

PHOENIX TRI-MIK

INTRODUCTION TO OUR



CLUB & TRIATHLON

TRI-MIK

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TRI-MIK

Using this Guide

This guide is just a basic starting point for learning about Phoenix Tri-MK and Triathlon.

It is not by any means exhaustive, nor does it claim to be the optimum training companion for every athlete.

Each one of us is different and requires a personalized approach to our training, so please use this guide as a general introduction to Triathlon and always be ready to ask more questions – there will be many!

There is also a wealth of information on the Phoenix Tri-MK Website

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

Welcome to Phoenix Tri-MK!

Phoenix Tri-MK Triathlon Club is a **NOT FOR PROFIT ORGANISATION** based at Leon Leisure Centre but with members from all over the city and beyond.

We welcome new members and cater for boys and girls from 8 to 16 of all abilities.

As well as triathletes, Phoenix Tri-MK has a number of duathletes and competitive swimmers, and young people who just like to get out and train in a group every now and then.

Phoenix Tri-MK Mini History

In 2017 two Dads had the crazy idea of forming a youth Triathlon Club where the focus was on the fun element of participatory sport.

Whilst over the years the sport of Triathlon has changed significantly, we feel that the club's founding ethos of inclusion, competition and above all fun, remains true.

Phoenix Tri-MK Development Plan

Our Mission

To provide an enduring, friendly, inclusive, supportive and inspirational environment for the participation of children aged 8 - 16 in multi-sport activity.

How we will achieve our mission

To achieve an inclusive, friendly, supportive environment we will actively enable and encourage members to:

- Develop and establish new friendships
- Have fun and enjoy time spent with other club members
- Understand the importance of team values and good sportsmanship
- Appreciate the importance of physical activity as part of a healthy lifestyle
- Appreciate personal achievement is the accumulation of hard work and goal setting
- Feel good about personal achievements
- Achieve maximum potential whatever level of ability

To achieve longevity and ensure club stability:

- Establish a club organisational structure that spreads responsibility for the running of the club into easily manageable tasks whilst retaining cohesiveness
- Clearly define club roles and responsibilities
- Be member obsessed – continuously check the club is meeting members requirements
- Be volunteer obsessed – generate a desire to volunteer and make it easy to support the club

Info for New Members

Joining Phoenix Tri-MK

Like swimming, biking or running?

Just want to get fit?

Or always fancied giving triathlon a go?

We offer structured, varied and coached training sessions across swim, bike and run which all cater for novices. With guidance on equipment, plenty of motivation and great coaching you can take your first steps in triathlon knowing that you have great support.

If I am a newbie what do I do?

Have a read through the Q&A section and if you are still unsure please contact us. We are always happy to hear from new members and beginners. You can attend a free training session on a Thursday evening to see if you like triathlon and Phoenix Tri-MK.

The fees are: -

Annual Membership Fee - **£30**

Monthly Fee: - **£24**

You can join the club at any time.

What Do I Get For My Membership:

- Regular coached sessions
- Training with like-minded people
- Guidance on equipment and general help & advice
- Motivation!
- Social events
- Regular Triathlon events throughout the season

Q & A's

Do you run any sessions for beginners?

We have beginners starting all the time and our coaches are used to running the sessions to accommodate this, splitting people in to appropriate ability groups.

Do I need to book?

No, as a prospective member you can just turn up to our sessions as and when you want to but you may want to call first to see what you need to bring.

How much time will I need to train each week in order to be able to compete in a triathlon event?

This depends on the distance of the triathlon event which ranges from Tristart to Iron Man.

For a novice adult triathlete preparing for a sprint triathlon 3-5hrs per week spread across the three disciplines is enough.

What are adult triathlon competition distances?

<u>Adult Event</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
Super Sprint	400m	10KM	2.5KM
Novice	400m	7.5KM	2KM
Sprint	750m	20KM	5KM
Standard (Olympic)	1500m	40KM	10KM
70.3 / Half Ironman	1.9KM	90KM	21KM
Full \ Long \ Ironman	3.8KM	180KM	42KM

Phoenix Tri-MK Triathlon Club youth distances are: -

<u>Race</u>	<u>Age</u>	<u>Swim</u>	<u>Bike</u> <u>(Grass \ Tarmac)</u>	<u>Run</u>
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

What's T1 and T2 and how do I train For them?

