

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	OFF	R: 15 min S: 200 yds	B: 5 miles	S: 200 yds	OFF	R: 15 min	B: 5 miles
Week 2	OFF	R: 15 min S: 200 yds	B: 6 miles	S: 200 yds	OFF	R: 20 min	B: 8 miles
Week 3	OFF	S: 200 yds R: 20 min	B: 6 miles	S: 300 yds/ W: 30 min	OFF	R: 30 min	B: 10 miles
Week 4	OFF	S: 300 yds R: 20 min	B: 8 miles	S: 300 yds/ W: 30 min	OFF	R: 40 min	B: 10 miles
Week 5	OFF	R: 20 min	S: 300 yds	BRICK	S: 400 yds	R: 40 min	B: 12 miles
Week 6	OFF	R: 30 min	S: 400 yds	BRICK	S: 400 yds	R: 40 min	B: 15 miles
Week 7	OFF	R: 30 min	S: 400 yds	BRICK	S: 500 yds	R: 40 min	B: 15 miles W: 30 min
Week 8	OFF	R: 30 min S: 500 yds	S: 500 yds	BRICK	S: 500 yds	R: 50 min	B: 20 miles W: 30 min
Week 9	OFF	S: 500 yds R: 30 min	B: 15 miles	S: 600 yds/ W: 45 min	OFF	R: 50 min	B: 20 miles W: 30 min
Week 10	OFF	S: 600 yds R: 30 min	B: 15 miles	S: 600 yds/ W: 45 min	OFF	R: 50 min	B: 20 miles W: 30 min
Week 11 Race Week!	OFF	S: 500 yds R: 30 min	B: 15 miles	OFF	S: 200 yds R: 15 min	RACE DAY!	

Sources: www.trinewbies.com

S=SWIM B=BIKE R=RUN W=WALK

These schedules are meant to be a guide; modify to your child's needs. Make sure your child is having fun & isn't stressed or pushing too hard. Set up a transition area & practice the transitions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
7-10 yrs.	S-10 min	Rest	B-15 min	Rest	R-10 min	Rest	Rest
11-15 yrs.	S-300 yds	B-30 min R-10 min	R-10 min	S-300 yds	Rest	B-30 min R-10 min	B-40 min
Week 2							
7-10 yrs.	S-10 min	S-5 min B-5 min B-30 min	Rest	B-5 min	R-15 min	Rest	Rest
11-15 yrs.	S: 400 yds	R-10 min	R-12 min	S-500 yds	Rest	B-30 min R-10 min	B-30 min
Week 3							
7-10 yrs.	S-15 min	Rest	B-10 min R-10 min	Rest	Rest	B-15 min B-40 min	Rest
11-15 yrs.	S-300 yds	R-10 min	R-12 min	S-500 yds	Rest	R-10 min	B-30 min
Week 4							
7-10 yrs.	S-10 min B-5 min	Rest	B-20 min	Rest	Rest	R-15 min B-40 min	Rest
11-15 yrs.	S-500 yds	R-12 min	R-10 min	S-400 yds	Rest	R-10 min	B-45 min
Week 5							
7-10 yrs.	S-10 min B-5 min	Rest	Rest	B-10 min R-5 min	Rest	R-5 min B-35 min	Rest
11-15 yrs.	S-300 yds	R-15 min	B-40 min	S-400 yds	Rest	R-15 min	B-30 min
Week 6							
7-10 yrs.	S-5 min	Rest	S/B/R- 5 min each	Rest	R-10 min	Rest	Rest
11-15 yrs.	S-300 yds	R-10 min	R-10 min	B-30 min	S-300 yds	Rest	Rest

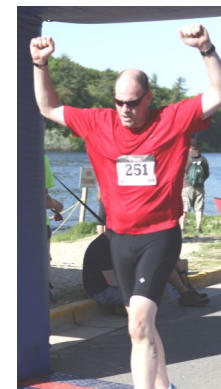
Sources: www.kidsrunning.com & www.usatriathlon.org



How To TRIATHLON Guide

Includes:

- Nutrition Advice
- Technique Tips
- Transition Tips
- Training Schedule
- Training Locations



