



# YWCA WOMEN'S TRIATHLON TRAINING 101

## SPRINT AND SUPERSPRINT DISTANCE

Sprint: 500 yd. swim, 15.5 mi. bike, 5k (3.1 mi.) run/walk  
SuperSprint: 200 yd. swim, 7 mi. bike, 1 mi. run/walk

Self-coached training plan with balanced emphasis on swimming, biking and running.

Sunday, August 13, 2023  
Lake Nokomis, Minneapolis, MN

 [facebook.com/ywcawomenstri](https://facebook.com/ywcawomenstri)



**eliminating racism  
empowering women**

# ywca

Minneapolis

*DISCLAIMER: The information contained in this training plan is for educational and instructive purposes only and is not intended as prescriptive advice. All forms of exercise pose some inherent risks.*



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## TRAINING OBJECTIVES

### —Swim Objectives, Notes and Resources

#### Goal: 500 yds open water pack swim

- Endurance to cover 500 yds comfortably in the open water.
- Build to 1,000 yds in pool and 30 minutes continuously in the open water.
- Open water is a much different experience than pool swimming. There are no lane lines and no wall. It often adds to a beginner's anxiety and tendency to panic. Be sure to spend time in open water, e.g. 1X per week, once the lakes are warm enough.
- If you are going to race with a wetsuit, be sure to practice with it first! Beginners aren't used to the pressure it sometimes creates on the chest or around the neck. It also takes practice to get it off for the transition to the bike. You will certainly appreciate the buoyancy, speed and warmth wetsuits provide. If you aren't ready to buy a wetsuit, try renting one at Gear West.
- Technique is crucial for conserving energy, swimming faster and staying calm in the water, even when bumped by all the other arms and legs churning the water around you. Improving technique will also help endurance and is great insurance to avoid thrashing and over-kicking.
- The swim sets the mental and physical tone for the race. Give it the attention it deserves so you feel strong and confident coming out of the water. Don't overlook training your mind with encouraging self-talk!
- Practice sighting in open water (take Tri Skills Class, Open Water Swim Class or Tri Swim Prep).

#### TIPS AND RESOURCES

- ▶ Total Immersion at YWCA Minneapolis. Total Immersion is used by both elites and beginners alike to improve efficiency while decreasing effort in the water. Check the website for more information:  
[ywcamppls.org/ti](http://ywcamppls.org/ti)
- ▶ Masters Swim Practices at YWCA Minneapolis. See YWCA website for schedule and more info:  
[ywcamppls.org/masters](http://ywcamppls.org/masters)
- ▶ If you are not ready for Masters but want to improve your stroke and endurance in the pool, try Tri Swim Prep, a seven-week class available at YWCA Minneapolis. Register by calling 612-215-4201 or online:  
[ywcamppls.org/training](http://ywcamppls.org/training)
- ▶ Practice open water skills in a one-day clinic at the race site with our Open Water Swim Clinics:  
[ywcamppls.org/training](http://ywcamppls.org/training)





## —Bike Objectives, Notes and Resources

### Goal: Bike 15.5 miles and have energy to run

- Utilize the bike as the fastest tool you will have on race day. The bike is where your greatest percentage of time will be spent.
  - Build to a long bike ride of 70 minutes.
  - Incorporate multiple bike-run bricks.
  - Aim for a cadence of 80-100 revolutions per minute. You can determine your cadence with a bike computer, or simply count the number of pedal strokes on one side for one minute and then double it.
  - Avoid mashing the gears (pedaling with a slow cadence in too big of a gear) which can strain the knees and quickly fatigue the quads.
  - Our course is flat with a couple of hills and quite a few turns. Be sure to gear down (shift to an easier gear) when climbing or turning to keep your cadence up.
- Improve your pedaling technique by incorporating some drills.
  - Cadence drills, or “spinups,” help make a higher cadence feel smoother. An example: warm up 10-20 min. followed by 5-8x30 sec. at 100 cadence with 30 sec. between reps.
  - Single leg drills teach you even power throughout the entire pedal stroke. An example: 5x20-30 sec. single leg pedaling (alternate legs) focusing on the pedal stroke of the drill leg, followed by 10-20x20-30 sec. double leg. This is most effective with clipless pedals on a stationary bike.
- Mileage and time buildup can usually be a little faster for the bike than the run.
- Evaluate your bike fit to optimize comfort, aerodynamics and power generation. A poorly fitted bike is the most common reason for discomfort and injury with biking.
- Improve your bike handling skills by practicing things like gearing, cornering, passing, going downhill, looking over your shoulder and taking your water bottle in and out. These require practice out on the road under real-life cycling circumstances.
- Practice riding the actual course. You will know what to expect and how to plan your race.

