

# Triathlon is the fastest growing sport in the UK...So What are you waiting for?

## Phoenix Tri-MK Milton Keynes Triathlon Club

Leon Leisure Centre, Fern Grove, Drayton Road, Bletchley, Milton Keynes, MK2 3HQ

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### WELCOME TO PHOENIX TRI-MK YOUTH TRIATHLON CLUB

Phoenix Tri-MK is a **not-for-profit** community sports club training out of: -

Leon Leisure Centre

Fern Grove

Drayton Road

Bletchley

Milton Keynes

MK2 3HQ

At Phoenix Tri-MK our aim is very simple, to get as many children and young people as possible involved in the world of triathlon and multi-sport. Triathlon will really motivate and inspire your children. It involves swimming, cycling, running and the 4<sup>th</sup> discipline, transition!! It teaches values of hard work and persistence and above all it will keep your children, fit, active, happy and healthy.

Our members have the opportunity to learn or develop the skills needed to participate in Triathlon whether to compete or simply to have fun and make new friends in a safe, supportive and encouraging environment.

### BEGINNERS WELCOME

Our emphasis as a youth triathlon club is on inclusion and membership is open to all abilities, however you do need to be able to competently swim **50m freestyle without stopping** (front crawl) if you are 8 years old, but if you are over 8 years old you need to be able to competently swim **100 m freestyle without stopping** and have your own bike (and be able to ride it).

Any child is welcome to come along for a free trial so you can meet us and so we can see your ability, particularly in the swim.

We encourage members to take part in races as it's great fun and they can put what they have learnt into practice, but **it is not mandatory** and members **will never** be compelled to enter any competitions.

### REASONS TO TRY TRI!

- Have fun and improve fitness
- Make friends & be part of a team
- Learn new skills & gain confidence
- Improve balance & coordination
- Variety across training over 3 disciplines
- Anyone can take part regardless of age, ability, gender etc.

### COACHES:

- Head Coach      Gareth Snelson
- Swim Teacher    Keith Miller

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#### WHAT EQUIPMENT WILL MY CHILD NEED?

1. Clothing suitable for running & cycling outdoors in e.g. running trainers, t-shirt & shorts
2. Bike (any bike will do) & **HELMET (essential)**
3. Secure bike lock – we always recommend the D ring style as these are the most secure
4. Bottle of water & a light snack such as a cereal bar (if it is a long session)
5. Sun cream / warm clothes / wet weather gear
6. Swim session – swim suit / trunks, and **GOGGLES (essential)**

Phoenix Tri-MK encourage all members to undertake our training sessions wearing a **tri-suit**, this is because it gets members used to wearing the outfit typically adopted by Triathlon race goers and crucially it also means our members do not have to get changed after their running sessions to get into the pool.

#### UNIFORM

Whilst we don't insist that our members wear a 'uniform' for the Club we do try and encourage members to wear club kit wherever possible. Our casual wear currently consists of a named club hoodie (**£35**).

We will be offering club 'tri-suits' for purchase (*a specially designed suit which they would race in and is worn in the swim, bike and run*) as and when demand is established from the membership.

#### INSURANCE

Phoenix Tri-MK is affiliated and insured through the British Triathlon Federation (BTF).

Please note that Phoenix Tri-MK membership **does not** include individual membership of the British Triathlon Federation (BTF), this is separate but really worth subscribing to and more details can be found at:

<http://www.triathlonengland.org/membership/join>

Phoenix Tri-MK's British Triathlon listing can be found via the following URL:-

[https://www.britishtriathlon.org/clubs/phoenix-tri-mk-milton-keynes-triathlon-club\\_2621](https://www.britishtriathlon.org/clubs/phoenix-tri-mk-milton-keynes-triathlon-club_2621)

#### PHOENIX TRI-MK CONTACT DETAILS

Stuart (Club Chairman) <mailto:chair@tri-mk.co.uk>

Crispin (Club Secretary) via <mailto:treasurer@tri-mk.co.uk>

#### PHOENIX TRI-MK WEBSITE

<http://www.phoenix-tri-mk.co.uk/>

#### PHOENIX TRI-MK TWITTER

<https://twitter.com/TriMk2017>

#### PHOENIX TRI-MK FACEBOOK

<https://www.facebook.com/TriMK2017/>

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#### WHAT IS A TRIATHLON?

