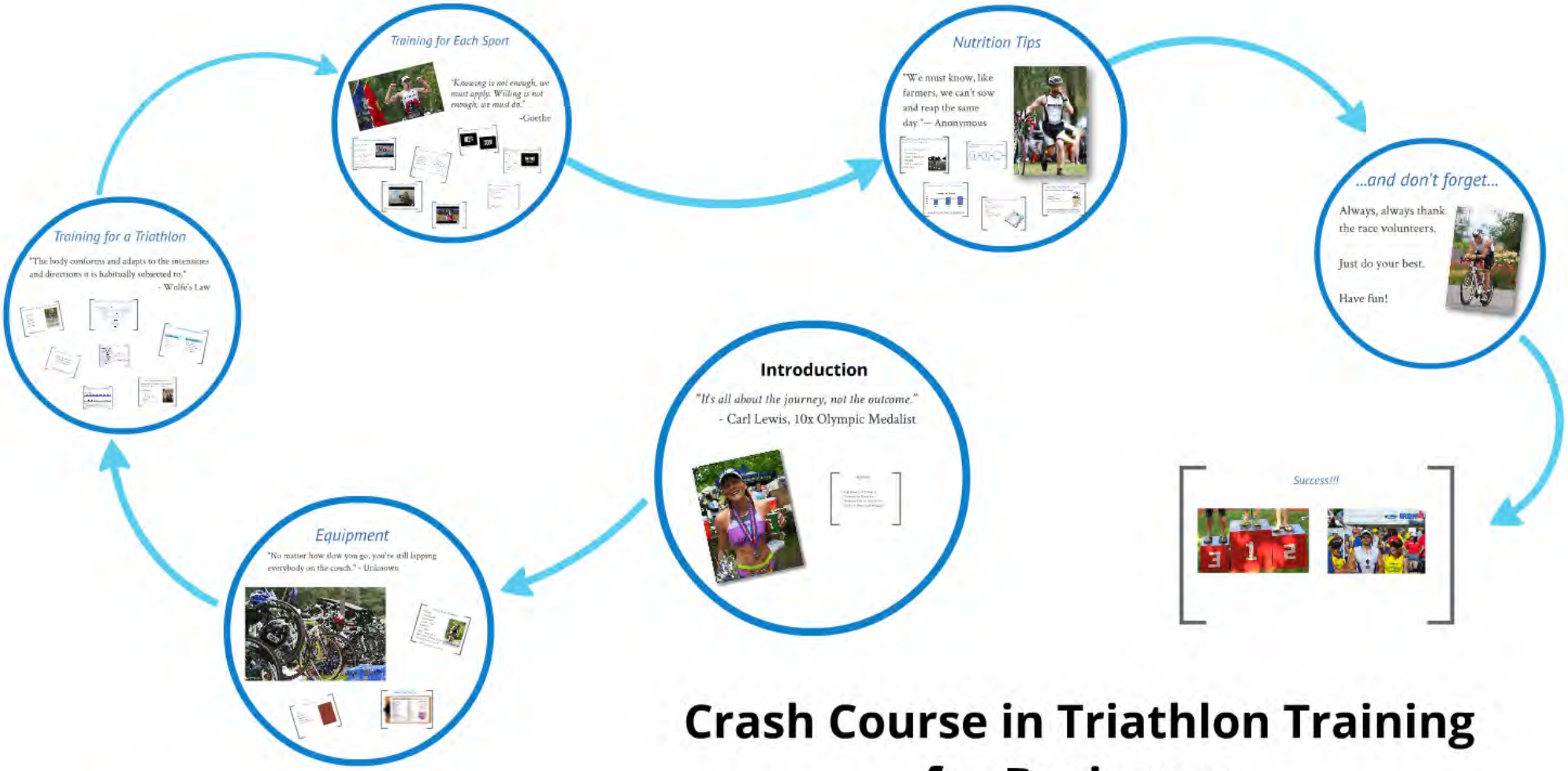

Crash Course in Triathlon Training for Beginners

by David Glover & Krista Schultz

Krista Schultz

David Glover

CLASS IS STARTING!

