

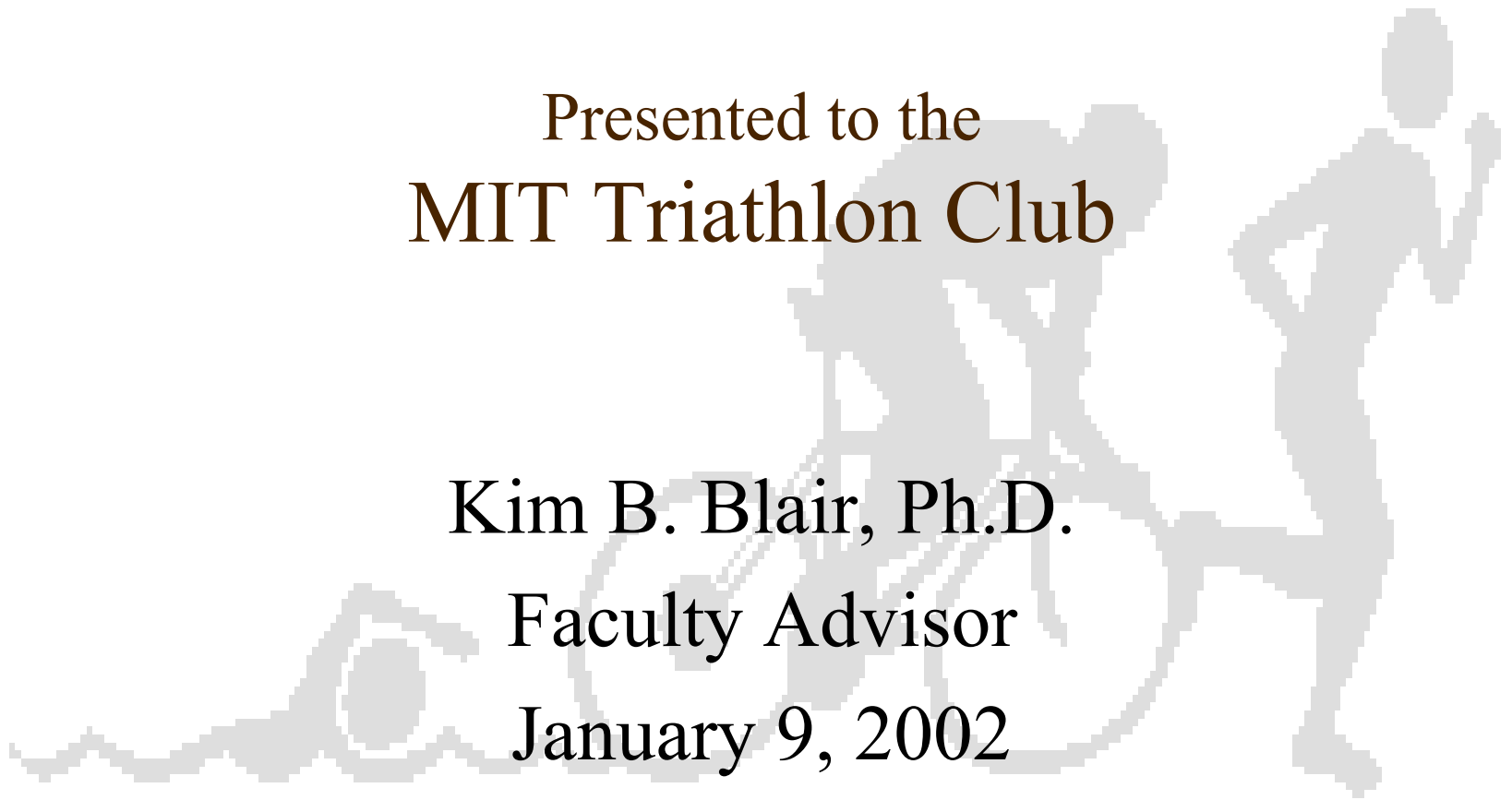
Triathlon 101

Presented to the
MIT Triathlon Club

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History

■ 1974

- ◆ San Diego Track Club started “tri’s as a cross-training event
- ◆ John Collins raced the first one

■ 1978

- ◆ First Ironman Hawaii
 - Oahu open water swim
 - Round Oahu bike race
 - Honolulu Marathon
- ◆ John Collins organized
- ◆ 12 finishers (men)

More History

■ 1979 – Second Ironman Hawaii

- ◆ 13 men and 1 woman finished
- ◆ Story in Sports Illustrated started the boom

■ 1980 – Third Ironman Hawaii

- ◆ Hundreds of competitors
- ◆ ABC's Wide World of Sports

■ 1983

- ◆ Qualifying for Ironman required

Still More History

■ Mid 80's to Mid 90's – Triathlon's Heyday

- ◆ The “Great Scotts” dominated the men's racing
 - Dave Scott, Scott Tinley, and Scott Molina
- ◆ Mark “The Grip” Allen added to “The Big-4”
- ◆ Paula Newby-Fraser dominated the women's field

■ 1989

- ◆ ITU formed
- ◆ First world championship (Olympic Distance)

■ 1995

- ◆ Triathlon in Pan-Am games
- ◆ Karen Smyers Ironman and the World Championships

■ 2000 – Triathlon an Olympic medal sport

Governance

■ International Triathlon Union (ITU)

- ◆ Recognized by IOC as world governing body of triathlon
- ◆ World Championships, Pan-Am games, etc.