### TIPS AND RESOURCES

- ▶ Please review USA Triathlon rules regarding your bike. (See copy of the rules on the FAQ page of the race website.) Often unknowingly, newbies can break the rules and sometimes receive time penalties. The rules help keep the race safe.
- ▶ Figure out gear and clothing early in your training.
- ▶ Never ride without a helmet.
- ▶ Cycling shorts and a water bottle/cage are crucial for training. Bike gloves and sunglasses are also high on the list.
- ▶ Cycling shoes and clipless pedals are the most impactful upgrade you can make to improve pedaling technique and gain power (and be safer once you get used to them).
- ▶ Gear West can help with gear questions and carry a big selection of tri-related clothing. They are the most experienced store in the Twin Cities for fitting triathletes to bikes.
- ▶ The Tri Skills class teaches and practices bike handling skills: [ywcamps.org/training](http://ywcamps.org/training)





## —Run Objectives, Notes and Resources

### Goal: Run a 5K after doing the swim and bike

- Build to a run (or run/walk) of 45 minutes.
- Walking is okay! You can ease into running by doing workouts that alternate running and walking, e.g. run 3/walk 1 minute. Adjust the ratio as needed and gradually increase the running time compared to the walking time until you can run 30 minutes.
- Running has the most impact stress of the three sports and therefore a higher rate of injury. In fact, many runners turn to triathlon because the cross training helps with muscle balance. Be sure to focus on shorter but quicker steps, e.g. aim for a cadence of 85-90 steps per minute, per leg (170-180 total steps per minute). This helps reduce overstriding that can result in braking impact stress, and creates a more efficient stride.
- Consider support options:
  - Run with other people. It is helpful to have a friend, training partner or group that helps push you and can also help you from overdoing it.
  - A coach can help improve your running form, provide guidance if you are managing or rehabbing injuries and help determine an effective progression. YWCA offers many experienced coaches who can help with various aspects of running training. Find out more [ywcamps.org/trainers](http://ywcamps.org/trainers)
- Strides (or accelerations) are a great way to loosen up, build running-specific strength and improve form. At the end of a run, walk a bit and then do 4-8x50-80 yards of faster running with 20-40 seconds easy walking in between reps. These are not sprints but fast form running and should not leave you breathless.

### TIPS AND RESOURCES

- ▶ Be sure to get well-fitted running shoes that complement and balance your biomechanics. Go to a specialty running store where they are very familiar with your needs as a runner and triathlete. A few tips for shoe buying:
  - Go at the end of the day or after a run. Your feet swell when you run and throughout the day. For the same reason, wear the same thickness of socks you typically wear for running.
  - Take your old shoes. The wear pattern will be helpful to pick a shoe for your biomechanics.
  - Be prepared to do some test running in the shoes. A running store will expect you to want to take them for a short test run.





## —Transition Objectives, Notes and Resources:

### Goal: Move efficiently and quickly through T1 (swim-to-bike) and T2 (bike-to-run)

A smooth transition starts with a thoughtful set-up. When you arrive on race morning, you'll be given directions where to rack your bike in the Transition Area (TA).

#### Your TA set-up:

- Minimize your gear — bring only what you plan to use during the race. Try to wear one race outfit through the whole course.
- Mark your place — set a colorful towel on the ground or on your bike, tie a balloon to the rack or use chalk/duct tape to indicate where your gear is located within the TA.
- Plan your gear and the order in which you will put everything on accordingly. For example, your helmet should be one of the first things you put on. Place it upside down on your bike or the ground, put it on (and clip it!) before putting on your shoes.
- Don't forget to lay out your nutrition. Your bike should have water bottle(s) full of water and/or a sports drink, and nutrition should be ready to eat without having to take time to open up tricky packaging.
- Get your numbers ready. Attach the race number stickers provided by the race director to your bike and helmet the night before. We recommend using a race belt for your race bib, rather than using safety pins.