T1 is the transition area from the swim to the bike

T2 is transition from the bike to the run.

Club coaches provide specific transition coaching and provide you with details of what you need to take with you in transition to complete your first triathlon.

How do I know what races to enter?

The club has a list of recommended races that are supported by the other club members, you can also look on the British Triathlon Federation website where all the races across the country will be listed.

What should I wear for training?

After your first free session where you can wear what you feel comfortable in, the club requires all members to train for the entire session in a Tri Suit.

This is because it gets you used to wearing what you need to wear on race day, so the earlier you get used to wearing one the better.

Wearing a Tri Suit for the running and cycle sessions means you will not have to get changed for your swim session.

What is a Tri-suit?

A tri suit is a one-piece outfit that can be used through all three phases of the triathlon. The specialist material used means water skims off its surface and dry's very quickly.

Do I have to buy a Club Tri-suit?

No.

The club have already had a tri suit designed and will be looking in 2018 to place orders for anyone who wants one.

Why Bother? - In trying to foster a team ethic, sense of belonging and team identity we think it is a good idea. This will prove invaluable on race days to help you identify your fellow club members.

BUT IT IS NOT MANDATORY.

Do I have to enter competitions?

ABSOLUTELY NOT.

If you just want to train with the club and have no desire to enter competitions, well the decision is totally up to you.

Will any representative of the club be at races?

It is our solemn aim to **never** let a club member attend a race without club support.

For every race we are entering as a club we will undertake the following: -

- To have a presence with our dedicated tent and Club Flags (so you know where we are).
- Volunteers will be in club hoodies.
- We will have a team huddle with all club members attending the race and take the first group photo of the day (first of many) to be added to the web site later (unless of course express permission has not been granted).
- We will cheer on and welcome home all members of the club throughout the day.
- We hope that all members can stay until the last club member is home so that the final photo of the day can be taken.
- We will of course have some club foodie goodies whilst we are all waiting.
- We will endeavour to make every race we enter as enjoyable and as inclusive as it possibly can be, as this is our reason for being...

What races are Phoenix Tri-MK entering?

Any event the club is entering will appear on the website

<https://www.tri-mk.co.uk/events/>

Where does the club hold results information?

All Phoenix Tri-MK race results are stored on the website: -

<https://www.tri-mk.co.uk/results/>

How are club members, volunteers, parents kept in contact with?

All dedicated inter club communications will be undertaken using the methods: -

Phoenix Tri-MK Twitter – Closed Group

<https://twitter.com/TriMk2017>

Phoenix Tri-MK Facebook – Closed Group

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

WhatsApp: Tri-MK

All volunteers, members and parents will be required to join our closed WhatsApp Group for instantaneous updates.

How will my progress be monitored?

Through your running and cycling sessions times will be kept of your progress and uploaded to the website.

Every two weeks you will undertake a timed swim to gauge how you are faring to cover the distance you need to for your race.

We actively encourage all our members to take part in the junior parkruns every Sunday.

This will ensure you get up to date times on how you are progressing running a distance of 2KM.

junior parkrun will advise you of your times and if you let us know we will also add that to your training records on our website, to help plot your progress charts.

What is the structure of a Phoenix Tri-MK training session?

Each Thursday session starting from 19:00 is held at: -

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

19:00 – 19.10 – Team Talk

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

19.10 – 19:55 – Running / Fitness

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

20:00 – 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 11:00 – 12:30 – Cycling

Club cycling, parents and juniors combine for a brisk cycle on quiet country roads / redways; this is usually between 10-15 KM depending on weather and is for all abilities, teaching road craft, fitness, group riding.

All juniors must be accompanied and supervised by their parents at all times.

HELMETS MUST BE WORN.

What is Triathlon?

