



— GUIDE TO YOUR FIRST TRIATHLON

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WHY TRIATHLON?

- The goal gets you moving
- Benefits of training 3 disciplines
- Super positive community
- Very accessible
- Event variety
- Unique



PICKING AN EVENT

- The first step to any goal
- Triathlon distances
 - The value of starting small
- Pool vs open water
- Local sprint races:
 - VTS MTS Series (VA, MD, PA, DE)
 - Go To Eleven Racing (Robious Landing, Pink Power)
 - East Coast Triathlon Festival Super Sprint
 - Rev 3 Series (Sprint Series)



EQUIPMENT BARE ESSENTIALS

- Any working bike w/ bar end plugs
- Good helmet w/ CPSC sticker
- Good running shoes w/ speed laces
- Goggles
- Clothing you can swim, bike, & run in
- Wetsuit?
- Transition belt



EQUIPMENT UPGRADES

- Cycling Shoes / Pedals (\$200)
- Bike Fit (\$275)
- Aero bars (\$140)
- Aero helmet (\$125)
- Race wheels or Disk Cover (\$100-1500)
- Road or triathlon (TT) frame (\$1400)
- Lighter Racing Running Shoes (\$80)
- ...



Source: Cycling Weekly



Source: Cyclingnews.com



TRAINING

- The key to triathlon happiness
 - Start where you are
 - Maintain life balance
 - Enjoy the process
- Training phases
 - Develop form
 - Build endurance
 - Get fast
 - Taper
- Emphasize recovery



TRAINING: THE SWIM

- % of total training depends on needs / goals
- Nothing replaces a coach's eye
- Drills are useful at first but can be overdone
- Body / head position is key
- Can go fast more often than bike/run (establish form first)
- Choose short, fast reps over long, moderate intervals
- Use strength training to connect mind with muscle



TRAINING: THE BIKE

- Maximize bike fit and bike handling skills
- If extra time, spend it here
- Once develop endurance, add speed
 - Emphasize short, hard efforts initially
 - Spend a lot of time at race pace as get closer to race
- Bike after swim periodically (transitions)



TRAINING: THE RUN

- Prioritize technique / form
- Injury prevention is key to long-term development
- Prioritize strength / prehab work
- Build volume through frequency first
- Limited speed work
- Run off the bike often (transitions)



THE RACE: PRE-RACE

- Packet pick up
 - Day before vs race day
 - USAT #
 - The race packet: run number, bike number, helmet number, swim cap
- Race day arrival time
- Timing chip
- Body marking
- Setting up transition (& race how to)
- Warm up



THE RACE: SWIM

- Pool swim formats & strategy
 - Snake swim
 - Open water pool swim
- Open water formats & strategy
 - Mass/wave start VS time trial start
 - Beach VS in-water start
 - Choosing your start position
- Wetsuit
- If you need assistance



THE RACE: BIKE

- Preview / study the course
- The mount & dismount line
- Vehicles on road?
- Drafting, passing, and blocking
- Use your gears
- Stay low (cheat the wind)
- Preparing for the run



THE RACE: RUN

- Preview / study the course
- The first 3-5 minutes: breathing, form, cadence
- Encourage someone else
- Head phones & pacers
- Race number



THE RACE: NUTRITION

- The week of: eat healthy but normal
- 2 nights before: carbo-load, lower fiber, hydrate
- The day before: small meals, carbohydrates, hydrate, salt
- Race morning: 3 hours before, 1 hour before, 15 min before
- The swim: pre-nutrition
- The bike: first & last 5 min, drink (& gel?)
- The run: preference, aid stations
- Post race: 30 min, 1 hour, all day



PARTING THOUGHTS

- Amazing journey
- Appreciate more than race day
- Even better with friends or training group
- Stick around and enjoy the finish line
- Sign up for another one



BE MORE
LIVE RED