#### Practicing the Transition:

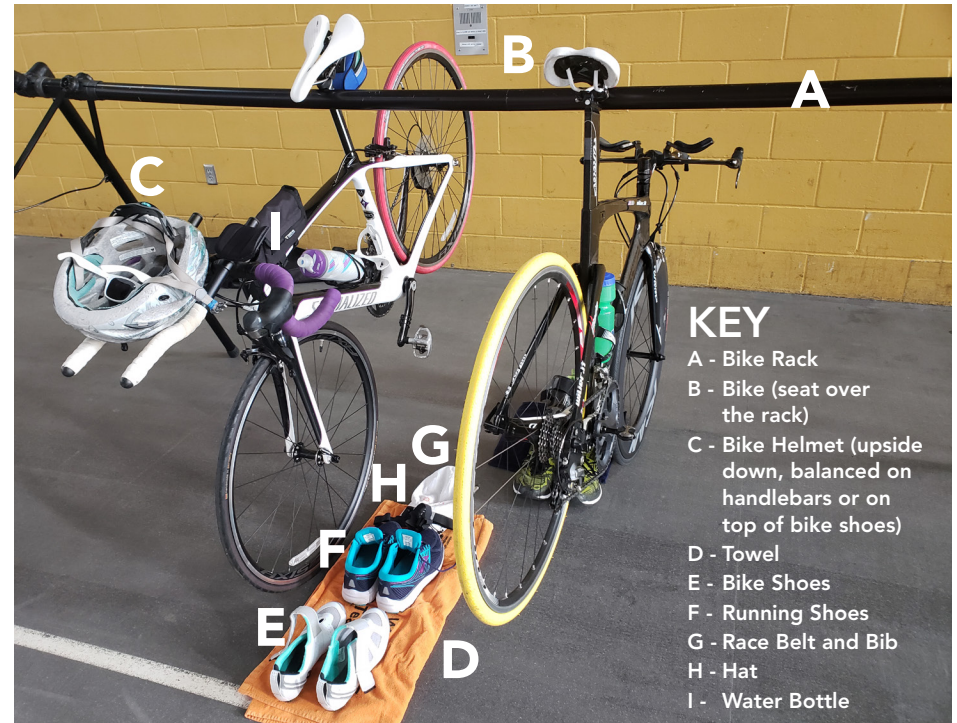
Your transition times make up the least amount of time in the race, but the TA can be stressful if you don't have a clear plan. Minimize your anxiety (and time!) by practicing transitions. Take a Mini Tri to practice in a simulated race setting.

- On race day, know your way around the transition area. Walk the flow of swim-in, bike-out, bike-in and run-out so you can find the most efficient pathway to and from your gear.
- Going from the swim to bike can be disorienting. Be ready to come out of the water a little off-balance. Luckily, you usually have a short walk/jog from the swim exit to the TA. Use this time to get your bearings, remove your cap and goggles and look for your bike. If you are wearing a wetsuit, keep your cap and goggles on your head while you remove the wetsuit down to your waist. Once you arrive at your bike, pull the wetsuit off your legs.
- If you're a practiced triathlete, running with your bike to the bike-out area is the most efficient way to exit T1. Otherwise, walking is okay too. If you are wearing bike shoes, be careful not to slip!
- When returning to the bike dismount area, be sure to watch out for other athletes. Once you've safely dismounted, run or walk to your gear and re-rack your bike the SAME WAY it was racked previously. Switch your running shoes (if necessary) and head out for the final leg. Your legs may feel wobbly and heavy at the same time. Pay close attention to your pace and cadence for the first third of the distance until you start to feel normal.

**NOTE: The Transition Area is a place for ATHLETES ONLY. Each race will have volunteers and security systems in place to ensure that your gear is safe while you are out on the course. Athletes are not allowed back into the TA until the last athlete has crossed the finish line out of respect for all participants. Once you are allowed to reenter the TA, you must have a race bib that matches the race number on your bike and helmet in order to exit.**

#### TIPS AND RESOURCES

Triathlon Transitions Tutorial: [ywcamppls.org/transition](http://ywcamppls.org/transition)    How to Flying Mount and Dismount in a Triathlon: [ywcamppls.org/mount](http://ywcamppls.org/mount)