TRI ♦ ATH ♦ LON *Noun*

1. An athletic contest consisting of three different events, typically swimming, cycling and running.

First Triathlon Tips

- Go short before going long; start with a Sprint or Olympic distance Triathlon.
- Stay close to home so you can do some of your workouts on the actual course, which will increase your confidence as well as reduce race-day stress & hassle.
- Know the course. Train on similar terrain so you are not caught off guard if the course is hilly or challenging.
- Do a "Practice Event" at your own pace a few weeks before the event. How do you enter & exit the transition area? Where are the turn-arounds?
- Get a good pair of goggles for the swim.
- Any bike will be fine, but make sure the bike fits you correctly & is in good working order.
- It is recommended to have a good pair of running shoes; let the experts in a good running store help you select the right pair of running shoes.
- It may not take as much training as you might think. You can easily be ready for a sprint distance race on less than 5 hours per week of training. Be sure to incorporate strength training in your workouts. It will help in all areas of the triathlon.
- Incorporate "brick" workouts during your training. Practice switching from the swim to the bike & the bike to the run. You can teach your body to adjust & get more comfortable.
- Plan a day of rest each week during your training. Make sure you taper or rest & cut down on distances the week before the event. A well-rested body performs best.
- Transition time counts; practice smooth & swift transitions.
- Plan to do the first half of the race slower. Most beginners start too fast. When you reach the half-way point, you can pick up the pace & finish strong.
- Keep things simple for your first race. Once you are hooked on the sport, you can find ways to get faster or go longer.
- Pack your bags the night before the race by running through your transition the night before. Put on your swimsuit/wetsuit, goggles & pretend you just came out of the water. Transition into everything you need for the bike; ride your bike a little & then physically transition into your gear for the run. See the *Day of Checklist* for a list of recommended items!

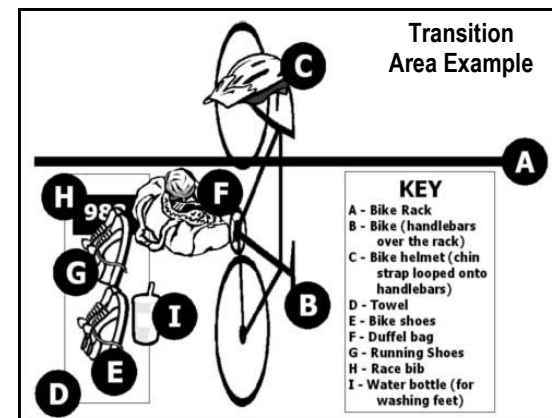
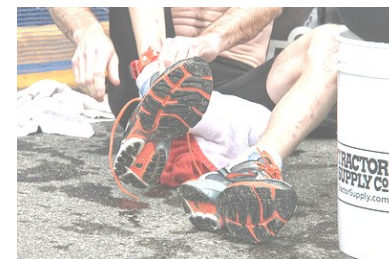


Day of Event Tips:

- Don't try anything new on race day. Make nutrition choices that you know you can eat & use equipment you are used to.
- Check the bike carefully before the race. Check tire pressure, brakes, make sure the handle bars & seat are on tight & that the bike is shifting correctly-put the bike in the gear you will want to start out in.
- Don't sit down while in transition; it wastes time.

Transition Tips

- Practice doing the transition over & over (mentally & physically).
- Be a minimalist: the fewer tasks you have in transition the better - clutter will slow you down.
- Run with your bike: the distance from where you rack your bike to where you can actually mount your bike can be a lengthy distance. Practice running with your bike (run on the left side of your bike holding your seat with your right hand, left arm will swing by your side). Hold the bike upright to go straight & lean it to the side to turn.
- Attach your stuff to your bike prior to the race. Tape gels to the frame water bottles should already be on board, sunglasses looped to a cable, etc.
- One outfit for all occasions: a one piece tri-suit is ideal; any clothing changes will add time.
- Navigation: know where your rack spot is & how to find it from the swim exit & bike entrance & know where the bike & run exists are & the quickest route to them.
- Speed laces & baby powder: tying your shoe laces takes time, eliminate this time by using lace locks or speed laces. Use baby powder to help your feet slide into your shoes/socks.
- Grab & Go: put on your running gear as you are running.



