece of equipment
 - Move quickly but deliberately
 - Take a few seconds to have a drink

NETT Hyannis Sprint 1 & 2



HYANNIS SPRINTS 1 AND 2 TRIATHLONS



- 1/4-MILE SWIM (RECTANGLE)**
- * Start at far left end of beach
 - * Swim out straight to double bouys
 - * Swim left-to-right to next set of double bouys
 - * Swim back in to shore...exit under swim finish towers over timing mats

- 3.5-MILE RUN**
- * Right out of far gate of beach onto Craigville Beach Rd over timing mats
 - * Left onto Strawberry Hill Rd
 - * Right onto Old Craigville Rd
 - * Right onto Old Town Rd
 - * Right onto Craigville Beach Rd
 - * Left into gate where you ran out
 - * Right up and onto beach of sand to the beach-based FINISH!

- 10-MILE BIKE**
- * Left out far gate of beach onto Craigville Beach Rd.
 - * Cross onto Main St at first traffic light
 - * Left onto Henry Pl
 - * Left onto Park Ave
 - * Right onto Bumps River Rd
 - * Left onto Five Corners Rd
 - * Bear left onto Old Mill Rd
 - * Right onto Main St (watch traffic)
 - * Left onto West Bay Rd
 - * Cross Wianno Rd
 - * Left onto Parker Rd (golf course)
 - * Left onto Seaview Ave (pedestrians)
 - * Bends left onto Wianno Ave
 - * Right onto East Bay Rd
 - * Right onto Main St (becomes S. Main)
 - * Right onto Craigville Beach Rd
 - * Right into center gate of beach





Centerville

Centerville Harbor

Osterville



5-Corners Road

Lambert Mill Road

Bumps River Road

Park Avenue

Henry Pl.

Old Craigville Road

Old Town Road

Old Mill Road

South Main Street

Craigsville Beach

Craigville Beach Road

Covell's Beach

Main Street

East Bay Road

Wharno Avenue

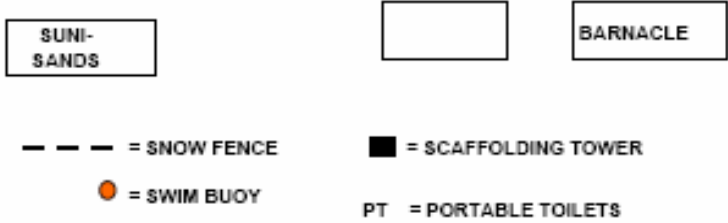
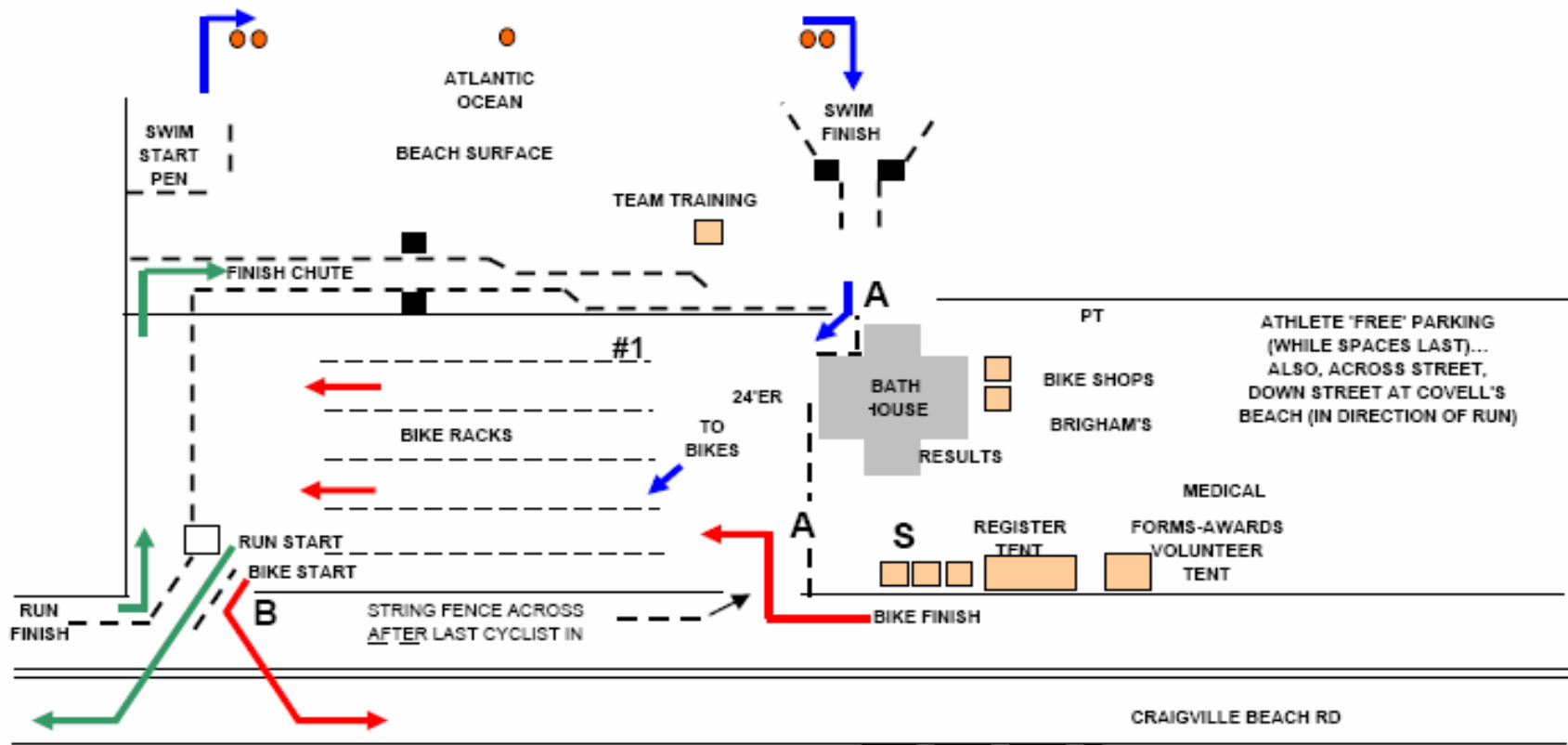
Dancer Beach

