MIT Triathlon Club Meeting
What is Triathlon (and Multisport Racing?)

- A blast
- Great way to stay fit and healthy
- Meet friends
- Swim, bike and run
- Compete as an MIT athlete
What is MIT Triathlon

**People**
- Undergrads, Grads, MIT Affiliates and community members
- Many different academic and fitness backgrounds
- About 30 members on team

**Training**
- Team Led workouts: swim, track, OWS, bike rides, spinning, runs
- Individual planning
- Technique

**Racing**
- NECTC – Collegiate Competition
- Nationals – April
- Max Performance – Summer 2012
- 70.3 distance
People

Shaena Berlin

Mattieu Talpe
People

Sam Nicaise

Lucy Kohnen
People

Kris Johnson

Juls Andren
People

Ben Woolston

Ben Landry
People

Adam Jones

Ari Smith
People – Coach Bill

Coach Bill

Breakwater Sports Training
People – and many others
And You!
Officer Elections!
Training

**Weekly Workouts**
- Tuesday Swim Practice with Coach Bill (Zcenter)
- Tuesday Track with Coach Bill
- Wednesday OWS (cold now, but it gets warmer)
- Wednesday Cycling Hills/intervals
- Weekend Cycling and OWS

**Other**
- Emailed rides – usually on weekends
- Email out your workouts, or add them to the calendar
- Put together your own training plan
- Training camps?

**Requirements**
- Open to all
- Waiver
- Understanding of workout plan – ask questions
### Workouts

Click [here](#) for common bike routes.

Click [here](#) for an archive of Coach Bill’s swim workouts and drills.

Sometimes, a workout location or time may be changed. To be sure that you know about any changes, please subscribe to triathlon@mit.edu.

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*MIT Triathlon Club*

*Good luck everyone at Collegiate Nationals!!!*
Training - Technique

In-water Video Analysis

Functional Movement Screening

Video Run Analysis
## Training – Training Planning

<table>
<thead>
<tr>
<th>Week</th>
<th>Beginning</th>
<th>Notes</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
<th>Total Bike (hrs)</th>
<th>Total Swim (hrs)</th>
<th>Total Run (mi)</th>
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<tbody>
<tr>
<td>1</td>
<td>30-Apr</td>
<td></td>
<td>Pool - 45 min Tennis Match</td>
<td>Z2 - 5.5 mi</td>
<td>Pool - 15 min Tennis Match</td>
<td>Core - 30 min Pool - 45 min</td>
<td>Core - 15 min Pool - 45 min</td>
<td>End / Thr (2 hr - CSETT) Frisbee Game</td>
<td>Z2 (2 hr - Dover) Frisbee Game</td>
<td>4</td>
<td>2.25</td>
<td>11</td>
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<td>2</td>
<td>7-May</td>
<td>Build</td>
<td>Pool - 60 min Z2 - 5.5 mi</td>
<td>Track - 60 min</td>
<td>Core - 30 min Pool - 45 min</td>
<td>Z2 (2hr)* Z2 - 5.5 mi</td>
<td>Off</td>
<td>Openers (1hr)</td>
<td>season opener</td>
<td>4.5</td>
<td>1.75</td>
<td>11+</td>
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<td>3</td>
<td>14-May</td>
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<td>Pool - 60 min Z2 - 5.5 mi</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Z2 (2 hr) Core - 30 min</td>
<td>Core - 30 min Pool - 45 min</td>
<td>End / Thr (3 hr)* Z2 - 3 mi</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
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<td>2.75</td>
<td>12.5+</td>
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<td>4</td>
<td>21-May</td>
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<td>Pool - 60 min Z2 - 7 mi</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Z2 (2 hr) Core - 30 min</td>
<td>Core - 30 min Pool - 45 min</td>
<td>End / Thr (3 hr)* Z2 - 3 mi</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
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<td>14+</td>
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<tr>
<td>5</td>
<td>28-May</td>
<td>Rest / Travel</td>
<td>Pool - 60 min Z2 - 6 mi</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Travel Grand Canyon MTBing</td>
<td>Grand Canyon MTBing Grand Canyon MTBing</td>
<td>Grand Canyon MTBing</td>
<td>Total Bike (hrs)</td>
<td>Total Swim (hrs)</td>
<td>Total Run (mi)</td>
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<td>6</td>
<td>4-Jun</td>
<td>Build</td>
<td>Travel</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Z2 - 9 mi Pool - 75 min</td>
<td>End / Thr (3 hr)* Z2 - 3 mi</td>
<td>Thr (2 hr)* Z2 - 4 mi</td>
<td>6</td>
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<td>16+</td>
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<td>11-Jun</td>
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<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Z2 - 10 mi Core - 30 min</td>
<td>Core - 30 min Pool - 45 min</td>
<td>End / Thr (4 hr)* Z2 - 3 mi</td>
<td>Thr (2 hr)* Z2 - 4 mi</td>
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<td>17+</td>
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<td>18-Jun</td>
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<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Z2 - 11 mi Z2 (1.5 hr)</td>
<td>End / Thr (4 hr)* Z2 - 3 mi</td>
<td>Thr (2 hr)* Z2 - 4 mi</td>
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<td>18+</td>
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<td>9</td>
<td>25-Jun</td>
<td>Rest</td>
<td>Pool - Easy 60 min</td>
<td>Z2 - 5.5 mi</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Off Core - 30 min</td>
<td>Z2 (2hr) Core - 30 min Z2 - 4 mi</td>
<td>Z2 (1 hr)* Z2 - 4 mi</td>
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<td>Build</td>
<td>Pool - 75 min</td>
<td>Z2 - 5.5 mi</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Z2 - 12 mi Thr (2 hr)</td>
<td>End / Thr (4 hr)* Z2 - 3 mi</td>
<td>Z2 (1.5 hr)* Z2 - 12 mi</td>
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<td>9-Jul</td>
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<td>Pool - 75 min</td>
<td>Z2 (2 hr)* Z2 - 5.5 mi</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Off Off</td>
<td>Mass State Olympic Pool - 45 min</td>
<td>Pool - 45 min</td>
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<td>16-Jul</td>
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<td>Pool - 75 min</td>
<td>Track - 60 min Pool - 60 min</td>
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<td>13</td>
<td>23-Jul</td>
<td>Taper / Race</td>
<td>Pool - 60 min Z2 - 3 mi</td>
<td>Thr (2 hr)* Z2 - 3 mi</td>
<td>Core - 30 min Z2 (1 hr)/OW - 45 min</td>
<td>Off Off</td>
<td>Maxcomman Half</td>
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<td>PARTY LIKE A BOSS!!</td>
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Racing – NECTC Fall Collegiate Season
- Probably not racing Park City
- Planning to send 4 male and 4 female to each
- Compete against Collegiate Triathletes from whole region