SCHOOL OF TRI®

SHE DOES TRI®

LURAY Triathlons

endurance works™

Introduction

"It's all about the journey, not the outcome."

- Carl Lewis, 10x Olympic Medalist

Agenda

- Equipment for Triathlon
- Training for Triathlon
- Training Tips for Each Event
- Training Nutritional Guidelines

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- Equipment for Triathlon
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Equipment

"No matter how slow you go, you're still lapping everybody on the couch." - Unknown

What You Need

- Bicycle
- Bike helmet
- Running shoes
- Swim goggles
- Comfortable clothing

Nice to Have Equipment

- Wetsuit*
- Triathlon bike
- Aero wheels
- Clipless pedals
- Aero bars
- Aero helmet
- Heart rate monitor
- Bike speed, cadence, power
- Triathlon top and shorts

*May be required for cold swims

Race Day Checklist

RACE-DAY CHECKLIST: What to bring to every event

GENERAL
- ☐ USAT membership card
- ☐ Photo ID
- ☐ Registration confirmation
- ☐ Directions to venue
- ☐ Course map
- ☐ Money
- ☐ Race uniform
- ☐ Race numbers and timing chip
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Anti-chafing product
- ☐ Extra clothes
- ☐ Watch

TRANSITION GEAR
- ☐ Towel(s)/Transition mat
- ☐ Water bottle(s)
- ☐ Gels/energy bars and drinks/salt tablets

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

SWIM GEAR
- ☐ Wetsuit
- ☐ Swim cap
- ☐ Goggles

BIKE GEAR
- ☐ Bike
- ☐ Helmet
- ☐ Bike shoes
- ☐ Bike gloves
- ☐ Tire pump
- ☐ Spare tube(s)
- ☐ CO2 cartridges
- ☐ Tools
- ☐ Bar-end plugs

RUN GEAR
- ☐ Running shoes
- ☐ Hat/visor
- ☐ Race number belt
- ☐ Socks

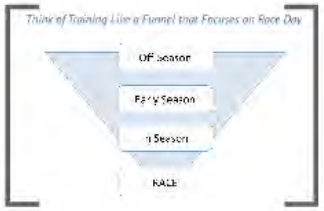
PERSONAL REMINDERS
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

USA TRIATHLON

Training for a Triathlon

"The body conforms and adapts to the intensities and directions it is habitually subjected to."

- Wolfe's Law



Commit to What You Can Reasonably Do

Typical Roles

- Parent
- Spouse
- Friend
- Co-Worker, Boss
- Pet Owner

Reasonable Is?

- What are your priorities?
- Write them down...in order.
- Set expectations with family, friends and work.
- Line up a support base

Think of Training Like a Funnel that Focuses on Race Day

Components to a Balanced Training Program

- Endurance
- Speed
- Strength
- Flexibility
- Recovery*

*Perhaps the most important!

Three Variables to a Workout - FIT

Frequency - how often?

Intensity - how hard?

Time - how long?

Key: Gradual increases over time

Perceived Effort Is Always Available for Intensity

RPE	Description
6	
7	Very, very light
8	
9	Very light
10	
11	Fairly light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Very, very hard
20	

"Tangible results in training are important,…but they are not as valuable indicator as perceived effort."

- Chrissie Wellington, 4x Ironman World Champion

Set a Weekly Plan That Aligns to Your Goals, Schedule and Convenience

Example weekly schedule:

Workout	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Swim	Off	Swim		Swim	Swim		
Bike	Off		Bike		Bike	Bike	
Run	Off	Run		Run		BRICK	Run

Key Points:

- Try for 2-3 workouts in each sport per week
- Completing 70-80% of planned weekly workouts is usually good enough.