Swim:

- ♦ Swimsuit/Tri-suit
- ♦ Wetsuit (opt)
- ♦ Swim Goggles (opt)
- ♦ Velcro/Strap & Timing Chip
- ♦ Swim Cap



Bike:

- ♦ Bike (1)
- ♦ Bike Helmet
- ♦ Sunglasses (opt)
- ♦ Bike Shorts/Jersey
- ♦ Water Bottle
- ♦ Bike Shoes (opt)
- ♦ Socks (opt)
- ♦ Spare Tire (opt)
- ♦ Bike Pump (opt)
- ♦ Energy Bars/Gels (opt)

Run:

- ♦ Run Shorts/shirt with race #
- ♦ Running Shoes (opt)
- ♦ Socks
- ♦ Hat/Sweat Band (opt)
- ♦ Energy Bars/Gels (opt)
- ♦ Water Bottle & Carrier (opt)

Good luck & have fun!

Nutrition Tips Swim Tips

Adult & Adult Team Swim: 0.32 Mile
U-15 Swim: 200 Meters
U-10 Swim: 100 Meters (shallow water)

By Renee DeFrang RDN CDE CPT

Pre-Competition:

- Follow the guidelines below as you begin your training. You do not want to add any new foods or drinks the day of the triathlon. If you plan on using sports gels, gummies or drinks at the event, make sure you used them in training to know how your body will respond.
- Balanced diet including all of the food groups; lean protein, whole grains, fruits, vegetables & low fat dairy.
- Consume a carbohydrate rich small meal or snack with some protein.
 - ◇ Examples:
 - * Fruit & yogurt parfait with low fat granola
 - * Whole wheat toast with peanut butter & fruit
 - * Oatmeal with nuts & fruit
- Drink adequate fluids.
 - ◇ Dehydration can cause fatigue & impair performance. Make sure you are drinking enough water!

During the Competition:

- Eat easily digested carbohydrates.
- Drink adequate fluids to replace sweat loss. Water & if exercise is over 60 minutes, sports drinks or diluted 100% juice to replace electrolytes.
- The bike portion of the competition is the best place to refuel.

Recovery after the Competition:

- Restore fluid & electrolytes lost in sweat.
- Replace muscle fuel with carbohydrates.
- Repair muscle damage with protein.
- Snack with carbohydrates & protein will meet the above goals.
 - ◇ Examples:
 - * Graham crackers & peanut butter
 - * Smoothie made with yogurt & frozen berries
 - * Trail mix with dried fruit, nuts & cereal



Day of Checklist

This checklist has been prepared to help the new triathletes; allowing them to participate in any event without the fear of forgetting some an essential item. The list - based on input from several triathletes - includes the basic items & a few optional ones.

Registration:

- ◆ Race #
- ◆ Bike #
- ◆ Swim Cap
- ◆ Safety Pins
- ◆ Velcro Strap band & Timing Chip

Transition:

- ◆ Gear Bag
- ◆ Large Towel for the ground
- ◆ Water Bottle
- ◆ Small Towel for drying off

General:

- ◆ Watch
- ◆ Heart Rate Monitor (opt)
- ◆ Sunscreen



- Upper body & core strength training will definitely help your swimming.
- Practice makes perfect! Swimming in open water is different than swimming in a pool. In open water, you don't have a line to the bottom to make sure you're swimming straight, you may not be able to see well due to the sun & there are several factors you cannot control, such as water temperature, wind speed, etc. The more you practice open water swimming the more comfortable you will become & the easier it will get.
- If you plan to wear a wetsuit, get used to it (wear it swimming & practice taking it off before the race).
- If you wear swim goggles, keep in mind they can fog (impairs vision). Although there are anti-fogging products available, you can also use a drop of dish soap! With your finger, wipe the drop of dish soap over the entire inside of the goggles & then rinse. Once treated, don't touch the lens or it will break the film you created. As always, be sure to try this in advance to see if it works for you.
- Relax & breathe! Don't hold your breath while swimming. Turn your head to the side to breathe & remember to exhale while your face is in the water.
- Swim straight! Make sure arms always extended straight out from shoulders. Be careful of wide arms or arms crossing over the center of your body which will cause you to drift.
- Sight correctly! Determine what to sight on, something tall, big & immovable. Sight first, then fall into the breath. It will be a quick 'snapshot' view of what is in front of you. Once your head is back in the water, you will think about what you just saw to determine if you are still swimming straight.
- During the last 100 yards or so, start kicking more. You've used mainly upper body muscles while swimming & by increasing your kicking, you will warm up your legs for jogging to the transition area & get ready for the bike.
- Don't just swim. Work on drills, long continuous swimming & timed intervals.
- Practice swimming by sharing a lane. During the event you will have people around you so become familiar with people swimming near you.
- Practice putting on your shoes/clothes with wet hands & while standing, it is a waste of time to sit down while gearing up for the bike portion of the race.