■ World Triathlon Corporation (WTC)

- ◆ Parent of Ironman Hawaii

■ USA Triathlon (USAT)

- ◆ Governs racing in the US
- ◆ Majority of US races are USAT sanctioned
 - Rules and insurance

“Standard” Distances

■ Sprint

◆ 800 m swim, 20 km bike, 5 km run

■ International or Olympic

◆ 1.5 km swim, 40 km bike, 10 km run

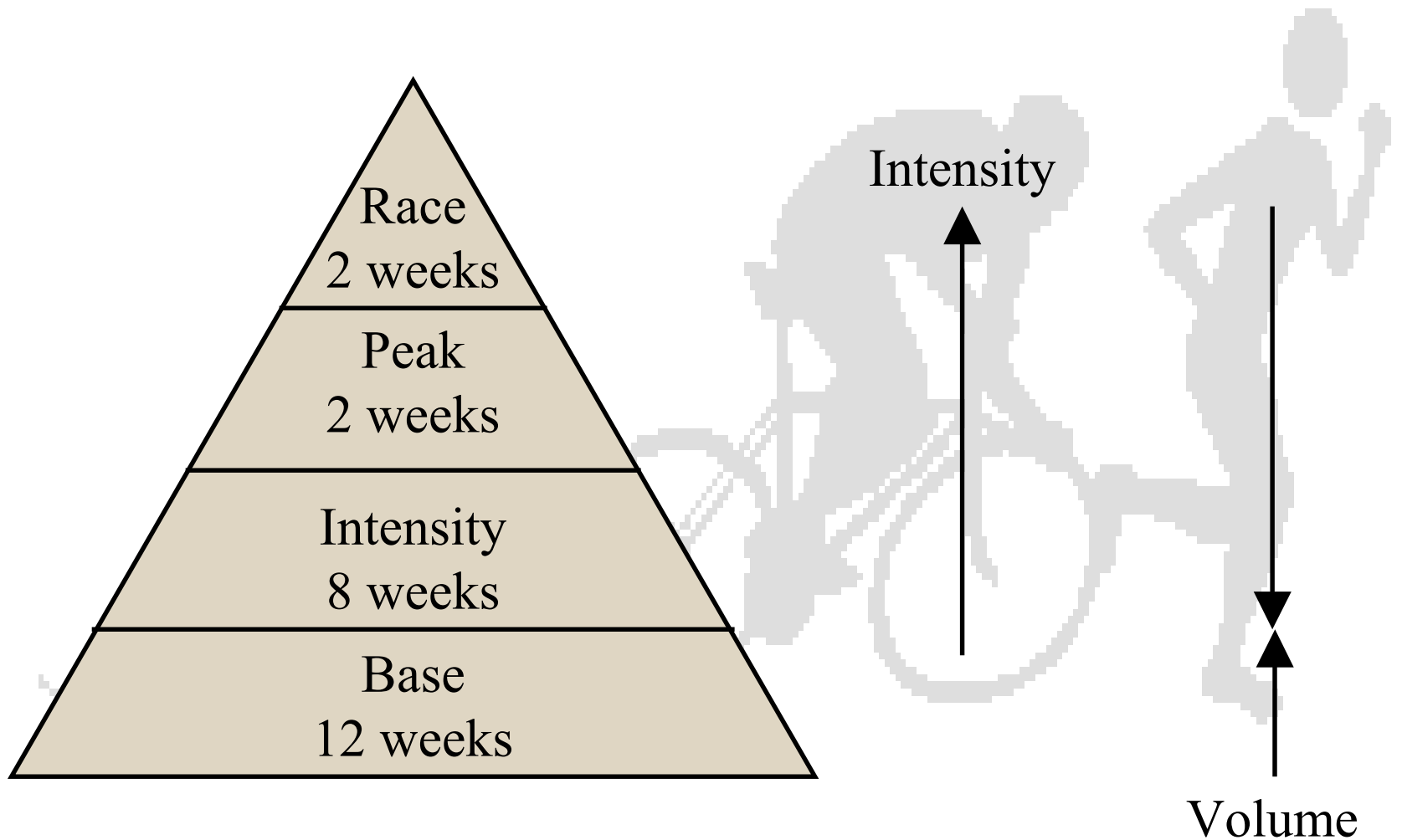
■ Half-Ironman

◆ 1.2 mile swim, 56 mile bike, 13.1 mile run

■ Ironman

◆ 2.4 mile swim, 112 mile bike, 26.2 mile run

Training, The Big Picture



Training, The Weekly Picture

■ Common to use 4 week cycles

- ◆ 3 weeks “training”
- ◆ 1 week recovery (50% -70% weekly volume)

■ Types of workouts

- ◆ Long slow distance (LSD)
 - (exception is swimming)
- ◆ Intensity (TT, intervals, races, etc.)
 - < 25% total volume
- ◆ Easy/recovery

Go Hard or Go Easy

- Your body only gets stronger while you rest
- You have to work hard to deserve rest
 - ◆ Don't sleep through tomorrow's run!
- Controlling balance and intensity is key
 - ◆ Hard days
 - 95-105% race pace
 - Short < 12 minutes, mix with easy recovery
 - ◆ Easy days
 - 70-80% race pace
 - Long or recovery
- No trash miles

Juggling

■ Splitting the training time

- ◆ Time for a race
 - 20% swim, 50% bike, 30% run
- ◆ “Points”
 - 100 yds swim = 1 point
 - 1 mile bike = 1 point
 - 1 mile run = 4 points

