



Desert Sharks Triathlon Club

Introduction to Triathlon 101

Triathlon Race Distances

- Kids – 50 yard swim, 3 mile bike and a 1 mile run
- Sprint – 300 to 800 meter swim, 12-15 mile bike and a 5k run
- Olympic – 1500 meter swim, 25 mile bike and a 10k run
- Half Ironman – 1.2 mile swim, 56 mile bike and a 13.1 mile run
- Full Ironman – 2.4 mile swim, 112 mile bike and a 26.2 mile run

Race Categories

- Pro's
- Age Groups
- Clydesdale's (males, over 200 pounds)
- Athena's (females over 150 pounds)
- Kid's
- Team's

Transitions – The 4th Discipline

- T1 – Swim to bike
- T2 – Bike to run
- Are T1 and T2 always in the same place
- Transition training

Equipment Needs

- Swim (wetsuits, goggles, swim cap, etc.)
- Bike (mountain/road/tri bikes, helmets, shoes, tubes, etc.)
- Run (running shoes, etc.)
- Transition bag/pre-race checklist
- How much is this all going to cost me....yikes!

Training Hours

- Sprint
- Olympic
- Half and Full IM

Apparel

- Singlets (tops)
- Tri shorts (vs. bike shorts)
- Socks

Pre-Race Checklist

- What to bring with you to the race

Fears

- Will I be last? Who cares! In fact, the last place person gets as much applause as the first athlete across the finish line.
- Open-water swim (sea monsters, dark water, will I drown, other swimmers, etc.)
- Crashing the bike (it's not "if" you crash the bike, but "when" you crash the bike)
- Injuries – RICE (rest, ice, compression, elevation)