The origins of triathlon are attributed to a race in France in 1920 called *les trois sports*, which consisted of a 3km run, a 12km bike ride and a crossing of the channel Marne.

The modern triathlon as we know it was conceived by Americans Jack Johnstone and Don Shanahan, and was first held at San Diego's Mission Bay on September 25 1974.

Four years later, the first Ironman triathlon was staged in Hawaii when representatives of the Mid-Pacific Road Runners and the Waikiki Swim Club, who had been arguing about which sport produced the fittest specimens, competed over a 2.4-mile swim, a 112-mile cycle and a 26.2-mile run.

The most common version is the "standard course" (1.5km swim, 40km cycle, 10km run).

This is the distance over which the Olympic event has been held since it was first staged in Sydney in 2000, while other common distances range down from the Ultraman (10km, 421km, 84km) to the Super Sprint (300m, 7-10km, 2.5km).

Different lengths are suited to different body types, with longer distances requiring greater aerobic conditioning, and shorter distances requiring a larger degree of explosive power and speed.

Is Triathlon for you?

Triathlon is a fun sport where you swim, bike and run without stopping in between! It's also one of the **friendliest** sports around. It gives your child a **great all round fitness level** and **improves their confidence**, we believe that every child is capable of doing triathlon and you **don't** need any expensive, specialist equipment.

As Triathlon races are generally against the clock rather than against each other there is **never that feeling of being last over the finish line** and often you don't know the results until after the race.

How old does my child need to be to join the club?

You can start compete in Triathlons the year that your child turns 8; i.e. they are 8 by December 31st of that year. We train our athletes from 8 years upwards but they must be able to swim 100m unaided without resting.

What equipment does my child need to do a triathlon?

To start with all you will need is a working bike (any bike will do) and helmet, swim gear, goggles and running shoes. As you progress and enjoy the sport you may want to include things like a race number belt and elastic laces.

Phoenix Tri-MK Training

Phoenix Tri-MK runs every Thursday including, running, cycling, brick sessions and swimming over a 2-hour session. The venue where this all takes place is: -

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

The club has a wide mix of members and we always welcome new members, whatever their experience level.

Swimming

We are lucky to have dedicated use of Leon's 25M pool for swimming training from 20:00 to 21:00 every Thursday.

YOU MUST WEAR GOGGLES.

We recommend boys do not wear baggy short type trunks.

For insurance reasons, you must be a member of Phoenix Tri-MK.

We strongly encourage individual membership of British Triathlon.

YOU MUST ALSO BE ABLE TO SWIM 100 METRES UNAIDED

Swim Training

The swim leg of triathlon is the shortest but most universally feared part of the race.

The key to the swim is to stay relaxed and calm. The worst thing you can do is to try and go too fast. You'll probably end up going faster than you should, tiring out and possibly panicking.

Swim your race at your pace and resist the urge to try and go as fast as possible.

How to improve your swimming form

A few things to keep in mind:

- **Balance:** Do your best to keep your body balanced in the water. Particularly don't let your feet hang down, this creates drag
- **Swim on your sides:** Try standing against a wall with your arms over your head – they should be the same height. Now rotate your hip and reach up with your right arm. See how your body just got longer? You want to do that in the water. Make yourself long on each side and focus on smooth strokes as you rotate from one side to the other. Use your momentum as you swim from side to side to propel you forward. Don't lift your head out of the water to breathe. When you reach forward with your lead arm, rotate on your side a little and use that motion to clear your mouth breathe. If you lift your head, your feet or arm will immediately drop and create drag to compensate.
- **Focus on each stroke being efficient.** You might think you're going faster, but a few strokes with proper form will take you much, much farther than several rapid strokes that don't propel you forward at all.
- **Look straight ahead (or down) while swimming.** You should be looking slightly forward and to the bottom of the pool. Your lane will have a line in it. Look at that – when you see the "T" coming up, it means you're coming up on the wall.
- **Breathe Slowly:** If you find yourself dying for breath, try kicking easier. Only kick enough to keep your feet up, don't try to push yourself forward with kicks.
- **Bilateral Breathing:** Most beginners have a side on which they find it easier to breathe. Try to learn to breathe on either side, ideally working up to bilateral breathing, a 'left-right-left-breathe, right-left-right-breathe' pattern. If you can't do that yet, try to breathe to one side going down and the other side coming back. The longer you practice breathing only on one side the harder it will be to break the habit later. In races, many swimmers only breathe to one side because that's most efficient for them, but being able to choose which side based on conditions can be a big help.