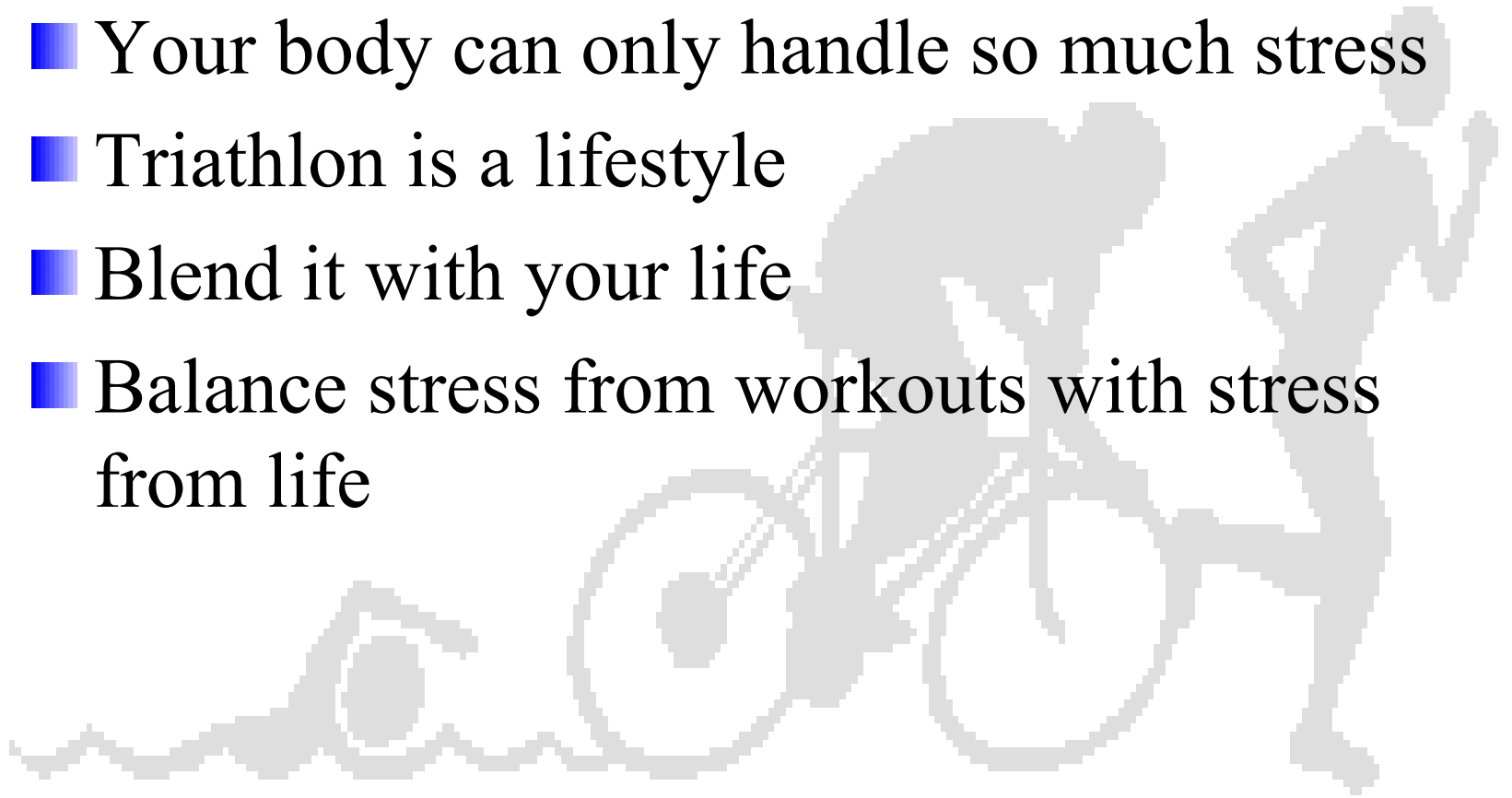
■ Adapt for your particular strength/weakness

■ Weekly variations to balance over a cycle

- ◆ Big week in each sport
- ◆ Balanced week

Stress

-
- Your body can only handle so much stress
 - Triathlon is a lifestyle
 - Blend it with your life
 - Balance stress from workouts with stress from life



Nutrition

■ Hydration is key

- ◆ Live with a water bottle

■ 1 hour post-workout window

- ◆ Body maximizes uptake of nutrients within 60 minutes of workout
- ◆ Eat and drink after workout ASAP

■ Balance of diet (Carbos, protein, fat)

- ◆ 60-15-25 – high carbohydrate
- ◆ 40-30-30 – low carbohydrate

Race Week

■ Training

- ◆ Your training is essentially over
 - No physiological benefit this week
 - Focus on technique, feel for speed, etc.
- ◆ Rest, Rest, Rest
 - Take either the day before or two days before off
- ◆ Workouts
 - Swim: 25 yd sprints, heads-up swimming
 - Bike and run, short race pace efforts

Race Week

■ Sleep

- ◆ Try to get some
- ◆ 8+ hours two nights before
- ◆ What you can the night before

■ Hydrate, hydrate, hydrate

■ Carbo load – maybe

- ◆ Don't over eat

■ Pack your race bag

■ Review course maps

Race Bag

■ General:

- ◆ USAT Card
- ◆ Sun screen
- ◆ Warm clothes

■ Transition Area:

- ◆ Large garbage bag
- ◆ Beach towel
- ◆ Small bags for cover

■ Swim Gear:

- ◆ Body glide (Vaseline)
- ◆ Wetsuit
- ◆ Suit/singlet
- ◆ Goggles
- ◆ Extra Goggles
- ◆ Extra running shoes

■ Bike Gear:

- ◆ Bike
- ◆ Water bottles
- ◆ Bike shoes and socks
- ◆ Bike helmet
- ◆ Sunglasses



Race Bag

■ Run Gear:

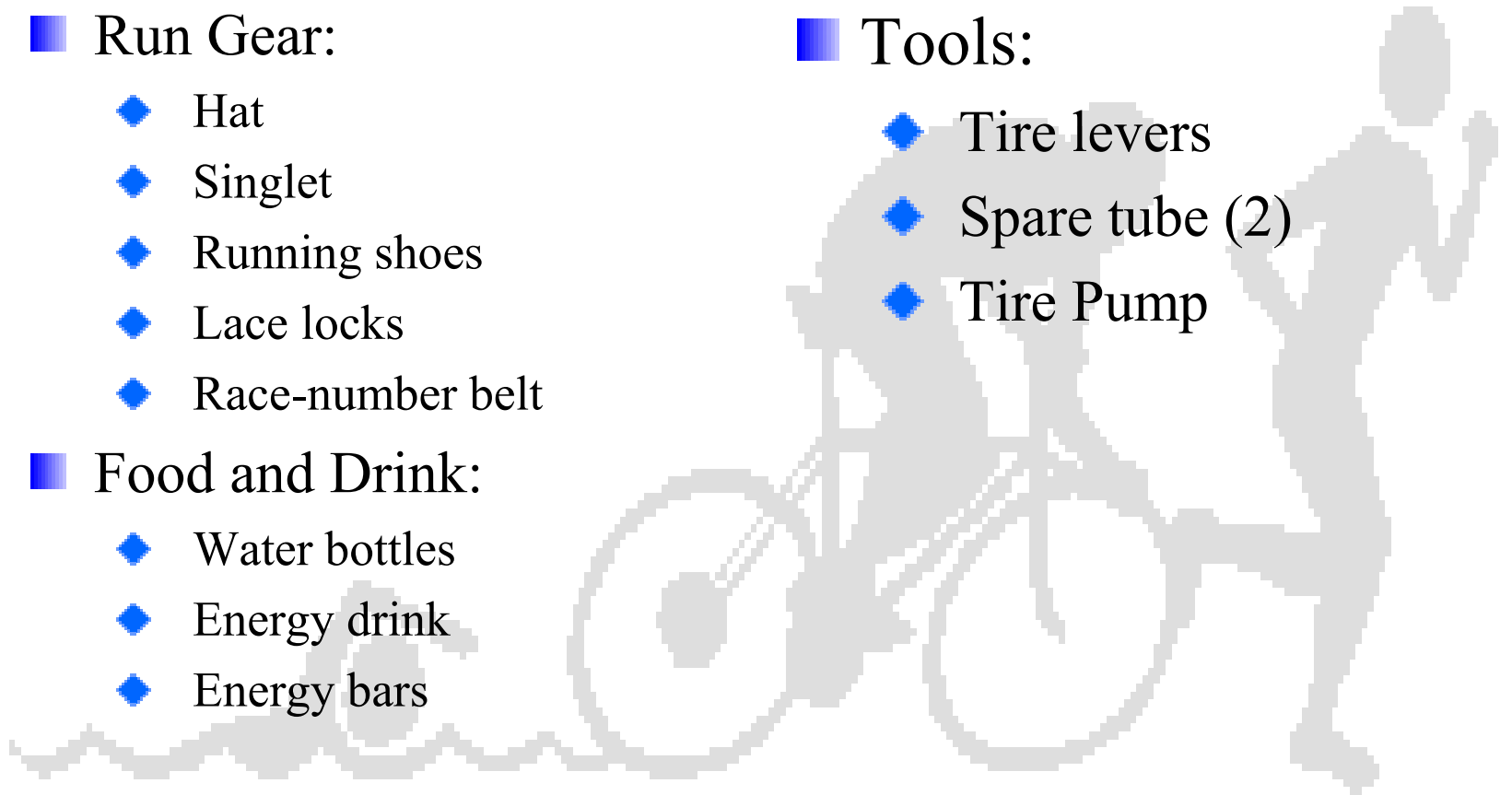
- ◆ Hat
- ◆ Singlet
- ◆ Running shoes
- ◆ Lace locks
- ◆ Race-number belt

■ Food and Drink:

- ◆ Water bottles
- ◆ Energy drink
- ◆ Energy bars

■ Tools:

- ◆ Tire levers
- ◆ Spare tube (2)
- ◆ Tire Pump



Race Day – What to do

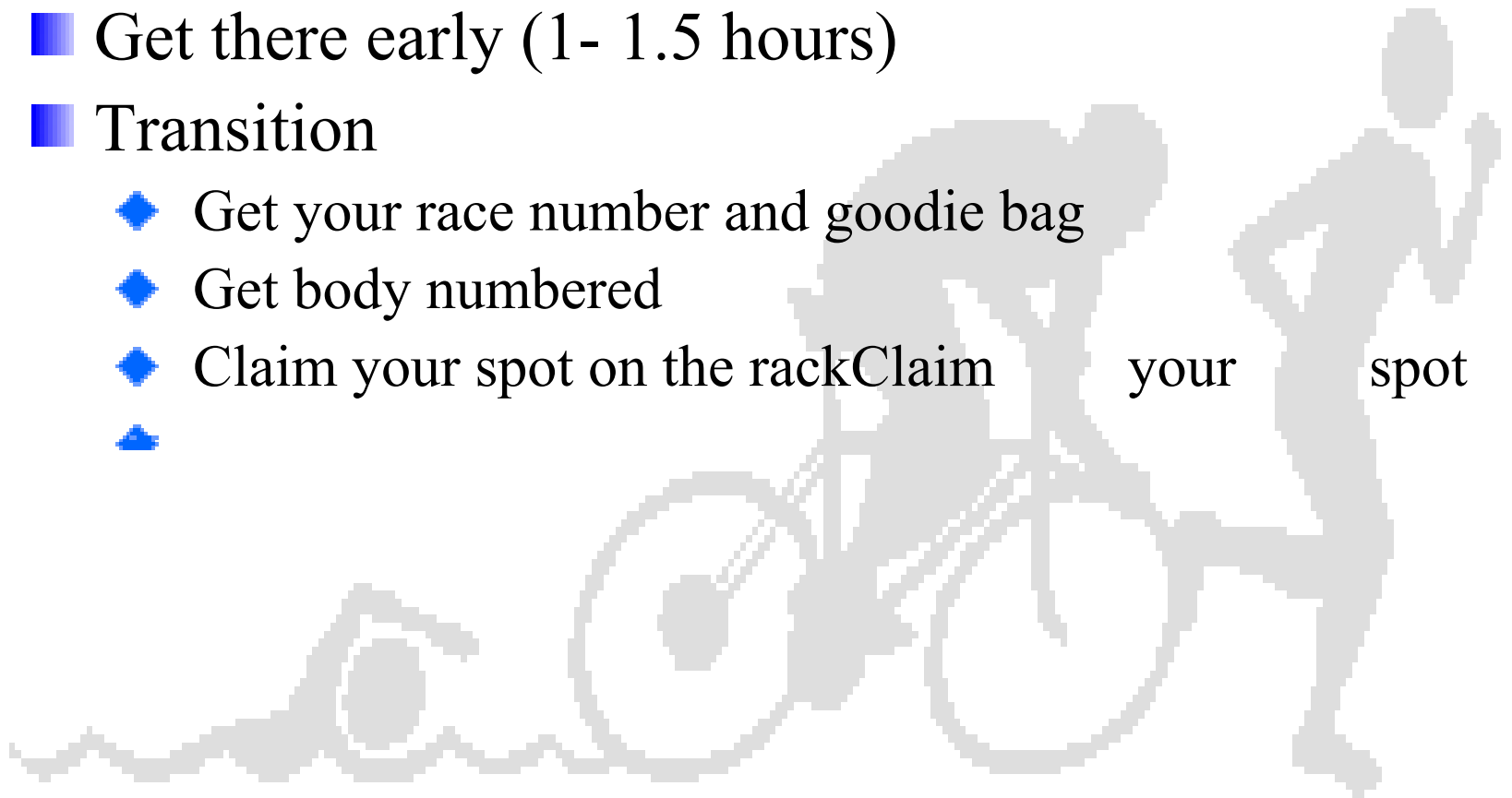
- Get there early (1- 1.5 hours)

- Transition

 - ◆ Get your race number and goodie bag

 - ◆ Get body numbered

 - ◆ Claim your spot on the rack



Race Day – What to do

■ Warm-up

- ◆ The shorter the race the longer the warm-up
- ◆ Bike
 - Pump up tires
 - Go through gears, check brakes, etc.
- ◆ Run
 - Easy jog with some pick-ups to get HR up
- ◆ Swim
 - Try to swim out to the LAST buoy and swim back to exit
 - If water is real cold, don't get hypothermic
- ◆ Stay warm and hydrate