## TRI TRAINING GUIDELINES

### —Weekly Planning Tips

- Build a routine and make it easy to keep.
- Ask for support from family and friends.
- Put your workouts on your calendar and hold to them like any appointment.
- Find a training partner to share motivation.
- Be prepared with potential replacement sessions for days when the weather prevents you from accomplishing your outdoor training, e.g. treadmill, cycle class, strength and conditioning, Pilates, yoga, etc.
- How many workouts per week? It depends on where you are in the program. Early on, aim for a higher frequency of workouts that are shorter and have a quicker recovery (ready to go again the next day).
- 6-8 training sessions per week is a good goal. You can do two workouts on the same day but try to separate them, e.g. morning and evening.
- Designate at least two training slots for each race discipline, i.e., two swims, two bikes and two runs. Balance these sessions throughout the week, e.g. each sport never has more than four days before the next one.
- Plan higher-quality or technique workouts the day after a rest or easy day. Your nervous system and muscles should be fresh to ensure quality practice and avoid injuries.
- Do swim technique work at the beginning of a workout.
- Avoid hard runs on days following hard bikes. The risk of injury and poor running form increases if you run on tired legs.
- Schedule bricks after a rest or easy day.
- Plan one long run and one long bike per week. If your runs are over one hour and your bike is over two hours, you might consider a 10-day or two-week training cycle (alternate long runs and long bikes per week). Avoid long workouts the week before a race.
- Pay attention to rest and recovery. Alternate hard and easy days of training. Balance the muscles and physiological systems you are stressing. Remember: the time between workouts is when your body adapts to training. Overtraining can be caused by under-resting or too much training.
- Always leave one day for complete rest. Try not to schedule this when you have to travel, do a million errands or have other life stressors. Try to sync your training with regular daily life, known stressors and responsibilities.
- Your training and health can fall apart if sleep and nutrition are not priorities.
- Every 3-4 weeks, schedule an “unload” week where you reduce your training volume. This ensures your body can adapt to your training progression. This is a good week to refresh technique drills, practice transitions, take care of gear, etc.
- If you miss a training session due to any of life’s unforeseeable events (work, family, etc...) let it go. You’ll be okay! Don’t try to squeeze it back in without adjusting the rest of your schedule. If you repeatedly miss a scheduled session it is an indicator you need to make an adjustment to your training schedule. Your plan should be fluid and flexible.





## —Training Log

Keeping a training log can be helpful to monitor how you are adapting to your training plan workouts going forward. Some triathletes have detailed logs that include heart rate information, perceived exertion, distances, times, mental state, morning heart rate, food logs, sleep amounts and ratings. Others quickly jot down how long they swam or how far they rode. Keep as much information as you find helpful. Download the Strava app or use any smartwatch for training.

## —Optimize Your Third Sport

Start to change your thinking from weakest sport to third sport: not long and not hard, e.g. 2-3 mi. run, 6-8 mi. bike, 300-600 yd. swim. Add an extra session to your weekly plan that focuses on a steady, aerobic effort in your third sport. You may need to back off your more experienced sports.

## —Bricks and Transitions

A brick is a workout when you do one sport right after another. One general rule for brick workouts is to save the racing for race day. In triathlon, you aren't done until you have finished the run. For most triathletes, the goal should be a smooth, even effort, flowing from one sport to the other. You don't need to kick the first sport in, get a frantic adrenaline rush in the transition and then blast out on the second sport. You will find yourself drained by mid-bike without enough energy for the run. Keep the transitions smooth and simple.



For transition tips and tricks, register for our tri-related courses at: [ywcamps.org/training](https://ywcamps.org/training)  
View our transitions tutorial video: [ywcamps.org/transition](https://ywcamps.org/transition)

## —Swim-to-Bike (“T1”) Tips

- ▶ The muscle groups used are very different. Ease into the bike for a couple minutes while blood is redirecting or you can easily go anaerobic.
- ▶ You have been horizontal and are suddenly vertical as you come out of the water. Many find their legs rubbery or are even a little dizzy. Tips:
  - Don't try to sprint to the end of the swim. In a triathlon, you still have a lot farther to go.
  - Swim until your hands touch the bottom of the lake. Standing up too far out will force you to use a lot of energy walk-plowing through the water.
  - Some feel that a slightly faster kicking beat towards the end of the swim is helpful to redirect blood flow but beware because kicking requires a lot of energy. You are likely better off taking little steps out of the water to start redirecting blood.
- ▶ Test your clothes! Choose clothing that feels fast in the water, dries quickly and provides enough support on the bike and run.