Cycling

If you're new to biking, our beginner sessions on Sundays are a good place to start any bike will do to get you started.

Bike Training

You can spend hundreds on bike fit systems in search of a perfect bike for your first race, but if you're using the bike out of your garage or borrowing one from a friend you can give yourself a quick DIY bike fitting by keeping these things in mind.

- Wear the gear you plan on biking in. There's no use getting fit in one outfit, with one set of shoes, when you'll be racing in a completely different one.
- Stand over the bike. There should be about a 2 cm clearance between your body and the top bar.
- Extend your leg all the way to the bottom of a pedal stroke. Your leg should be 80-90% extended. If it's not, you won't get the full power out of each stroke. If it's extended too much, you'll lose all your power at the bottom of each pedal stroke.
- Adjust your seat so that your knee is above your foot. When your leg's extended, you should be able to drop a plumb line from your knee to the ball of your foot.
- When leaning forward, your body should be at a 45 degree angle, with your back arched and your arms slightly bent in order to absorb the vibrations from the road.

No matter what bike you're on, if you have poor cycling form, it can be uncomfortable. Make sure you don't end up with a weird kink in your back or neck after a few miles by following these tips on the bike:

1. Your back should be arched and your head should be focused on the road in front of you.
2. Your elbows should be slightly bent, but not locked. This lets your arms serve as sort of "shock absorbers" for the bumps in the road that you'll be riding over.
3. Your shoulders should be forward so that your chest can help carry your upper body weight.

Use smooth strokes while pedalling and be sure to not only push downward on each pedal stroke, but pull upward. This will help you pedal more efficiently, not to mention make you go faster.

Running

Our running sessions take place on Thursday evenings 19:00 at Leon Leisure Centre. These cater for all levels.

Run Training

Running is such a basic skill, but so many people do it poorly and end up injured.

Here are 5 simple steps to better running form:

1. Run using a mid-foot strike if you can. Avoid over- striding, which will cause you to strike with your heel and waste energy.
2. Keep your shoulders back, and your head up.
3. Look ahead. Focus on the ground about 20-30 feet in front of you.
4. Let your arms swing naturally at your side. Let your arms swing forward and back (not side-to-side). Keep your arms bent at the elbow about 90° and keep your hands unclenched.
5. Skim the ground. If your feet hit the ground too hard, you may be putting yourself at risk of injury and losing your momentum throughout the run. Run like you're a stealthy ninja, not a thundering giant who needs his footsteps heard. Land softly and quickly and use the spring of your foot to take the next stride.

If you find yourself running more and more, you'll want to go visit a running store and have your gait analysed in order to get more personalized advice and find shoes based on your running style.

Triathlon Brick Workouts

You'll want to practice brick workouts a few times before your first race.

A brick workout is a workout where you incorporate two disciplines and transition from one to the other in the middle of the workout as you would in a race.

The most common brick workout is the bike to run transition, although swim to bike transition can also be done. The first time you do a bike to run brick workout, you'll be inexplicably sore.

Phoenix Tri-MK incorporates Brick Workouts in our training.

Supporting Milton Keynes junior parkrun and your running goals

junior parkrun is a series of 2k runs for children aged between 4 and 14. They are open to all, free, and are safe and easy to take part in. These are great events and very well managed, we encourage all Phoenix Tri-MK members to join in.

Everyone is welcome but under 11s must be accompanied by an adult at all times.

<http://www.parkrun.org.uk/miltonkeynes-juniors/>

Why Phoenix Tri-MK recommend taking part in 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.