A triathlon involves swimming, cycling and running one after the other without a rest.

The time in between each bit of the race is called transition and this also counts towards your final time so you have to move from one thing to the next as quickly as you can.

Triathlons are hard work but good fun!

The length of each triathlon depends upon how old you are.

#### WHAT IS AN AQUATHLON?

An aquathlon is like a triathlon except you don't ride a bike.

You start with a swim then a run. The time spent between the swim and the run is called transition.

#### WHAT IS A DUATHLON?

A duathlon is like a triathlon but without the swim!

Instead, the swim is replaced with a run. **Children who don't like swimming really enjoy duathlons.** As with the other race types, your transition time makes up your final time.

#### DO WE TRAIN ALL YEAR ROUND?

**Yes.**

Phoenix Tri-MK operates pretty much all year round. There are times when we cannot put training on such as Christmas (when facilities we hire are closed) or certain sessions due to coaches participating in other events.

The last reason of course is out of our hands, the weather!!

We sometimes may have to call off a session but will always try and make alternative arrangements where we can.



TRI-MIK

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### WHAT A TRIATHLON RACE INVOLVES:

#### STAGE 1 – SWIMMING

Racing always starts with swimming, typically in a swimming pool, later some people progress to “open water” swimming in a lake or the sea. Most triathletes use a front crawl for speed, however you will see people in races doing breaststroke.

#### THE CHANGE OVER – “TRANSITION”

Get out of the pool and head for your bike as quickly and safely as you can. Put your helmet, trainers, t-shirt, shorts and race belt on and start peddling!

#### STAGE 2 – BIKE

**No Helmet = No Racing.**

Make sure your child always brings a helmet with them.

Don't worry if you only have a mountain bike, lots of people will use them when they are starting out. In a race situation there will be marshals around the course to show you which way to go.

#### TRANSITION

Cycle into the transition area, get off your bike and take off your helmet, leave them there and run!

#### STAGE 3 – RUNNING

The last part of the Triathlon, if you feel tired take your time, the most important thing is to finish the race not winning.

There are many races you can enter during the year, Phoenix Tri-MK will recommend races to you so your child can race with people from their club, this way it is less daunting!

If you or your child are unsure about anything at all, please just ask!

#### RACE DISTANCES

Race	Age	Swim	Bike (Grass/Tarmac)	Run
Tri Star Start	8 years	50m	800m/1.5km	600m
Tri Star 1	9-10 years	150m	2km/4km	1.5km
Tri Star 2	11-12 years	200m	4km/6km	2km
Tri Star 3	13-14 years	300m	6km/8km	3km
Youths	15-16 years	400m	10km	5km

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#### SESSION STRUCTURE

Each Thursday session starts from 19:00 at Leon Leisure Centre as follows: -

##### 18:30 - 18.40 – Team Talk

Purpose to make sure everyone feels included and everyone gets chatted to and given a chance to make coaches aware of any inquiries or need to leave early.

##### 18.40 - 19:30 – Running / Fitness

Coaches will take you through warm ups, sprints, brick workouts etc.

##### 19:30 - 21:00 – Swimming

Warm up, drills, timed distances, stroke and technique improvement guidance, swimming etiquette and general stamina building.

##### Sunday 09:00 - 10:00 – Milton Keynes junior parkrun

Not only is junior parkrun a fantastic event, well organised and extremely friendly, but it also offers our members an opportunity to gain experience of race running over a distance that the majority of our members will need to cover in their races.

##### Sunday Afternoon Cycling

This is an uncoached session where parents and members combine for a brisk cycle on quiet country roads / red ways; usually between 10 - 15 KM depending on weather and is for all abilities, teaching road craft, fitness, group riding.

**HELMETS MUST BE WORN.**

#### **Please Note:**

As Phoenix Tri-MK is solely a youth club, all members must be accompanied and supervised by their parents at all times.

#### COSTS

Annual Membership

**£30** per child

Monthly Fee:

**£24** per child (*Payable on the 12<sup>th</sup> of every month*)

# TRI-MIK