## —Bike-to-Run (“T2”) Tips

Most triathletes find that a few bike-run bricks are invaluable for race preparation. Climbing off the bike and finding your run legs can be a challenge, especially if running is not your first sport. A couple of guidelines:

- ▶ Train gradually. For your first bike-run, do a short, easy bike followed by a five-minute run.
- ▶ Unless running is your first sport, you are probably better off lengthening or gradually intensifying the bike, while keeping the run shorter (.5-2 mi.) but maintaining good form.



## —Building Training Volume: Gradual Progression

The general rule of thumb is that, on average, you don't want to increase your training volume more than 10% in any one week. You should apply this to your overall training, as well as to each sport.

For each sport, pick one workout a week to be your long day in that sport. Gradually progress the length of this day up to approximately 150% of the race distance. Biking can often be progressed a little faster than running due to less impact.

You can make it 200% if you have experience in that sport. However, it might be helpful to back off your first sport in order to have the energy and muscle reserve to more safely and comfortably handle a build-up in your second and third sports. You will have to judge your strengths and weaknesses.

It is often too much to increase the long day for each sport every week. Instead consider alternating weeks for bike and run increases. In other words, increase your long run one week and your long bike the next while holding your long run where it was. Then go back to a long run increase the third week. You might be able to handle an increase in both on the third week if the fourth week is an unload week.