***Strong Team for MightyMan***

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Location</th>
<th>Category</th>
<th>Distance</th>
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<tbody>
<tr>
<td>Park City Triathlon</td>
<td>26 Aug</td>
<td>Bridgeport, CT</td>
<td>Olympic</td>
<td>swim 0.9 miles bike 25 miles run 6.2 miles</td>
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<tr>
<td>Lake George Triathlon</td>
<td>1 Sept</td>
<td>Lake George, NY</td>
<td>Olympic</td>
<td>swim 0.9 miles bike 24.8 miles run 6.2 miles</td>
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<tr>
<td>Mainiac Sprint Triathlon</td>
<td>9 Sept</td>
<td>Biddeford Pool, ME</td>
<td>Sprint</td>
<td>swim 0.25mi bike 14.85mi run 3.2mi</td>
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<tr>
<td>Buzzard’s Bay Sprint Triathlon</td>
<td>16 Sept</td>
<td>Buzzard’s Bay, MA</td>
<td>Sprint</td>
<td>swim 0.33mi bike 14.7mi run 3.1mi</td>
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<tr>
<td>MightyMan Olympic (CONFERENCE CHAMPIONSHIPS!)</td>
<td>30 Sept</td>
<td>Montauk, NY</td>
<td>Olympic</td>
<td>swim 0.93mi bike 25mi run 6.2mi</td>
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Racing – Summer Season

NE Season Opener
Sprint Duathlon and Triathlon
Hopkinton State Park
May 13, 2012

Escape the Cape Triathlon Festival
Sprint Triathlon
Onset, MA
June 2, 2012

Sprint Triathlon
Onset, MA
June 3, 2012

Massachusetts State Triathlon™ Festival
Olympic Distance Triathlon
Lake Dennison
Winchendon, MA
July 14, 2012

Olympic Distance Triathlon
Lake Dennison
Winchendon, MA
July 15, 2012

Max Performance Race Series and Ironman 70.3 Races

The Sharon Triathlon
Sprint Triathlon
Sharon, MA
August 12, 2012

The Sharon

Title 9 Women Only Sprint Tri
Hopkinton State Park
Hopkinton, MA
September 9, 2012

Buzzard's Bay Sprint Triathlon
Lloyd State Park
Dartmouth, MA
September 16, 2012

MIT TRIATHLON
Racing – Summer Season
Max Performance Race Series and Ironman 70.3 Races
Racing – USAT Collegiate Nationals

- April 2013 in Tuscaloosa, Alabama?
- Must qualify team through NECTC racing!
- Hopefully sending 7 male and 7 female
- Personal contribution of about $200
*** Must race in one NECTC race***
Racing – How it works / become a club member

1) Pay $100 to team to become a club member
2) Register for a club race on your own expense
3) Travel with the team and race with the team
4) Be reimbursed after

Pays for itself after 1 race!!!

Fiscal Year May-May, so paying now is for full year

If racing more than 3 races, upgrade for $50

***Also gives access to sponsor deals/benefits***
Clothing

Not necessary for races, but highly encouraged

Will place order soon, watch listserv for email
Summer Events

1) Want to organize Training Camp?

2) Weekend trips – Camping, Cape Cod...

3) Kid’s Triathlon – July 21 and 22 – Need help for this!

Who will be around this summer?
Click here for common bike routes.

Click here for an archive of Coach Bill's swim workouts and drills.

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# Workouts

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</table>
| CANCELED: Cancelled 7:30pm CONFIRMED | 8:30am Ride to Concord | 6:30pm Ride to Concord | 7:30pm Training run | Leave for Lake George | Leave for Lake George | Lake George Olympic 
| 8:30pm CONFIRMED | 7:30pm Track (outside) | 6:20am Ride to Mystic | 7:30pm Training run | 

**September 2011**
Corporate Sponsors!

- Newton
- Push Endurance
- XTERRA Wetsuits
- Rudy Project
- Terry
- Landry's Bicycles
- Protteco Trust Company
- City Sports
- Klieman & Lyons

MIT Triathlon
Signing up for NECTC Races

1) Don’t need to sign up yet, but start soon
2) When signing up, use discount code. Code is only given to dues-paying and racing collegiate members
Important Details

1) Start training with team – calendar or listserv
   Bring Waiver
2) Ask questions to tri-exec@mit.edu or in person
3) Think about racing at Escape the Cape (6/2) or Mass State (7/14)
4) $100 to become paying club member

Have fun!