Don't Forget About Recovery...

"I would go as far as to describe recovery as the fourth discipline of a triathlete." - Chrissie Wellington

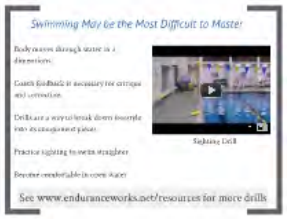
Recovery includes:

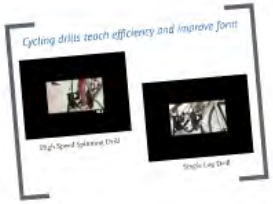
- Sleep
- Days off
- Easy, easy workouts
- Relaxation
- Massage, yoga, foam roller, etc.
- Having fun

Training for Each Sport

"Knowing is not enough, we must apply. Willing is not enough, we must do."

-Goethe





Swimming May be the Most Difficult to Master

Body moves through water in 3 dimensions

Coach feedback is necessary for critique and correction

Drills are a way to break down freestyle into its component pieces

Practice sighting to swim straighter

Become comfortable in open water

Sighting Drill

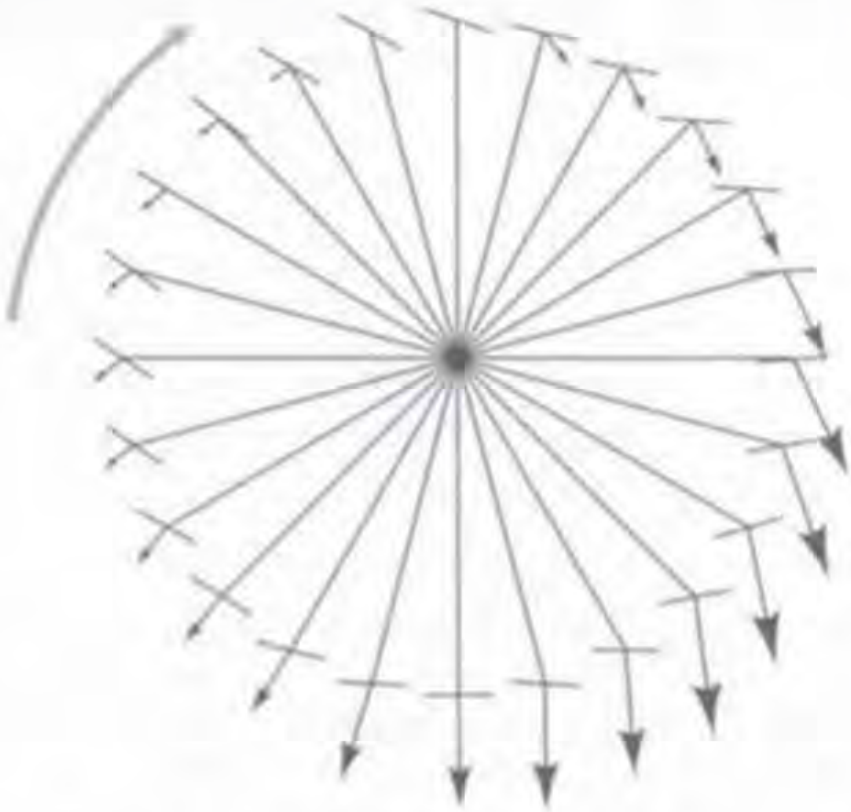
See www.enduranceworks.net/resources for more drills

Cycling Is Dependent on Power, Endurance & Efficiency

Pedaling economically:

- Push through at top
- "Scrape mud" from shoes at across the bottom - think "heels flat"

Improve economy with drills



Typical pedal force direction and magnitude

Cycling drills teach efficiency and improve form

High Speed Spinning Drill

Single Leg Drill

Running Is Dependent on Technique and Fitness

What is good running form?

