

Introduction

This is your handy guide to your first triathlon! A triathlon is split into three parts; a swim, a bike and a run. The distance of each discipline depends on the event you enter, however they are always in this order.

Most triathlons happen in waves, with different start times throughout the day and you will be placed in a wave. These are often based on your estimated swim time so make sure that you have kept a track of your swim time to be placed in the right wave.

We have broken down each stage and provided some top tips for getting started, essential kit and on the event day advice.

Go smash your first triathlon!



Extra Top Tips!

- **A Basic Run Through:** You'll want to be sure you have tested all of your equipment in event like circumstances. Ensure that your biking accessories are fit for the model of your bike. Allow time to wear in your running shoes. Create a dedicated packing list, this might include:
 - Tri suit, swimming cap, goggles, ear/nose plugs, towel.
 - Bike, cycling shoes, helmet.
 - Number belt
 - Running shoes
 - Headphones
 - Sunglasses
 - Hydration bottle
 - Sunscreen
 - Wearable technology
 - Protein bars, gels (nutrition) etc...
- **Eat a Protein-Based Dinner:** Start thinking about your nutrition 24 hours before the event. You'll want to eat a relatively early dinner; meals should be light in size and focus on protein. Try to avoid red meat, fibre, excessively sugary drinks, and alcohol.
- **Join a triathlon club:** Triathlon clubs are a great way to meet other people to train with and get some advice from people who have taken part in Tri's before. You do not have to be an elite triathlete to join a club, new members are welcome too!
- **Don't be afraid to ask questions:** if you are stuck or have any pre event day questions don't be afraid to get in touch with the event organiser, we are here to help!

Sign up at



www.trytri.co.uk



**FIRST TIMERS
TRIATHLON GUIDE**

Follow us    

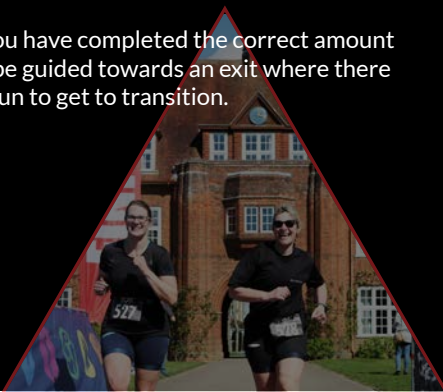
SWIM

- **Take your time:** We all have time pressures and obligations to attend to, when it comes to improving your swimming ability focus on the basics, your breathing, technique, pace, and coordination.
- **Practice counting your laps:** It is your own responsibility to track how many lengths you're completing; you may consider wearing a waterproof wristwatch to do so.
- **Take advantage of free content:** If this is your first intensive swimming event, there are several online tutorials in how to adapt to lane swimming.
- **Practice makes perfect:** Avoid body misalignment by filming yourself and identifying areas for improvement.
- **Suitable Hairstyles:** Trial some different hairstyles to make sure you aren't wasting time on the day getting your hair out of your face and into the caps and helmets. (*Low ponytails/battle braids).

On event day:

- **Overtaking:** You will most likely be swimming with other people in your lane, if you feel you are significantly faster than the individual in front, tap their feet gently to indicate you would like to overtake. Please be patient if they don't notice your sign.
- **Swim Stroke:** You can swim using front crawl or breaststroke.

Please do not use backstroke as you may be mistaken for someone in trouble!
- **Swim Exit:** Once you have completed the correct amount of lengths you will be guided towards an exit where there will be a short flat run to get to transition.

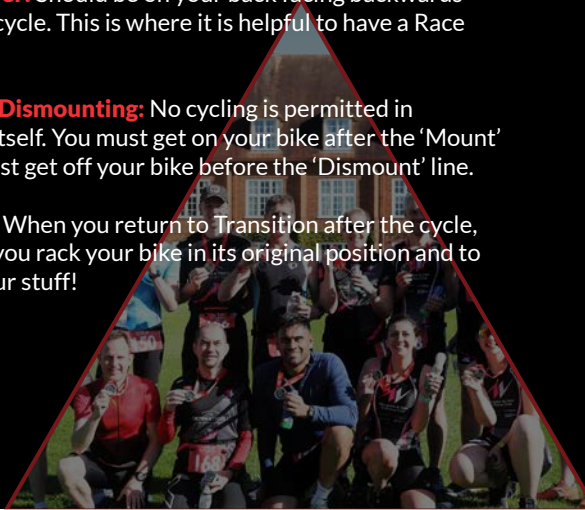


BIKE

- **Precautionary Actions:** Take advantage of the time you have to prepare, make sure you know what to do in the case of a tire puncture or wardrobe malfunction.
- **Practice road cycling:** If you're accustomed to path or track cycling, make sure that you have built some on-road experience before attending the event. You don't want to be alarmed by passing cars or other cyclists on the day.
- **Low gear, high cadence biking:** Towards your last kilometre reduce the gear of your bike and spin your legs at a higher cadence, this will help your legs adjust to the new demands of the running section.
- **Clip-on aero bars:** The geometry of a road bike means that, in most cases you'll need to adjust the saddle height to properly accommodate the tri bars.

On event day:

- **Nutrition:** Use training to learn at what intensity you can tolerate food. The bike leg is your main opportunity to refuel. Find your formula – sandwiches, gels etc.
- **Helmets:** Helmets are MANDATORY. You must put your helmet on, and have it strapped up before you touch your bike and DO NOT remove your helmet until your bike is racked up again.
- **Race number:** Should be on your back facing backwards during the cycle. This is where it is helpful to have a Race Belt
- **Mounting/Dismounting:** No cycling is permitted in Transition itself. You must get on your bike after the 'Mount' line and must get off your bike before the 'Dismount' line.
- **Transition:** When you return to Transition after the cycle, make sure you rack your bike in its original position and to not lose your stuff!



RUN

- **Practice running off the bike:** It will feel unusual for the first few times but get used to going for a short jog at the end of each cycle.
- **A walk-run strategy:** Sometimes short walking breaks between training can help you complete the run more quickly and comfortably.
- **Practice running on different surfaces:** Your run may include a combination of grass paths, roads, and trails. Incorporate these into your routine.
- **Slow down your runs:** The majority of your runs should be at an easy pace. You should be able to hold a conversation and complete sentences without feeling out of breath.
- **Run more:** By running more often you'll slowly increase your base fitness and become more efficient, just by teaching your body the patterns of running.
- **Increase your cadence:** By increasing your cadence (number of steps per minute) you're almost forced to stop overstriding, so your efficiency increases.
- **Run tall:** A good upright posture will ensure that your body is supported and tension-free when you run.

On event day:

- **Race number:** Should be facing forwards during the run.
- **Take Care:** Be cautious of uneven ground.