**The TRI GREENVILLE swim
will be an open water swim
held in Baldwin Lake for all divisions.**

*Wetsuits may be rented from
Gazelle Sports & Striders.*

Adult & Adult Team Bike: 11.8 Miles

U-15 Bike: 3.7 Miles

U-10 Bike: 2.2 Miles

Bike Tips

- Since the bike portion is the longest in distance & time, it is important to feel comfortable & efficient while riding.
- Practice, practice, practice! Practice a swim & then go for a longer bike ride (brick workout).
- Seat height is important. Adjust your seat so that at the very bottom of the pedal stroke, your leg is just slightly bent.
- Your back should be as flat as possible while riding so you have less wind resistance.
- Achieve a high cadence. Cadence is defined as the number of rotations per minute of your pedals. To determine your cadence, count how many times your right foot does a complete pedal circle within 10 seconds, then multiple by 6 for total rotations per minute. When first on a bike, natural tendency is to ride with about 60 to 80 rotation per minute.
- Improve your bike handling skills & comfort level by riding with others.
- Ride with people who are faster than you. It forces you to ride your best.
- Practice your descending and cornering skills.
- Keep your momentum by mounting & dismounting your bike while running.
- Build endurance by training longer than your race distance.
- Ride the course in advance when possible to learn the hazards you will encounter during the race.
- Get a bike tune up!
- Don't go too hard, remember you have to run after the bike portion.
- Relax your upper body. Try to reduce any side to side or up/down motion to allow more oxygen to be used by your working leg muscles.
- Maintain a realistic steady effort throughout the bike portion.



- Watch out! Keep your eyes peeled for upcoming hazards & avoid them.
- Corner aggressively but within your ability. In sprint distances, stand up & get back to speed as quickly as possible.
- Make your self known. Yell "on your left" or "passing" when approaching slower bicyclists from behind.
- Drafting is not allowed during the Tri Greenville Sprint Triathlon. Be sure to read the Race Rules for more information.
- Approximately 10 minutes before you anticipate getting off your bike, shift into a lower gear & transitioning into a run, begin to stand up on your bike as often as possible. This will stretch your hip flexors & calves leaving you less "scrunched up".

Run Tips

Adult & Adult Team Run: 3.1 Miles

U-15 Run: 2.2 Miles

U-10 Run: 0.5 Mile

- Key to strong, injury-free running is stretching & lifting. Weight training is very important during the beginning of your training.
- Have a good pair of running shoes. If possible have 2 pair & alternate training in them.
- You don't have to run the whole thing. Don't let the fact that you might have to walk some of it keep you from doing the race!
- When possible, get to know the course so you can tailor your training to the conditions of the course. If it is local, try a few training runs on the actual course. If the race is not local, try to come up with a local course that simulates the course.
- Correct running form is upright or leaning slightly forward from the ankles, not the waist. Arms should flow almost straight back & forward parallel to your leg movement.
- Run faster, not farther! Interval based running with hard efforts separated by easy efforts.
- Incorporate plyometrics (jump training) into your triathlon training.
- Include brick workouts; especially a combination of cycling & running. The purpose of bricks is to practice the transition from one exercise to another. Depending on the length of the bike course, it can take your legs a significant amount of time to adjust from a short stride (cycling) to a longer stride (running). The goal is to reduce the time it takes for your legs to adjust from cycling to running.
- Incorporate 2 different brick workouts. Long bike followed immediately by a long run or a short bike ride followed immediately by a short run & then repeat several times.



The information within the *How To Triathlon Guide* was obtained from the below websites, unless otherwise noted.

www.trinewbies.com, www.dailymile.com, www.trifuel.com, www.beginnertriathlete.com,
www.active.com, www.coach-janet.com, www.active.com, www.tips-for-triathletes.info,
www.amateurendurance.com, www.rockstartriathlete.com, www.triathlon.competitor.com,
www.swimsmooth.com & www.bicycling.com.