- Relaxed
- Balanced
- Vertical alignment

Quick, easy fixes:

- Relax shoulders and face
- Look forward
- Run tall
- Minimize lateral movement
- Running drills

Warm Up Running Drills

Vary Run Speed to Improve Speed and Efficiency

Recommendation: Include BRICK workouts 1+/week

Improve Form with Better Dynamic Stability

Three Cues for Dynamic Stability

Finish Faster by Transitioning Faster

Transition time counts toward clock time.

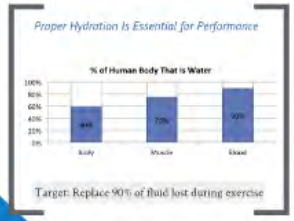
Speeding up transitions:

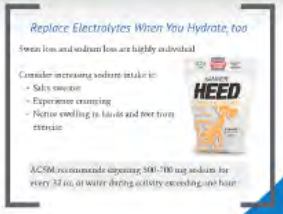
- Simplify
- Order your gear
- Practice, practice, practice

Be wary of short cuts!!!

Nutrition Tips

"We must know, like farmers, we can't sow and reap the same day."— Anonymous

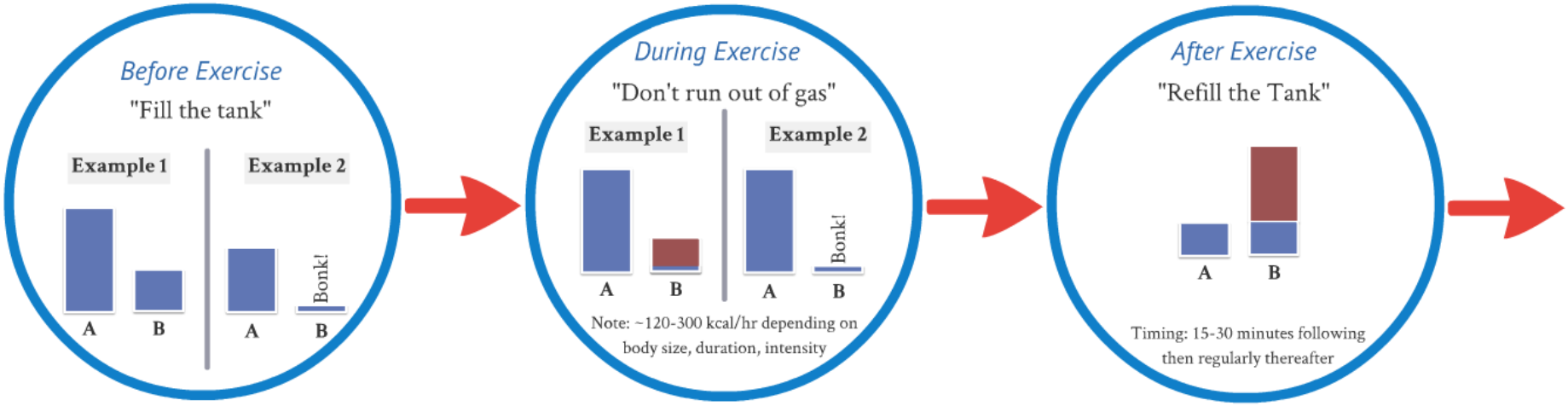


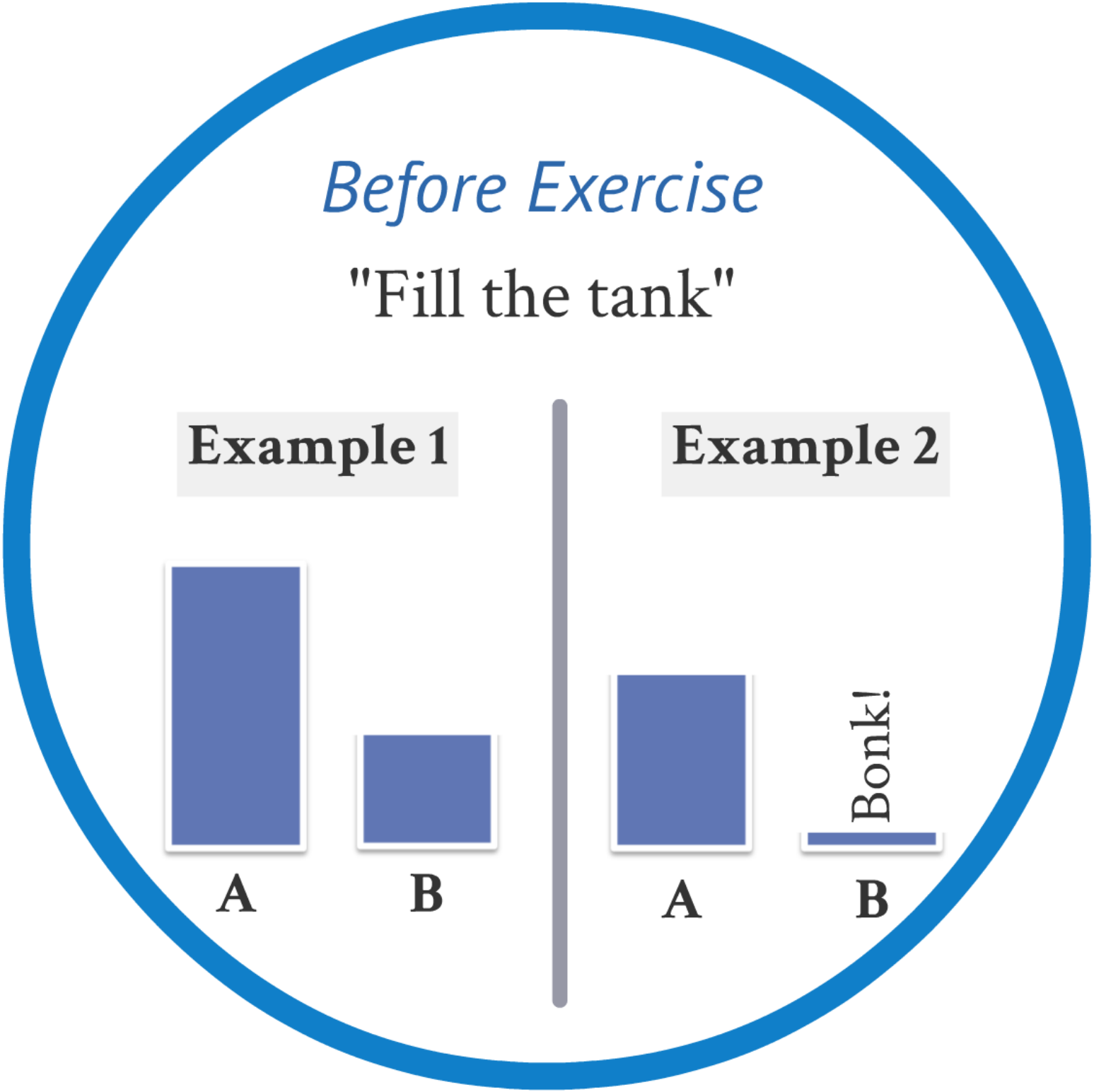


Why Do We care About Nutrition & Hydration During Training & Racing?

