**TRAINING PROGRAM FOR TRIATHLON**

**General Points**
- Only 15% of your training should be hard.
- If you are doing the whole event, exercise for at least the length of time you expect to be racing. The same applies to team competitors.
- Attempt to do three sessions in each discipline each week.
- Do your last long easy session on Saturday October 22nd. In the last week, cut your training right back and do short, fast sessions.
- Warm up for at least 5min at the beginning of each session and cool down at the end of each session.
- Familiarise yourself with the course. Keep an eye out for Course Marshalls, signs and markers.
- Make a list of equipment that you need on the day and pack everything needed the night before. Tick items off as you pack them.
- Keep a training diary to record your performances, times, distances covered etc.

**Training Sessions**
Whether you are swimming, riding and/or running, the same format for your three training sessions per week applies.
1. Longer easy distance session. For example, if you are riding 7km, try and complete an easy 10km ride.
2. Interval session. Short, hard intervals with a good rest in between each interval.
3. Strength or speed session.

**Diet**
- Eat well if you want to train and race well
- Drink plenty of water
- Eat Carbohydrates, not too much sugar or fat
- Drink and eat sensibly after training

**Equipment Needed**

**Swimming**
- Goggles if you need them
- Speedos mightn't look as cool, but you will swim faster than in boardshorts

**Riding**
- You must wear a bike helmet that fits properly
- Boys must wear a singlet or shirt. This can be difficult to put on when you come out of the swimming pool, so practice putting on your shirt when you are wet.
- Shoes must be worn when riding. If you choose not to wear socks, practice this in training. You don’t want to get blisters in the race.
- If you can carry a water bottle on your bike, this will be your best chance to hydrate.

**Running**
- Shoes must be worn when running. If you choose not to wear socks, practice this in training. You don’t want to get blisters in the race. If you purchase new shoes for the event, get them at least a week early and train in them.
- Hat or cap
- Take a drink at the drink station. What you don’t drink, tip over your head to cool you down.