What is Milton Keynes junior parkrun?

It is a 2k run for juniors only (4-14 year olds).

When is it?

It is held every Sunday at 9:00am.

Where is it?

The event takes place at: -

Milton Keynes Rugby Union Football Club
Emerson Valley Sports Pavilion
Bowland Drive
Milton Keynes
Buckinghamshire
MK4 2DN

What does it cost to join in?

Nothing - it's free! but please **register** before your first run. You only ever register with parkrun once.

Don't forget to bring a **printed** copy of your barcode.

How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace!

Nutrition

Nutrition is often referred to as the fourth element of training because it can have such an effect on the outcome of a race.

This is especially true when it comes to longer distance races, such as a half or full Ironman.

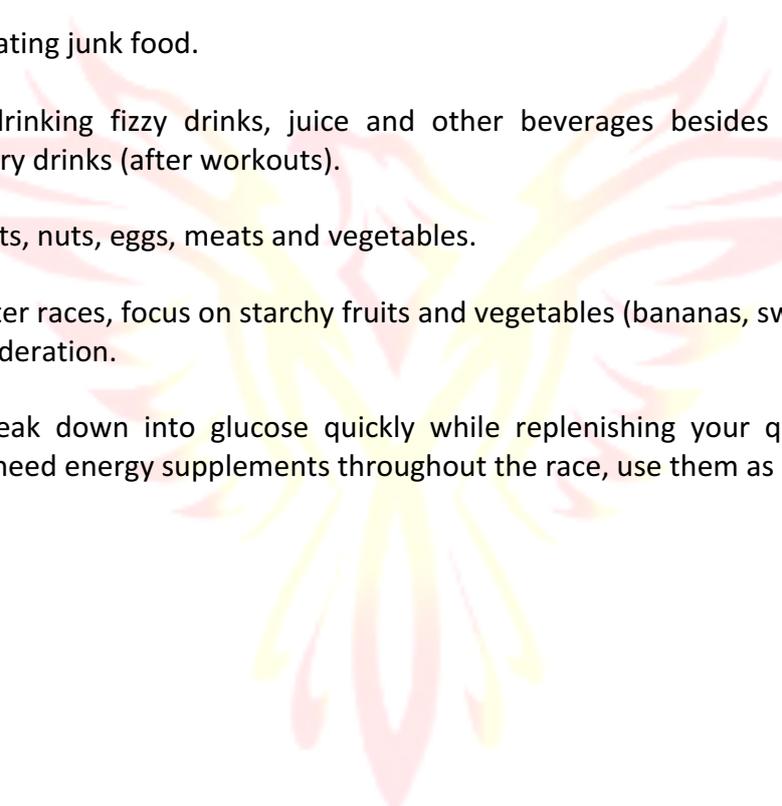
Nutrition is an area that can get really complicated really quickly. The easiest way to avoid that is to keep things simple:

- Stop eating junk food.
- Stop drinking fizzy drinks, juice and other beverages besides water, tea and recovery drinks (after workouts).

Eat lots of fruits, nuts, eggs, meats and vegetables.

Before and after races, focus on starchy fruits and vegetables (bananas, sweet potatoes or squash) in moderation.

These will break down into glucose quickly while replenishing your quick-use energy stores. If you need energy supplements throughout the race, use them as necessary.



TRI-MIK

Youth Triathlon Racing – Our Focus

If you're not sure what a Triathlon race involves we have broken it down for you:

Stage 1 – Swimming

The Triathlon race always starts with swimming, beginner races are always in a 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 1”

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

Stage 2 – Bike

NO HELMET = NO RACING.

Make sure you always bring a helmet with you, if you don't have one we can lend you one. Also, 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 2

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

Stage 3 – Running

This is 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, the club will recommend races to you so you can race with people from your club, this way it is less daunting! If you are unsure about anything at all, please just ask!

Phoenix Tri-MK Race Day Check List

For those who will race for the first time in the near future here is a race checklist to go through to make sure you don't forget something vital on the day.