1. Provide fuel to muscles
2. Resist fatigue
3. Prevent overheating
4. Feel good
5. Maintain water and sodium levels

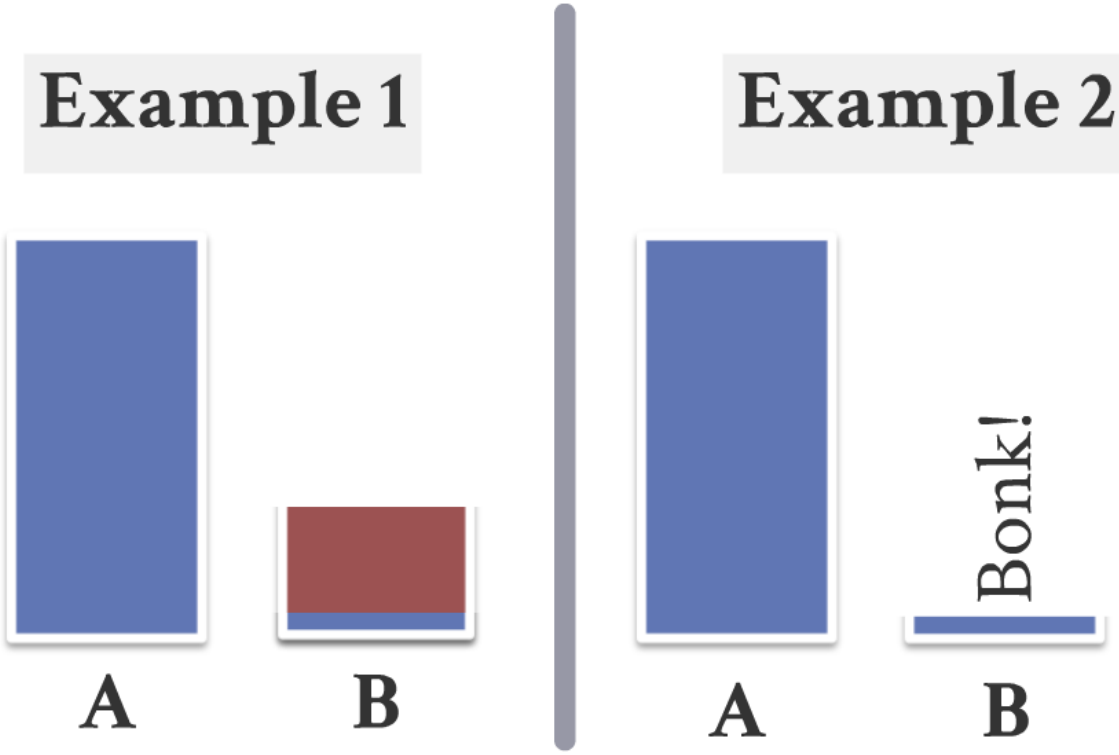
Carbohydrates (glucose) are best consumed around training sessions




Before Exercise
"Fill the tank"
Example 1
Example 2
A
B
A
B
Bonk!

During Exercise

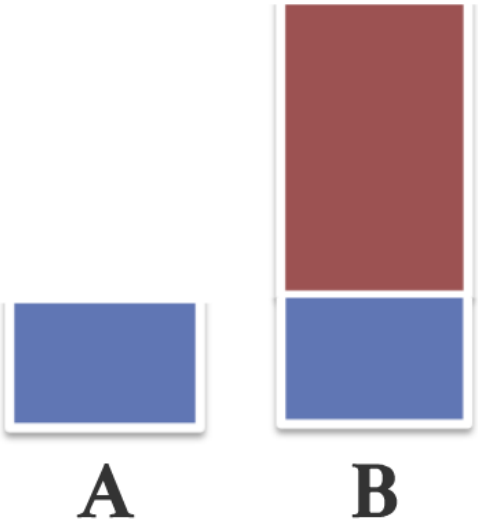
"Don't run out of gas"