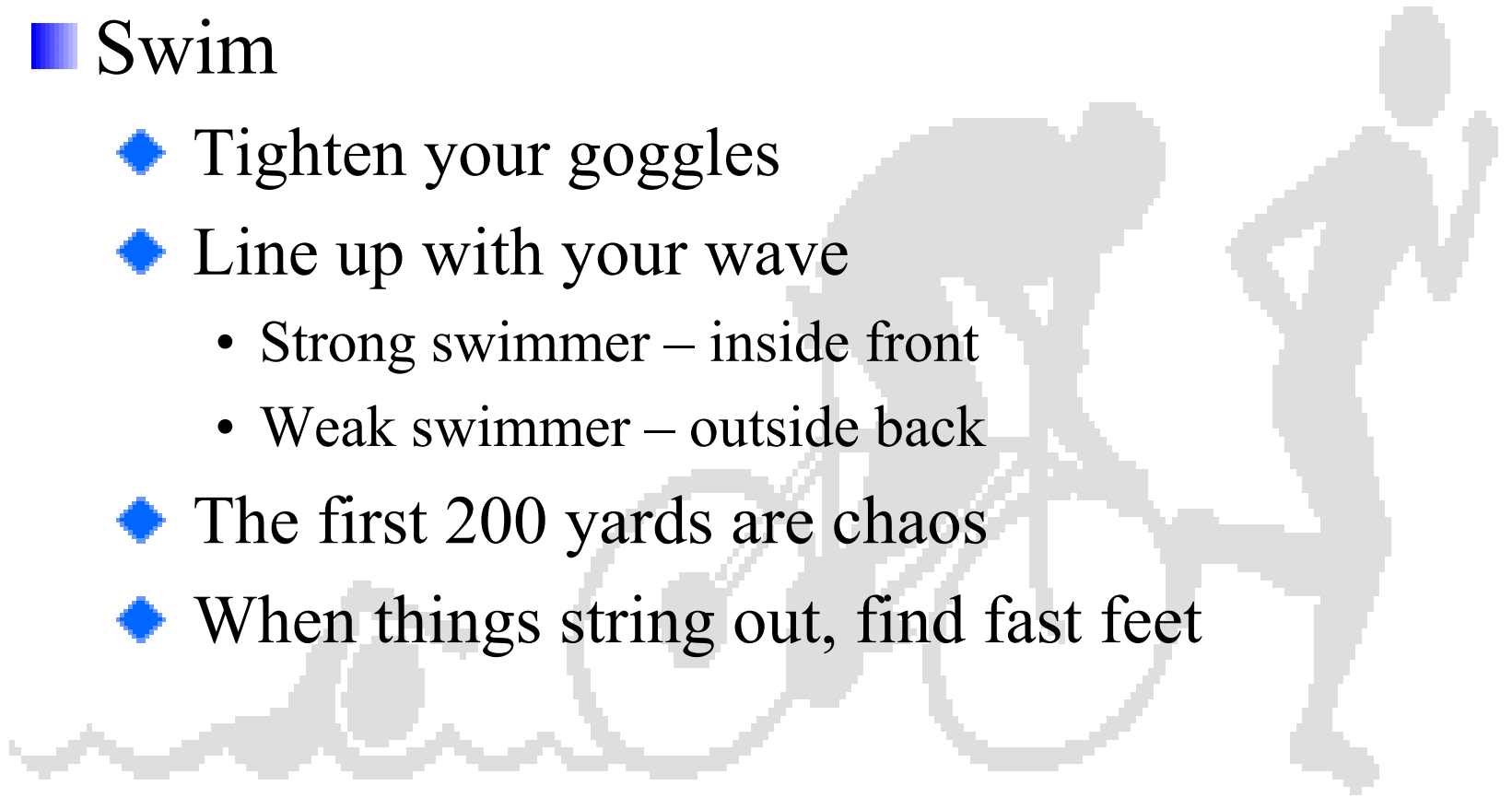
■ Bathroom

- ◆ Find it, use it

The Race

■ Swim

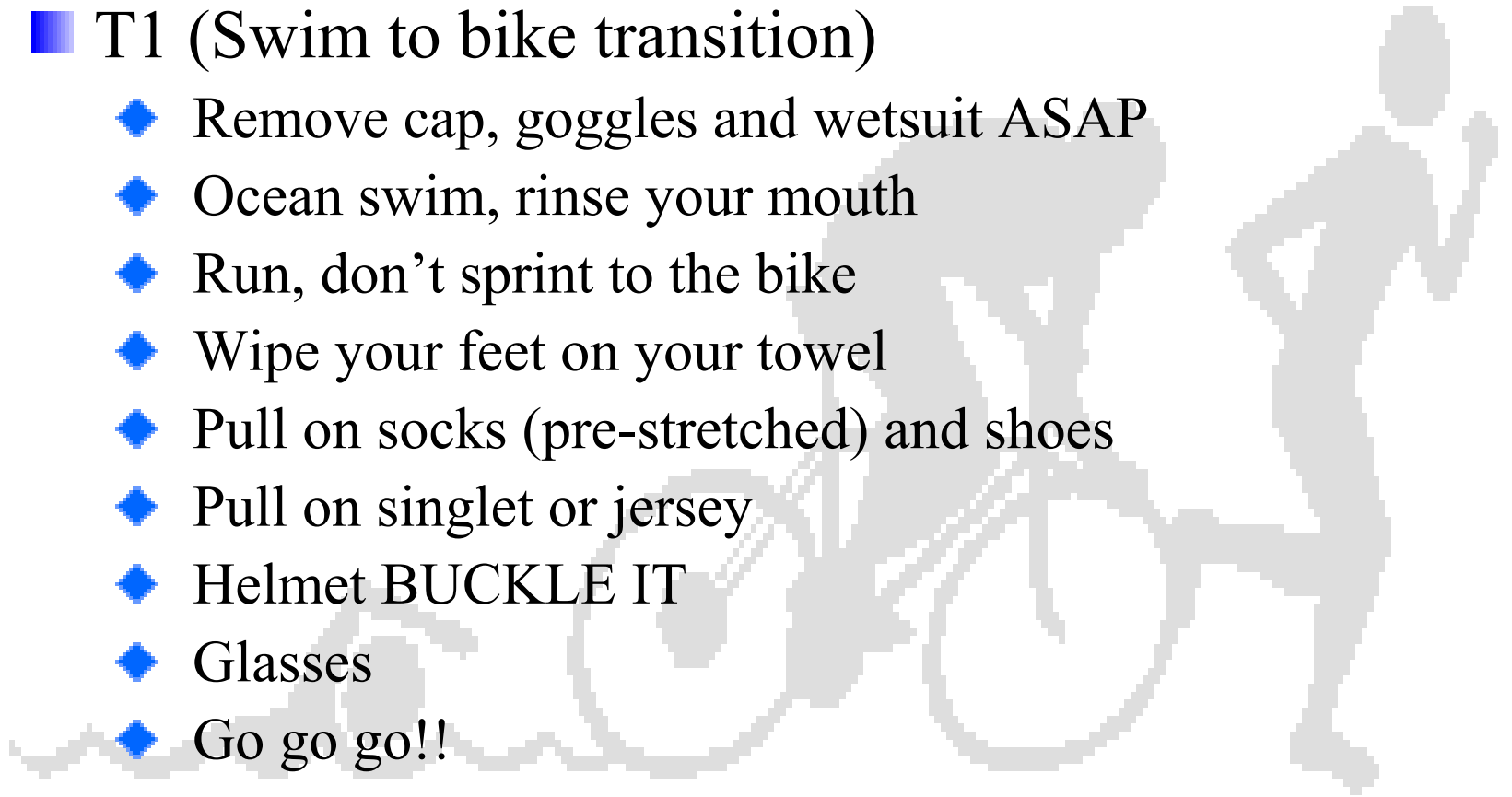
- ◆ Tighten your goggles
- ◆ Line up with your wave
 - Strong swimmer – inside front
 - Weak swimmer – outside back
- ◆ The first 200 yards are chaos
- ◆ When things string out, find fast feet



The Race

■ T1 (Swim to bike transition)