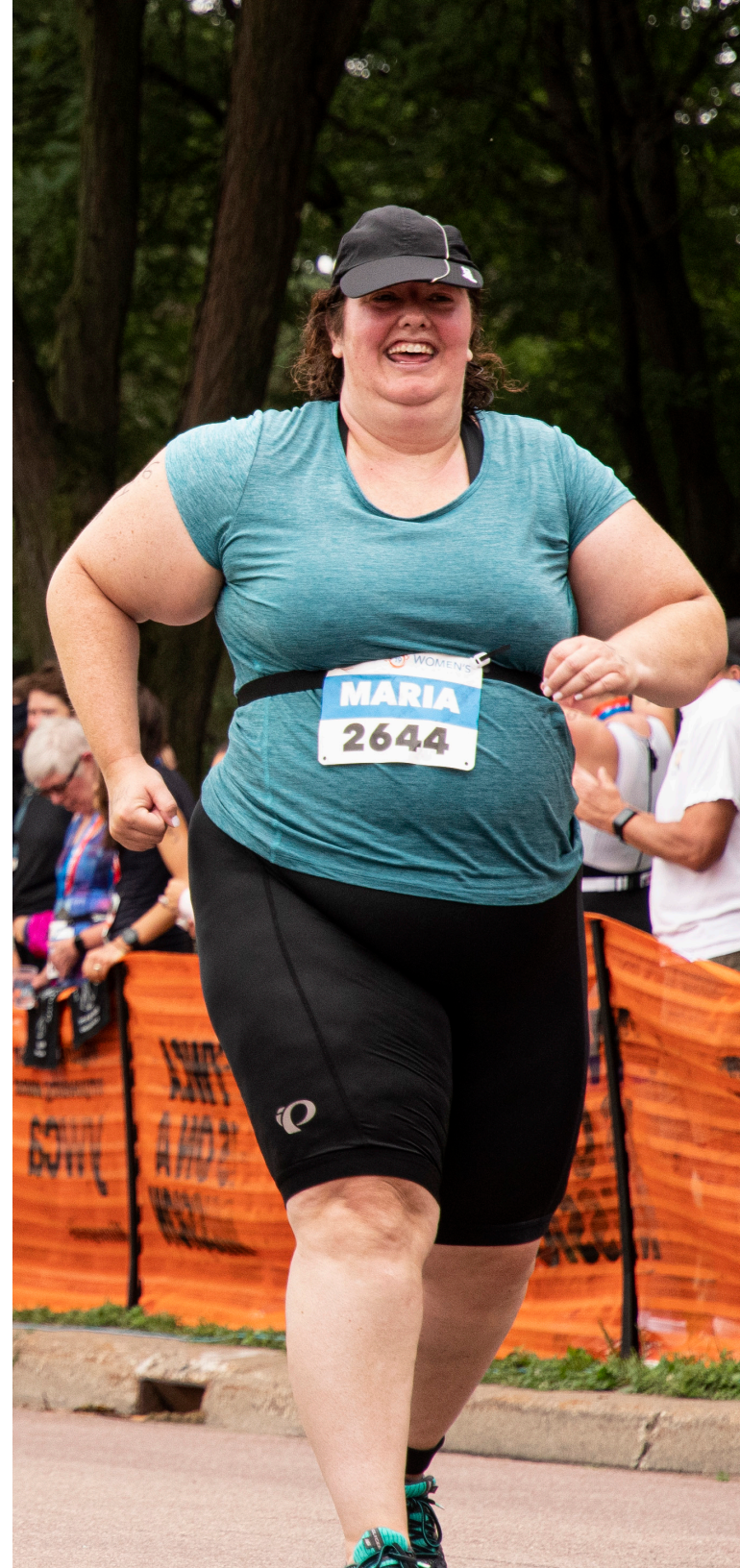
## —Strength and Stability

For triathlon newbies we HIGHLY recommend you consider working with an endurance sports coach or a personal trainer to develop a strength plan that meshes with your tri training. It can be extremely beneficial for both performance and injury resistance. Beginners and age 40+ tend to benefit most from a regular program.

If you have a regular schedule of some kind of strength and conditioning, maintain it, e.g. weights, yoga, Pilates, etc.



Find out more about YWCA Endurance Sports Coaches:  
[ywcamppls.org/trainers](https://ywcamppls.org/trainers)





## —Recovery Tips

Recovery is the time between training sessions when your body catches up and makes adaptations to become stronger. Facilitate those adaptations by optimizing your recovery. You will be better prepared and help ensure your next workout will be a quality workout. Consistently doing the little things helps build long-term progress.



### WARM UP

Jumping into high-intensity work without being fully warmed up can cause minor connective tissue damage. You may not notice it as obvious pain, but your muscles may experience some swelling and leave you feeling flat the next day. Ease into your workouts with walking or easy jogging, and perhaps some drills and strides if planning a higher intensity workout. Stretching is not warming up. Stretch after your workout, not before!



### STRETCH

For many, it is essential to stretch after every workout, as it doesn't just maintain flexibility. Stretching also helps muscles relax, allowing greater blood flow. Flushing the muscles with blood both speeds up waste removal and brings in nutrients. For athletes with hyper-flexibility, it will be more important to do controlled core work to increase stability.



### ICE

Ice it right! The best time to ice is after you finish your workout for 5-15 minutes (depending on the body part). Ice any areas that feel sore or particularly fatigued. It doesn't have to be an injury! You can even try sitting in a tubful of cold water (add ice if you're brave) for 5-10 minutes. Don't use heat (pads or hot tub) after tough workouts. If you have any injury or swelling, the heat can make it worse. If you have trouble spots, icing 3-4 times per day for 15-20 minutes for a couple days can be a first round of defense. Do not ice before a workout.



### LIGHT, AEROBIC EXERCISE

This is most helpful the day after a hard workout which replaces blood flow to connective tissues. It is definitely better than just lying around feeling tired and sore! For example, scheduling an easy swim the day after a long run can help speed recovery.



### MASSAGE

There is nothing like a good massage. It can flush muscles to aid recovery, reduce swelling, loosen tight spots and help you relax. Always work toward the heart. Schedule a massage with YWCA: [ywcampls.org/massage](http://ywcampls.org/massage)



### DRAIN

After a workout, lie on your back with your feet in the air (lean them against a wall or a chair) for 5-15 minutes. Put a towel under your hips to get more direct flow to your heart. This helps reduce fluid accumulation and swelling. This is best done at the end of a workout, after a race, at the end of the day or any time you have been sitting or standing around for a long time.



### REHYDRATE

Your rehydration plan should actually begin before your workout or race. Drink water throughout the day to allow your body to perform optimally. Keeping yourself hydrated is one way to help avoid energy slumps or illness.



### REFUEL

There is a window of opportunity after a workout when your muscles are most receptive to restocking their glycogen stores aiding in recovery. Eat a carbohydrate snack with a little protein within the first 15-30 minutes after your workout. The window remains effective up to 1-2 hours, so follow up with a healthy meal.



### SLEEP

Lose too much sleep and eventually you will lose the quality of your training. If you get sick, you can't train at all. Take care of yourself! Naps are good!



### GET IN THE POOL

Even if you don't do laps, just walk/jog around and move your arms and legs through the water. The movements and resistance of the water help loosen you up, and the pressure of the water serves to massage your whole body. Try it after a tough workout, race or even weight training.