Note: ~120-300 kcal/hr depending on body size, duration, intensity

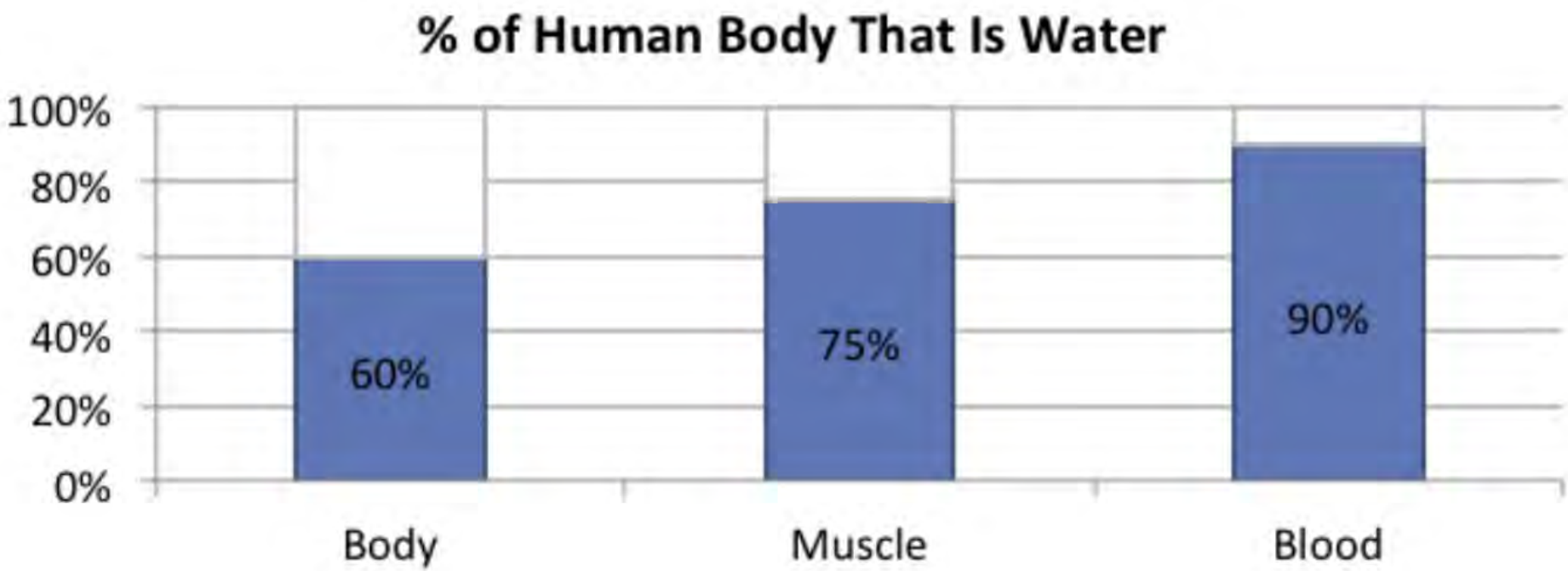
After Exercise

"Refill the Tank"



Timing: 15-30 minutes following then regularly thereafter

Proper Hydration Is Essential for Performance



Target: Replace 90% of fluid lost during exercise

Dehydration as much as 2% impacts performance negatively

Measure body weight before and after exercise to determine weight loss

Example:

- Weight before exercise: 170 lbs
- Weight after exercise: 165 lbs
- Loss = 170 - 165 = 5 lbs

% Loss = 5 / 170 * 100% = 2.9%

Replace Electrolytes When You Hydrate, too

Sweat loss and sodium loss are highly individual

Consider increasing sodium intake if:

- Salty sweater
- Experience cramping
- Notice swelling in hands and feet from exercise

ACSM recommends ingesting 500-700 mg sodium for every 32 oz. of water during activity exceeding one hour

...and don't forget...

Always, always thank the race volunteers.

Just do your best.

Have fun!

Success!!!

Thank you for attending!