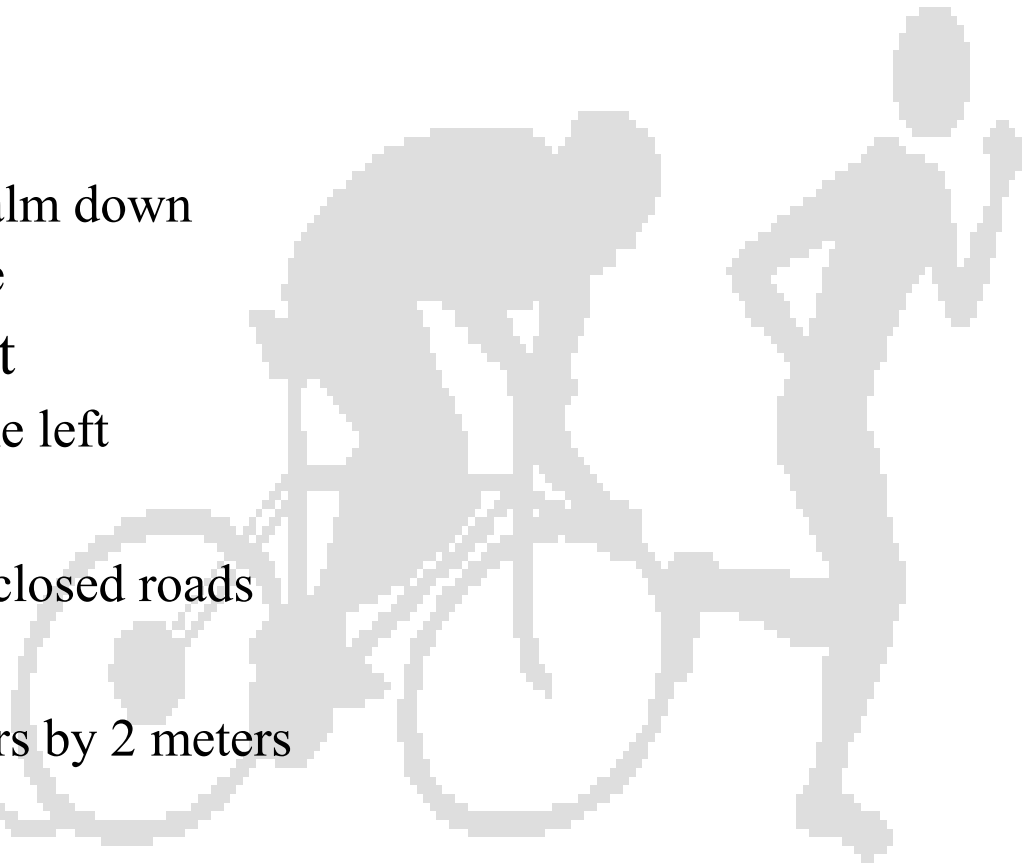
- ◆ Remove cap, goggles and wetsuit ASAP
- ◆ Ocean swim, rinse your mouth
- ◆ Run, don't sprint to the bike
- ◆ Wipe your feet on your towel
- ◆ Pull on socks (pre-stretched) and shoes
- ◆ Pull on singlet or jersey
- ◆ Helmet BUCKLE IT
- ◆ Glasses
- ◆ Go go go!!



The Race

■ The Bike

- ◆ 1st mile or so
 - Settle in and calm down
 - Start to hydrate
- ◆ Stay to the right
 - Pass only on the left
- ◆ Stay alert
 - You're not on closed roads
- ◆ Don't draft
 - Zone is 7 meters by 2 meters
- ◆ Last mile or so
 - Stand and stretch
 - Loosen shoes



The Race

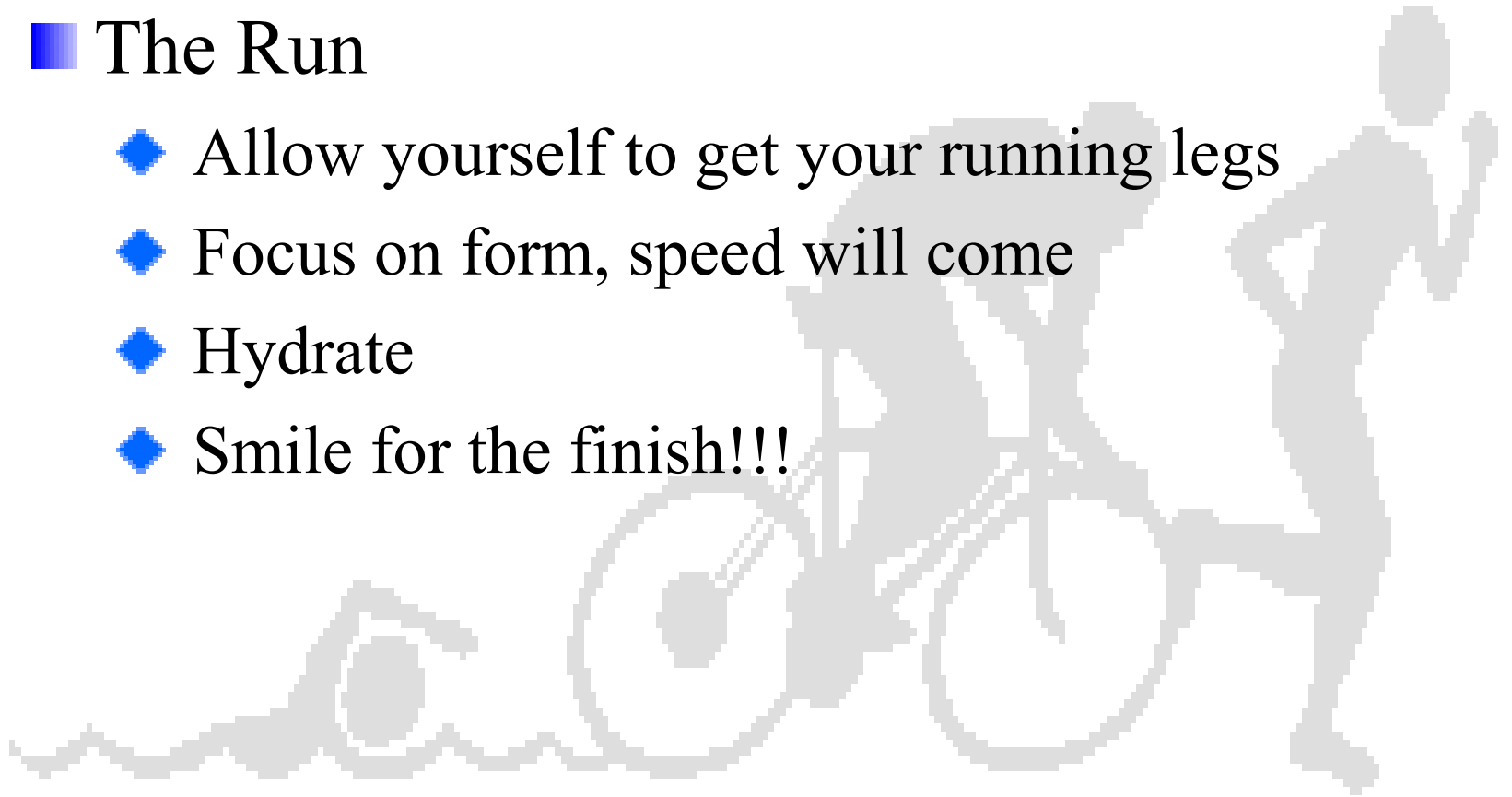
■ T2 (Bike to run transition)

