

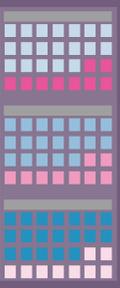
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Things You Need to Know About

TRIATHLON TRAINING

1

Be Prepared To Train For 3 Months



- ✓ If you have never done a triathlon before you need about 3 months to prepare.
- ✓ It is ideal to do **2 sessions of each element** per week.
- ✓ If time does not permit 2 swims, 2 runs and 2 bikes per week, then cover your weakest discipline at least twice in 2 weeks but your strongest one only once.

2

Spend More Time On The Bike Discipline



- ✓ In most triathlons the bike covers 50% of the time taken.
- ✓ **Small improvements on your bike will make the biggest differences** to your overall event time.
- ✓ The best news is that it's the easiest discipline to improve upon.

3

Have At Least One Rest Day Per Week



- ✓ Even **top Olympic athletes rest** their body at least once per week. You will need one rest day off a week.
- ✓ **Learn to listen to your body** - stay in bed if you get symptoms of injury, strain or illness.

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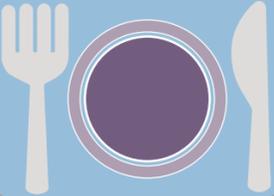
Don't Spend A Fortune On Gear



- ✓ Tri geeks spend lots of money but you don't need to.
- ✓ Only spend good money on a **decent helmet** and new **supportive running shoes**.
- ✓ Purchase whatever you are going to use on race day ahead of time and practise with it.

5

Feed Your Body Right!



- ✓ Your body needs good nutrients to **build strong muscles** and **make energy available**.
- ✓ Feed yourself right whilst training and during the race.

6

Have Fun!



- ✓ Triathlon is a fun sport - **it's one of the fastest growing sports** in the world.
- ✓ No matter how small the race, **people will cheer you on**.
- ✓ Feel justly proud and enjoy the whole thing.

“People of all shapes and sizes do it and everyone has fun. If you are at the back of the pack you are still doing better than the average person sitting on the sofa.”



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