We'll post the recording at: www.schooloftri.com/library

Next webinar:

- 5/7: Tips for Racing Your First Full or Half Triathlon

Need a training plan? www.enduranceworks.net/training-plans

Please contact us with any questions:

David Glover - david@schooloftri.com
Krista Schultz - krista@schooloftri.com

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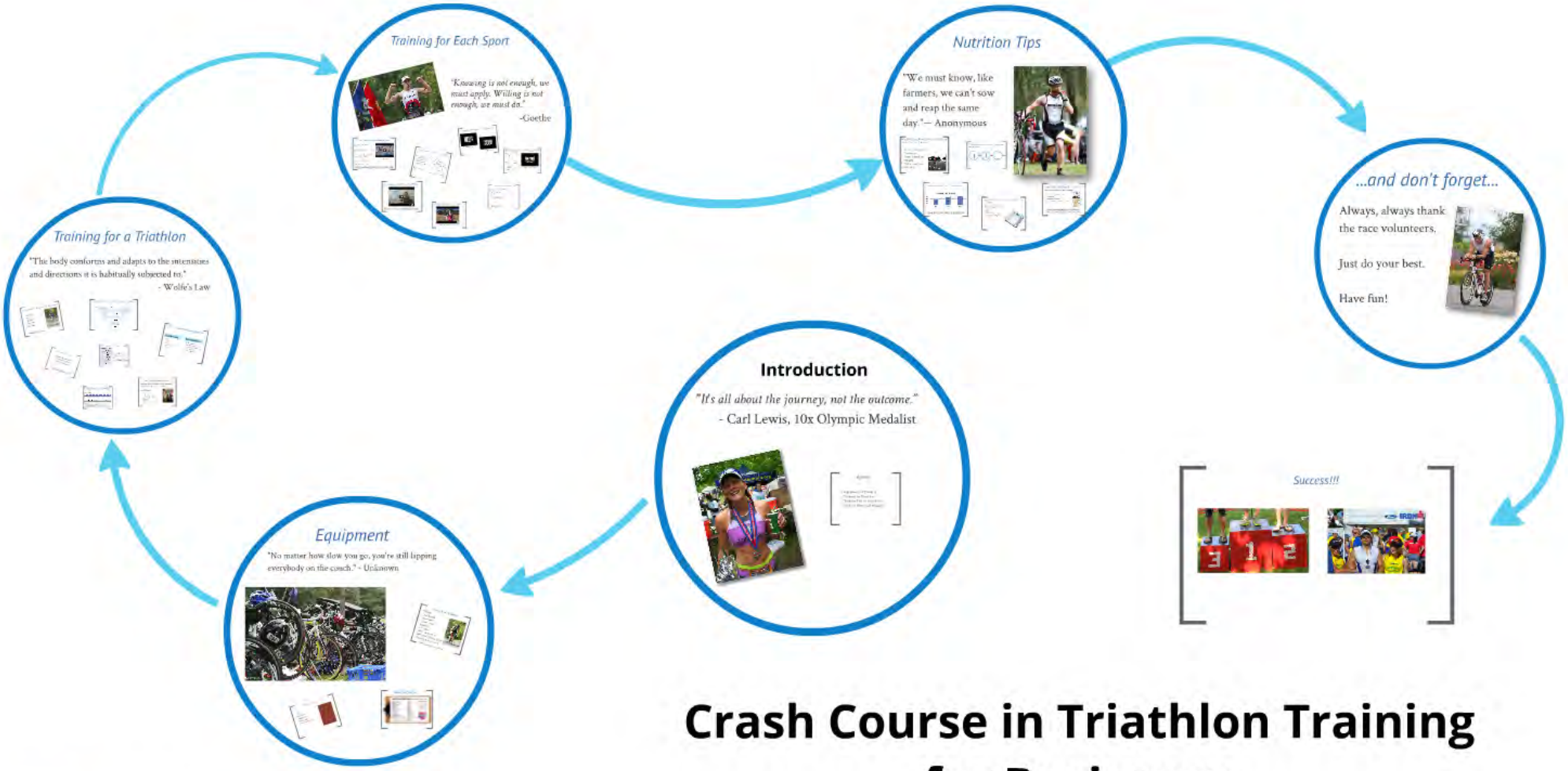

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