Wharno Golf Club

Wester Road

Seaview Avenue

HYANNIS SPRINTS 1 AND 2 TRANSITION AND FINISH AREAS



A = ATHLETES & STAFF ONLY: SECURITY GATES
S = NEW BALANCE (LEFT), CITY SPORTS (MIDDLE), TBD (RIGHT) SPONSOR TENTS



Tips For a Good Race

- Relax!
- Stay within your abilities, especially when tackling a long-course
- Don't try anything new or funny. Stick with what you know and with what works.
- Trust your training
- Don't panic in the water
- Thank the volunteers
- Dealing with adverse conditions – stay safe!
- In the event of a flat tire ...



Training Tips

- Keep a log
- Concentrate on weaknesses
- Train instead of working out
- Periodize
- Incorporate bricks and transition training
- Functional weight training instead of specific
- Train with a group or a coach
- Get comfortable in the water, especially open water
- Analyze your race and prepare for the next



Training Tips

- Plan backwards from race day
 - Taper
 - Ironman: 3 week taper
 - ½ Ironman: 2 week taper
 - Olympic: 1 week taper
 - Sprint: 0-3 days taper
 - Four week period prior to taper
 - Speed work
 - Fine tune transitions
 - Course specific training



Training Tips

- Plan backwards from race day
 - Eight week period before speedwork
 - Overdistance (endurance)
 - Long speed work
 - Weight training
 - Threshold training
 - Four to eight week period before overdistance
 - Base conditioning
 - Weight training

Going Long

- Get used to a long time on your bike and feet.
- Use mental training.
- Divide the race into manageable chunks.
- Nutrition and hydration become far more critical.
- Don't rush transitions.



On-Line Resources

- USA Triathlon (USAT): <http://www.usatriathlon.com/>
- International Triathlon Union (ITU): <http://www.triathlon.org/>
- World Triathlon Corporation (WTC): <http://www.ironmanlive.com/>
- USA Swimming: <http://www.usaswimming.org/>
- New England Masters Swimming: <http://www.swimnem.org/>
- Ron Jones High Performance Health: <http://www.ronjones.org/>
- American Council on Exercise (ACE) – Exercise Library: <http://www.acefitness.org/>
- Inside Triathlon magazine: <http://www.insidetriathlon.com/>
- Triathlete magazine: <http://www.triathletemag.com/>
- tri-newbies: <http://www.trinewbies.com/>
- Athlete's Companion: <http://www.athletescompanion.com/>
- Time Out! Productions: <http://www.timeoutproductions.com/>
- F.I.R.M.: <http://www.firm-racing.com/>
- Cape Cod Triathlon Team: <http://www.capecodtriathlon.com/>
- Cape Cod Athletic Club: <http://www.capecodathleticclub.org/>
- Bay State Triathlon Team: <http://www.baystatetriathlononteam.com/>



More Resources

- *Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier* – Terry Laughlin, John Delves
- *The Triathlete's Training Bible* – Joe Friel
- *Stretching* – Bob Anderson
- *The Lore of Running* – Dr. Timothy Noakes
- *Daniels' Running Formula* – Dr. Jack Daniels



Questions and Answers