## YWCA MINNEAPOLIS WOMEN'S TRI TIMELINE:

### May

- o Put race day and packet pick-up on your calendar
- o Check to see what classes you can fit in to your schedule to support your training. Sign up for classes or find additional training support for either knowledge-building or accountability
- o Consider joining the YWCA Training Team
- o Purchase new equipment and start to practice with it
- o Read the training plan start-to-finish so you can be prepared

### June

- o Find your training groove and find some groups or classes to support you each week
- o Take the time to use available resources to learn the skills of triathlon

### July/August

- o Get on the race course at least a few times if possible
- o Attend our triathlon training classes. Check the schedule online: [ywcamppls.org/training](http://ywcamppls.org/training)
- o Within at least a few weeks before the race, check with a bike shop to make sure your bike does not need major repairs
- o Race Guide will be sent the week before the race; read it thoroughly

### August 10-13

- o Pre-race email will be sent with race day instructions
- o Packet pick-up and Expo: 5001 W. Nokomis Parkway, Minneapolis, MN  
- Saturday, August 12: 10:00 AM - 4:00 PM
- o Race day packet pick up is \$20 and can be added at any time in race registration
- o You must present a photo ID (cannot pick up for someone else)
- o Put race numbers where you will need them for the race (bike, helmet, racebelt or shirt)
- o Final bike check
- o Pack your race bag

### August 13 Race Day Schedule

- 5:30 AM Volunteer and spectators bike corral opens
- 5:45 AM Transition area opens
- 7:45 AM Transition area closes
- 8:00 AM Pre-race meeting
- 8:10 AM Race starts
- 1:30 PM (approx.) Awards

## Sample Race Day Gear Checklist:

### Pre/Post Race

- ⊙ Bike pump
- ⊙ Sunscreen
- ⊙ Band-aids or general first aid
- ⊙ Food/drink
- ⊙ Personal music
- ⊙ Warm-up clothes (before), change of clothes (after)

### Transition Area

- ✓ Race numbers already on bike, helmet and clothing or race belt
- ✓ Put on timing chip (receive on race morning)
- ⊙ Towel for transition area: prevents small stones from getting in your shoes and a way of "marking" your area
- ⊙ Water/drink bottles
- ⊙ Race food: energy gels/bars
- ⊙ Plastic bags: these can keep your gear, especially shoes, dry if there is rain
- ⊙ Marker, like a balloon, to locate your area

### Swim

- ✓ Tri clothes or swim suit
- ✓ Swim goggles (plus back-up pair)
- ✓ Swim cap (receive at packet pick-up)
- ⊙ Wetsuit
- ⊙ Anti-chafing lubricant, e.g. Bodyglide, Sportshield

### Bike

- ✓ Your bike! Don't forget your bike!
- ✓ Helmet
- ✓ Sunglasses (for eye protection from debris)
- ✓ Shoes (bike or otherwise)
- ⊙ Bike clothing (socks, shorts, jersey), if you're not wearing tri clothes
- ⊙ Seat bag (extra tube, CO2)
- ⊙ Bike computer

### Run

- ✓ Run shoes
- ✓ Your race number either on a race belt or pinned to a shirt
- ⊙ Run clothes (socks, shorts, shirt)
- ⊙ Hat

✓ *Essential items*

⊙ *Optional items*



## —LOCAL AND NATIONAL TRIATHLON RESOURCES

### YWCA Minneapolis

Triathlon:	Tri Basic Skills Talks, Mini Tri, Women's Triathlon
Swimming:	Private Swim Instruction, Open Water Swim Clinics, Masters
Cycling:	Endurance Sports Coaching
Running:	Endurance Sports Coaching, Running Interval Classes
Coaching/Fitness:	Endurance Sports Coaching, Personal Training, Active Isolated Stretching, Pilates

### National Governing Body

USA Triathlon, [usatriathlon.org](http://usatriathlon.org)

### Magazines and Race Calendars

- 1) MNTri News (best Minnesota multisport calendar), [minnesotatrinews.com](http://minnesotatrinews.com)
- 2) Tri Find (when you want to go out of the region to race), [trifind.com](http://trifind.com)
- 3) Triathlete, [triathletemag.com](http://triathletemag.com)

### Books (Here are a few select choices)

- 1) The Triathlete's Training Bible, Joe Friel
- 2) Triathlon: The Beginners Guide, Terry Stevenson
- 3) Triathlon For Beginners, Dan Goldberg
- 4) Your First Triathlon, Joe Friel
- 5) Swim, Bike, Run — Eat, Tom Holland
- 6) Training Plans for Multisport Athletes, Gale Bernhardt
- 4) Slow, Fat Triathlete, Jayne Williams
- 5) The Woman Triathlete, Christina Gandolfo
- 6) Transformed by Triathlon, Jane Booth

