

# Beginner Triathlon Tips

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You have signed up for your first triathlon. You are ready to dive in and tackle the challenge that triathlon offers. Here is what you need to know!

## Practice “Race Scenario” Swimming

Race scenario is both in the open water and with people. Both may not be feasible, but here are a few tips:

- Getting into open water prior to Race Day is strongly recommended. When you are used to staring at a black line in a pool, swimming in open water can be different. You may not see the bottom and you may also see fish swimming. If you can't get in prior to race day, be sure to get in race morning.
- Practice with others! As soon as the race starts everyone is kicking, pushing, and fighting their way to the front of the pack. A good way to get used to this is swim with 2 or 3 people in your lane at the pool. If you are in open water, swim close to another person and practice pushing each other around.

## Brick Sessions

- “Brick” is one of those fun triathlon buzz words. A brick session is when you do a bike ride followed by a short run. If you are doing a sprint distance, I would start with a 5 min run off the bike and build to 10 minutes then 15 minutes. This should be done once or twice a week. It is good to practice the first 2-5 minutes at race pace, then ease into an easy run pace.

## Gear that Fits

- You have put in all this training, but you want to be sure your gear is going to give you the best experience. When you purchase a bike or are borrowing one from a friend, it is important that your seat height is set correctly. If a friend can't help, head to your local bike shop. If you want to splurge, you can invest in an entire bike fit where they look at every single aspect of your body and the bike.
- Secondly, get proper running shoes. Most injuries happen from running. Running is tough on your body and it's easy for us to bump up the intensity too quickly on the run. Head to your local running store and get a proper pair of running shoes that work with your gait and your arches.

## Practice Transitions

- Transitions seem like something that is very simple. However, when you get out of the water or off the bike, everything is a blur. The goal is to have transitions become second nature. My recommendation is to put all your bike stuff together and all your run stuff together, that way you are only grabbing gear from one pile. Set this up in your driveway and see how quickly you can do it!

## Let Them Know

- Who are we letting know? Your friends and family! Triathlon training is time consuming. It can involve sacrifices, early mornings, and a tired body at the end

of the day. Let your friends and family know you have signed up for a race. Tell those important to you what the time commitment entails. Let them know you may not be heading out to dinner every Friday night now because the weekends require long bike rides and runs. Your routine will change, and it is best to let those around you know. We want them to support the triathlon journey, not be frustrated by it!

## Triathlon Gear Check List

Here is a list of necessary gear to race triathlon. The optional gear will enhance your experience but is not required for you to race.

### Swim:

*Needed:*

Cap (Some races provide a cap)

Goggles

*Optional:*

Wetsuits

Watch

Anti-Fog Spray - This can be helpful for goggles that tend to fog easily

### Bike:

*Needed:*

Bike

Helmet

Shoes

Water Bottles

*Optional:*

Sunglasses

Socks - Personal preference to wear socks or not to wear socks, can also depend on shoes

Bike Computer

Fix a Flat Supplies

### Run:

*Needed:*

Shoes

Race Number (Will be provided at packet pick-up)

*Optional:*

Socks - Personal preference to wear socks or not to wear socks

Computer

Hat/Visor/Headband

Sunglasses



**Other:**

Nutrition - Becomes more important the longer the race.

Timing Chip - Provided pre-race, required for all 3 legs of the triathlon

Anti-Chafing Cream - Helps with the wetsuit, bike chamois, and parts of your body running

Sunscreen - The longer the race the longer you are exposed to the sun

Bike Pump - Some races provide and usually you can ask someone in transition to borrow

**Post-Race:**

Change of clothes, including footwear

Snacks/Recovery Drink

Feel free to reach out to Hunter at [womenonwheels.ct](mailto:womenonwheels.ct) with additional questions!



Swim



Bike



Run