- ◆ Dismount where required and jog with your bike
- ◆ Rack your bike (carefully!)
- ◆ Remove your helmet
- ◆ Change shoes
- ◆ Grab race number belt and hat
- ◆ Go, go, go!!!

The Race

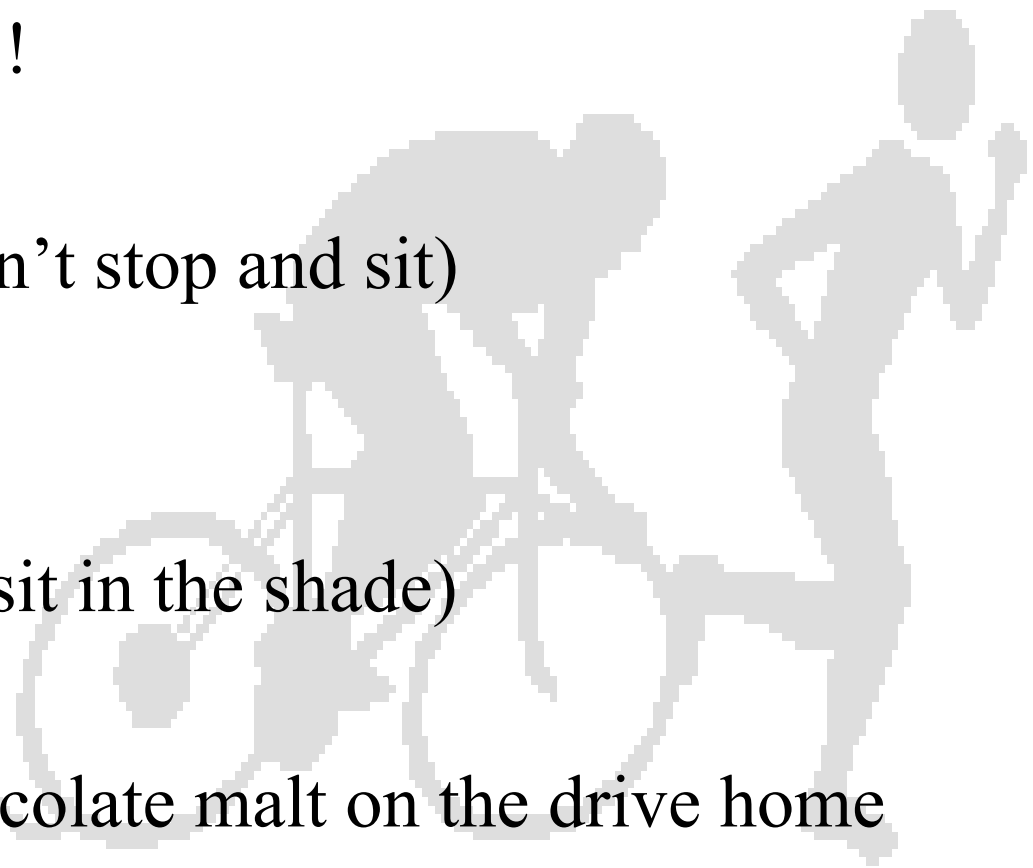
■ The Run

- ◆ Allow yourself to get your running legs
- ◆ Focus on form, speed will come
- ◆ Hydrate
- ◆ Smile for the finish!!!



Post Race

- Congratulations!!
- Hydrate
- Warm down (don't stop and sit)
- Free massages
- Get some food
- Try to get cool (sit in the shade)
- Make friends
- Grab a large chocolate malt on the drive home



Useful Web Links

■ ITU

◆ <http://www.triathlon.org/>

■ USAT

◆ <http://www.usatriathlon.org>

■ MIT Triathlon Club

◆ <http://web.mit.edu/triathlon/www/>

■ Local race promoters

◆ <http://www.timeoutproductions.com/>

◆ <http://www.firm-racing.com/body.html>

■ Ironman

◆ <http://www.ironmanlive.com/>

Other Resources

■ Magazines

- ◆ Inside Triathlon
 - www.insidetri.com
- ◆ Triathlete
 - www.triathlete.com

■ Books

- ◆ The Triathlete's Training Bible : A Complete Training Guide for the Competitive Multisport Athlete
 - Joe Friel
- ◆ Serious Training for Endurance Athletes
 - Rob Sleamaker

■ Race Registration

- ◆ www.active.com