1. Tri Suit
2. Swim Hat
3. Goggles (and spare goggles)
4. Hair Bobbles (if you need to tie your hair back)
5. Towels (large one and a small one for the transition area to dry your feet and mark your spot)
6. Talcum Powder (To add into your trainers to make it easier to get them on after the swim)
7. Race number belt
8. Bike
9. **HELMET**
10. Trainers **with elastic laces** (and change of shoes as you will have to leave your trainers in transition, flip flops are good)
11. Socks (if wearing)
12. T-shirt / Lightweight Jacket (if wearing)
13. High Energy Snack (flapjacks, snickers bar etc etc)
14. Water Bottle / Drinks
15. Any medication you may need on the day e.g. inhalers
16. Warm clothes for after the race
17. Pen (to complete the personal information on your race number)
18. British Triathlon Federation race licence

Remember to print out directions to the race venue and/or post code if using SatNav.

Check club meet and race start times as well as registration opening and closing times. Get to the event early find the Phoenix Tri-MK team tent and enjoy time spent with the rest of the team. We will take time as a team to look at the pool, bike and runs circuits.

Don't worry there are always plenty of members ready to help.

Also good to read the race notes a few days before the race and look at any maps provided of the cycle / run routes.

Phoenix Tri-MK Club Gear

Our triathlon kit has been designed by Harry & Oliver Fashion House and is exclusively provided by Carvalho Custom pro quality custom cycling & triathlon clothing, direct from Portugal

Details: -

Carvalho Custom -
www.carvalhocustom.com

Tel: 351 965836665

Ordering kit from Phoenix Tri-MK

There are no minimum requirements for new gear orders. However, as a club we generally place orders about 2 – 3 times a year.

If you wish to order outside of this we can accommodate this; however you will be required to pay the delivery cost on top of the base unit prices. If you have any questions or queries about club kit, drop us an email. We can also arrange to bring along samples to any of our sessions for you to try.

Phoenix Tri-MK club communications

Phoenix Tri-MK Contact Details

Contact either: -

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

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

Phoenix Tri-MK Website

All of the information in this document can be found on the Phoenix Tri-MK Website:

<https://www.tri-mk.co.uk>

Phoenix Tri-MK Twitter

<https://twitter.com/TriMk2017>

Phoenix Tri-MK Facebook

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

Buying Equipment General Purchasing Advice

First of all, feel free to show up for your first triathlon(s) on a mountain bike, old road bike, hybrid, whatever you have or can borrow. In a sprint triathlon this is pretty common.

Once you've done some events, met some people, etc., ask around to get a good feel for which bicycle shops in your area are well thought of. The key is selecting a bike whose basic geometry fits you, and then getting it fit to you by a professional. We will help all the way so don't worry.

Here's how this would work in an ideal world:

You get a 'generic fit' from a professional fitter where some completely unbiased guy measures you and recommends a few brands and models of bicycles based on your build, flexibility, and other factors. You then test them all and choose the one that feels best within your price range.

Then you get a professional fitting where they make all your angles and lengths match the bike perfectly. The fitting should probably be free if you buy from a shop.

In practice there may be a few compromises vs. this approach. You have a few decisions to make:

- **ROAD BIKE VS. TRI-/ BIKE:** Everything else being equal, tri bikes are faster, but the recommendation would be a road bike as your first bike. This is subjective, but you can argue that road bikes are easier to learn on, more comfortable, and safer for beginners. Plus, you'll be much more welcome to show up and join any group rides in your area with a road bike.
- **BIKE SHOP VS. INTERNET ETC.:** You could possibly get a better deal on EBay or on alternative websites. If you're a tinkerer or have an educated friend to help you, go for it, but be aware that a lot of fakes are sold online so you really need to know what you're doing. Bike shops can be a great source of information as most employees are cyclists and/or triathletes and so are talking with some degree of experience.

We are here to help with choosing the correct equipment don't be afraid to ask for assistance.