### Online Training Logs and Maps

- 1) Training Peaks (the gold standard, download HR, Power, etc.), [trainingpeaks.com](http://trainingpeaks.com)
- 2) Map My Tri (allows you to map and measure your courses, create groups, etc.), [mapmytri.com](http://mapmytri.com)
- 3) On Tri, [ontri.com](http://ontri.com)
- 4) Strava (made for running but has the capability to track everything), [strava.com](http://strava.com)
- 5) gmaps Pedometer, [gmaps-pedometer.com](http://gmaps-pedometer.com)

### Online Resources and Stores

- |   |   |   |   |
|---|---|---|---|
| 1) <a href="http://Gearwest.com">Gearwest.com</a>                     | 3) <a href="http://Slowtwitch.com">Slowtwitch.com</a> | 5) <a href="http://Trizone.com">Trizone.com</a>     | 7) <a href="http://Trinewbies.com">Trinewbies.com</a>   |
| 2) <a href="http://Beginnertriathlete.com">Beginnertriathlete.com</a> | 4) <a href="http://Active.com">Active.com</a>         | 6) <a href="http://Trisports.com">Trisports.com</a> | 8) <a href="http://Coeursports.com">Coeursports.com</a> |





## APPENDIX

### TRIATHLON RESOURCES AND GENERAL INFORMATION

In triathlons, the transition between the sports is included in your total time. Transitions are often called triathlon's fourth sport and are referred to as T1 (swim-to-bike) and T2 (bike-to-run).

USA Triathlon (USAT), the national governing body for multisport, supports the sports of Triathlon, Duathlon, Aquathlon, Winter Triathlon and Off-Road Du's/Tri's. Triathlon is by far the most popular and has several racing distances, from youth events all the way up to double and triple ultra distance events. Athletes of all shapes, sizes, ages and fitness levels compete in triathlon yearly to prove that when you put your mind to it, anything is possible.

YWCA Women's Triathlon follows USAT rules. This is to preserve the safety and fairness for all racers and to produce an event of the highest quality.

### Typical Event Distances (swim/bike/run)

Yds=yards, m=meters, K=kilometers, Mi=miles

Distances within each designation vary due to course layout. USAT designates the following distance categories:

Youth: Age 7-10 (50-100Yds/2-5K/1K); Age 11-14 (200-375Yds/8-10K/2-2.5K)  
Short: Sprint 750m/20K/5K  
Intermediate: 1500m/40K/10K (standard Olympic distance). Formerly called International.  
Long Course: 1.2 Mi/56 Mi/13.1 Mi (half iron)  
Ultra Distance: 2.4 Mi/112 Mi/26.2 Mi (iron distance)

### USAT Rules:

Rules are in place for both safety and fairness. Below are some of the most commonly violated rules:

- 1) Helmets must be worn at all times while on your bike — including before, during and after the race. The chin strap MUST be buckled.
- 2) No assistance other than that offered by race and medical officials may be used.
- 3) All equipment must be kept in the designated Transition Area. The wheel of the bicycle must be down on the side of the assigned space. Only race participants are allowed in the transition area.
- 4) All bike bar ends must be plugged.
- 5) No glass containers are allowed in the Transition Area.
- 6) Drafting: You must keep at least three bike lengths between your front wheel and the rear wheel of the cyclist in front of you. If you move into the zone, you must pass within 15 seconds.
- 7) Blocking: Riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. In other words, you must always ride on the right and pass on the left.
- 8) Overtaken: As soon as another athlete's wheel passes in front of yours, you have 15 seconds to drop back out of the zone before you may attempt to re-pass. It is your responsibility to fall back.
- 9) Wetsuits are permitted if the water temperature is 78 degrees or cooler. If the water temperature is above 78 and below 84 degrees, you can wear a wetsuit but are not eligible for awards. 84 degrees and above, wetsuits are prohibited.
- 10) Public nudity is not allowed at any point during the race, including the transition area. Public urination is also not allowed.
- 11) Personal audio devices or cell phones may not be carried or worn at any point during the race.
- 12) Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. This includes garbage, clothing, water bottles, gear, etc.

