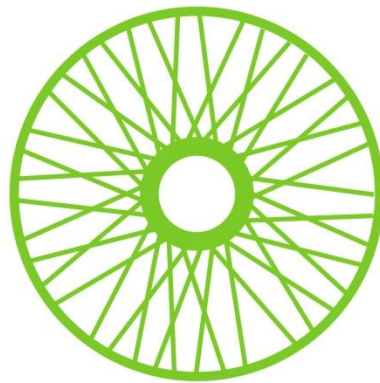


Triathlon 101



GRAND RAPIDS TRIATHLON



Huntington

Amway

Today's Agenda



➤ Equipment

➤ Training

➤ Nutrition

➤ Race Tips

➤ Transition

➤ USAT Rules

Equipment - Swim



aquaman.

- Only required gear - GOGGLES
- Swim aids – flippers, pull buoy, paddles
- USAT permits wetsuits in water temps up to and including 78 degrees
- Wetsuits – which one?
- PRACTICE!

Equipment - Bike



- Cycling shorts vs Tri shorts vs Swimsuit
- Helmet – NO EXCEPTIONS
- Sunglasses
- Do I need a tri bike?
- Bottle cages, bottles, bento box

Equipment - Run



Striders



- Socks vs no socks – PRACTICE!
 - Alternatives: powder, Aquaphor
- Quality shoes – don't skimp
- Race belt & quick laces – nice to have
- Hat /visor

Getting Started



- Address injuries or imbalances
- Set goals with a reasonable timeline
- Sign up for a race!
- Don't compare yourself to others
- Volunteer or be a spectator at a race

Training



- How much training do I need?
- Focus on your weakness
- BRICKS!
- Strength training & CORE!
- Recovery is as important as workouts



- DDH YMCA Indoor Triathlon Series
- West Michigan Indoor Triathlon Series
- Get connected
 - Masters swim classes
 - Spin classes and group rides
 - Running and tri groups

- Make a CHECKLIST!
- Eat & hydrate properly
- Know the course & the rules
- Arrive early
 - Set up transition
 - Apply sunscreen
 - Check tire pressure & gear



RACE-DAY CHECKLIST: What to bring to every event

GENERAL	SWIM GEAR	PERSONAL REMINDERS
<input type="checkbox"/> USAT membership card	<input type="checkbox"/> Wetsuit	_____
<input type="checkbox"/> Photo ID	<input type="checkbox"/> Swim cap	_____
<input type="checkbox"/> Registration confirmation	<input type="checkbox"/> Goggles	_____
<input type="checkbox"/> Directions to venue		_____
<input type="checkbox"/> Course map		_____
<input type="checkbox"/> Money	BIKE GEAR	_____
<input type="checkbox"/> Race uniform	<input type="checkbox"/> Bike	_____
<input type="checkbox"/> Race numbers and timing chip	<input type="checkbox"/> Helmet	_____
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Bike shoes	_____
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Bike gloves	_____
<input type="checkbox"/> Anti-chafing product	<input type="checkbox"/> Tire pump	_____
<input type="checkbox"/> Extra clothes	<input type="checkbox"/> Spare tube(s)	_____
<input type="checkbox"/> Watch	<input type="checkbox"/> CO2 cartridges	_____
TRANSITION GEAR	<input type="checkbox"/> Tools	_____
<input type="checkbox"/> Towel(s)/Transition mat	<input type="checkbox"/> Bar-end plugs	_____
<input type="checkbox"/> Water bottle(s)	RUN GEAR	_____
<input type="checkbox"/> Gels/energy bars and drinks/salt tablets	<input type="checkbox"/> Running shoes	_____
	<input type="checkbox"/> Hat/visor	_____
	<input type="checkbox"/> Race number belt	_____
	<input type="checkbox"/> Socks	_____

Never worry about forgetting important items again.
Use this checklist to ensure you arrive at your next
race relaxed and prepared.



- Body marking
- Allow time for wetsuit
- Swim-Bike-Run In/Out

Race Day Nutrition



- Last meal 3 hours before race time
- Sprint – focus on hydration
- Olympic and up – guidelines have large range
- Electrolytes are just as important as calories
- PRACTICE!

Swim Tips

 **AthleticMentors**
9970 Enzian Road • Delton, MI 49046

- Open water – PRACTICE!
- Swim start
- Sighting
- Scope out the swim exit
- Extra pair of goggles at race
- Managing a panic attack



Bike Tips

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- Hydrate and eat
- Mount /dismount line
- Cadence
- Check your saddle height
- Bike tune up (go early)



Run Tips



- Race number must be worn in the front at all times
- Don't forget hydration / nutrition
- Walk through aid stations if necessary
- Check out free Good Form Running clinics at Striders



Transition Tips

- Be organized
- Mind your space
- Check rack assignment before setting up
- Remember where your rack is!
- PRACTICE, PRACTICE, PRACTICE



USAT Rules

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- Athlete is responsible for knowing the rules
- NO HEADPHONES!
- No abandonment of equipment /clothing
- HELMET – ON & BUCKLED WHEN ON BIKE
- No outside assistance
 - Be prepared to change your own tire
 - Bring enough food and drink

No Drafting



➤ What is drafting?!

- The term "drafting zone" shall refer to a rectangular area seven (7) meters long and two (2) meters wide surrounding each bicycle (USAT 5.10.b)
- Cyclist has 15 seconds to pass
- Do not cross yellow center line to pass
- No blocking – stay to the right unless passing
- Cyclist must clear draft zone after being passed before attempting to pass again

Wrap Up



- Don't lose sight of your goal
- Have fun on race day and as you train
- Invite friends and family to the event
- Invite friends and family to volunteer

Upcoming Free Clinics



- Swim – Technique & Training
Jan 17, 10:30am – noon
- Bike/Run – Fit, Technique & Training
Feb 28, 9:00am – 11:00am
- Race Day Clinic
May 30, 9:00am – 10:15am
- Open Water Swim Practice & Course Ride
June 7, 8:00am – 10:30am

GR Tri Training Group



Striders



- 8-weeks of group training (1 session per week)
- Led and supported by GR Tri Sponsors
- Begins: March 11 (full list of sessions on GR Tri website)
- Group is limited to 40 participants
- Cost: \$85
- Sign Up at www.grandrapidstri.com/info/trainingclinics

Custom Training Plan Clinic



March 7, 9am-1pm Price: \$150

Possible additional date: March 22

- 3-4 hour session at **AthleticMentors** gym in Richland, MI
- Field Testing for bike and run to determine heart-rate training zones
- Video analysis of bike and run
- Training Plan created specifically for you
- Workout instruction and training plan FAQs
- Maximum athletes per clinic is 10

Swim Stroke Analysis



March 29: 8:30am – 11:30 Price \$165

- Comprehensive 3 hour clinic at Kalamazoo College pool facility
- **AthleticMentors** swim specialist, with 40 years of coaching experience, will help take your stroke to the next level and provide the tools to improve technique and training
- Clinic includes video analysis of participants' swim stroke. Drills will be taught and practiced to address and correct issues identified in the video.
- Maximum athletes per clinic is 10

Professional Coaching Subscription



CERTIFIED COACH

- Online interactive custom training plan and journal
- Baseline and periodic progress testing using power output and heart rate
- Includes annual video run and swim stroke analysis
- Extensive one-on-one coaching time with email and telephone
- In-pool sessions & expert swim stroke analysis
- Bike fit and Easton carbon clincher rental available
- \$350 per month + \$100 set-up fee

Q & A