

Training for Your First Triathlon

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Triathlon Equipment

- You can start the sport off modestly
- And you can get expensive if you want to
- Start out with the basics and you can “upgrade” if you like the sport



Triathlon Equipment

- Swim
 - Goggles, swim/tri suit, swim cap
- Bike
 - Mountain bike is okay
 - Helmet, water bottle, tube & toolkit
- Run
 - Running shoes, sunscreen



Training Plans

- Consider race breakdown times
 - Swim = 17%
 - Bike = 50%
 - Run = 33%
- Practice your weakest skill a bit more
- Recovery every 3-4 weeks
 - Cut down the number of hours
 - Increase in intensity is okay, but keep it short
- Practice open water swimming



Training Plans

- Bricks are your friend
 - **Bike + Run = ick!**
 - Teach your legs to go from bike to run
 - Trick: run 10 minutes each time you get off your bike
 - But, you must start running within 5-8 minutes of getting off the bike or it's not a brick



Training Zones

Training For	Breathing Rate	Training Zone
Endurance	Notice breathing deeper, but still comfortable. Conversation possible.	1 & 2
Speed	Starting to breathe hard and getting uncomfortable. Deep & forceful breathing, you don't want to talk	4 & 5



Training Volume (Beginner)

- Sprint triathlon: 5-9 hrs/week
 - 5 hours Prep period
 - 6-9 hours Base periods
 - 4.5 hours recovery week
- Olympic triathlon: 7-13 hrs/week
 - 7 hours Prep period
 - 13 hours Base periods
 - 5.5 hours recovery week



RecPlex Training Offerings

- Danskin Beginner
 - Saturday mornings
 - April 28 – June 30
- Danskin Intermediate / Advanced
 - Sunday mornings
 - April 29 – July 1
- Registration opens April 1st



RecPlex Training Offerings

- Open Water Swim Clinic with Pro Lauren Jensen
 - Sunday, June 10
 - Beginning and Intermediate sessions
 - Included in the Danskin classes



RecPlex Training Offerings

- Triathlon Cycling
 - Tuesday evenings
- Pleasant Prairie Tri Training
 - Begins mid-June
- Danskin to Pleasant Prairie triathlete
 - Begins mid-July
- Custom Training Plans



Race Prep: Week Before



- Hydrate!
- Confirm packet pickup, race start time, parking
- If possible, ride the bike course and run the run course
 - Note landmarks
 - Note areas to watch out for and where you can take advantage



Race Prep: Day Before



- Packet Pickup (USAT card)
 - May be available early or day of
- Bike Racking – Danskin, Pleasant Prairie
 - Most races have morning of
- Body Marking
 - Bring your own black marker race morning
- Layout and Pack your gear – race day checklist



Race Prep: Morning of

- Get an early start
- Eat a light breakfast
- Set up Transition
 - Marker / Flag / Balloon / Chalk mark
 - Walk Swim Out to rack
 - Walk rack to Bike Out
 - Walk Bike In to rack
 - Walk rack to Run Out



Race: Swim

- Get in position for your wave
- If nervous, line up on the side and/or back
- Be prepared for flailing arms and legs
 - You will get hit!
- Sighting



Race: T1 (Transition One)

- Goggles and swim cap off
- Wet suit unzipped and peel to waist
- Helmet on and buckled before uncracking your bike
- Walk/Run bike to exit
- Mount outside of transition



Race: Bike

- Understand drafting rules
- Passing – shout it out
- Hydration – take a water bottle
- Pedal down hills to pick up time
- Low gear + high cadence toward end to get ready for the run
- Dismount outside transition



Race: T2

- Helmet on and buckled until rack your bike
- Run/walk bike to rack
- Finding your stuff
- Running shoes on, then grab everything else and go



Race: Run

- Legs will hurt and feel strange – practice your bricks!
- Hydrate
- Take own sports drink if concerned
- Run/Walk technique



Race: Finish

- Celebrate – you did it!
- Walk for a bit
- Hydrate
- Take advantage of post-race food
 - Save the beer tent for later!
- Pack up transition



Questions?

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Chicago Triathlon 1987



Warsaw Optimist Regional Sprint Championship 2005