Bicycle Accessories

Essential

- **HELMET:** This is self-explanatory and also **COMPULSORY**. If you are in the market for a helmet, purchase with safety and comfort in mind rather than street cred!
- **TRACK OR FLOOR PUMP / FRAME PUMP:** You'll need to inflate your tyres before each ride. A track pump is best but then you have to consider what you do when you get a puncture on the road. This is where a frame pump comes in if you are not using CO2 canisters.
- **TYRE REPAIR KIT:** Ideally get this in a small saddle bag or other form you can attach to your bike. It should include a spare tube, CO2 canisters if you don't carry a frame pump, tyre levers, and inflation connector.
- **BOTTLE CAGES AND BOTTLES:** You'll probably want at least one but preferably two bottle cages and water bottles to place in them. A standard setup would be one on each of the main vertical tubes on your bike but there are several options.
- **TRI SUIT:** The team Tri Suit has nice big pads to keep your undercarriage happy.

Optional

- **Clip Shoes and Pedals:** You will eventually want pedals and shoes that clip together. It might be scary the first time you clip in. You'll get used to it quickly. Many beginners fall over once or twice at first. Consider it a rite of initiation. If you want official triathlon shoes, make sure that the tightening strap is a single strap that you pull away from the bike to tighten. Socks are optional; many triathletes go without socks in races as it speeds up transition times.
- **Computer:** Most cyclists like to have a small computer on their bicycle to track their cadence, speed, and mileage. A small sensor is placed on your wheel which simply counts how often a magnet on your wheel (speed) and pedal (cadence) go by. These come in wired and wireless and even GPS which requires no installation just click onto the bracket and cycle.
- **Turbo Trainer:** A turbo trainer is a small machine into which you hook your rear wheel. It allows you to bicycle in the comfort of your own home while watching TV or otherwise occupied. Trainers can be boring, or at least monotonous, so some people like to get Spinervals or other bike DVDs to make the time go faster or feel like they're cycling with a group. Not only do trainers allow you to train whenever you want, they also keep you honest in terms of keeping up your energy level – there are no stoplights, hills to cruise down, etc.

- **AERO BARS:** You can clip aero bars onto your road bike to get some of the effect of having a tri bike. You still won't have necessarily have the same geometry, seat position, bar-end shifters, etc., of a tri bike but studies suggest that for a professional, clipping aero bars on a road bike gives you approximately 40% of the benefit of moving up to a tri bike at a fraction of the cost.
- **AERO HELMET:** These are the silly looking teardrop helmets. There is some debate about whether they're actually faster for riders with poor form who don't do a good job of holding their head steady and straight. In the wind tunnel, and worn properly in appropriate conditions, however, there seems to be little doubt that these reduce drag substantially.
- **RACE WHEELS:** These are expensive, anything from £500 - £2,000 and more for a new set. There is widespread evidence online showing the benefits of race wheels but for beginners this is not an issue.
- **FRONT AND REAR LIGHTS:** Essential for those hard enough to be out in the winter!

Other Gear

- **RUNNING SHOES:** Go to a reputable running shop and get them to carry out a **Gait analysis** (1 minute on a treadmill). If they can't carry out a Gait analysis for you well then you are in the wrong shop! The Gait analysis will determine your running style and hence determine the right running shoe for you.
- **TRI-SUIT:** A tri suit is a one-piece outfit that can be used through all three phases of the triathlon.
- **RUNNING CLOTHES:** You'd probably do well to get a few pairs of running shorts, shirts, and socks. Wearing cotton is a bad idea if you plan on sweating while you work out. Chances are your running shorts will have a liner; if so, don't wear underwear underneath. Many triathletes run sockless for sprint or even Olympic distance runs.
- **RACE BELT:** This is a small elastic belt with a pair of attachments for race numbers. Many races require you to keep your number visible during the run. Grabbing a race belt with number pre-attached can be much easier than trying to pin a race number on to your shirt.
- **GPS / HEART RATE MONITOR:** Many triathletes wear a watch that also functions as a heart rate monitor and/or GPS device. Polar and Garmin are popular brands. However, there are many apps available for iPhone etc. that do a similar job.

