

**CONGRATULATIONS ON ENTERING YOUR FIRST TRIATHLON !
WE HOPE YOU WILL ENJOY IT.**

Enclosed you will find some helpful tips on your training for the event over the next few weeks. We will be sending all competitors our race briefing which will explain what happens on race day. Our mission at Pulse Triathlon Club is to promote all levels of triathlon in a competitive, yet friendly and supportive environment. You do not need to be super fit or have a super bike to race or to join in our training sessions. We aim to make the sport of triathlon as accessible, cost effective and enjoyable for all who want to participate.

If you have any queries, feel free to contact us via our web site www.pulsetri.com

As an entrant to our Triathlon at Port Beach, Clogherhead, we will keep you informed of any upcoming pre-race practice events or open club sessions.

We look forward to seeing you on 7th August.

Good Luck!

Pulse Triathlon Club

Race Sponsor: Hollingsworth Cycles www.bikez.ie

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
1	Rest	30 Bike	Walk or run 20	Swim 200 m	Rest	Bike 45	Walk or run 20min. Swim 300m	
2	Rest	40 Bike	Walk or run 20 & strength	Bike 30m. Swim 300 mt	Rest	Bike 50	Walk/Run 35min. Swim 400m	
3	Rest	35 Bike	Walk or run 20 & strength	Swim 500m	Rest	Bike 1 hour	Walk/run 40 Swim 15 Open Water	
4	Rest	30 Bike	Run 20 & strength	Swim 600m	Rest	Bike 45	Run 20. Swim 15min open Water or 750m pool	
5	Rest	Bike 30, Run 10	Walk run 20, strength	Bike 50, swim 700m	Rest	Bike 70,	Walk/run 45, swim 20 OW/1000m pool	
6	Rest	Bike 40 Run 15	Run 20/Strength	Bike 45, swim 800m	Rest	Bike 75	Walk/run 50, swim 20 OW, 1000 Pool	
7	Rest	Bike 40 Run 15	Walk/run 20. Strength	Bike 40. Swim 900m	Rest	Bike 50	Walk run/35. Swim 15 OW, 750 pool	
8	Rest	Bike 30 Run 20	Walk/ run 20	Bike 30. Swim 600m	Rest	Clogherhead TriathlonDay	Celebrate!	

In the schedule above, prescribed workouts are in minutes not miles. Thus, "Bike 30, Run 15" means that you bike for 30 minutes and run for 15 minutes, what triathletes call a "Brick" workout. Running even a short distance after a long swim or ride helps your legs recover for the next day. "Strength" suggests that you do weight training in a fitness centre or this can be core focused training such as Pilates which is an excellent accompaniment to Triathlon disciplines. This is purely a guide and should be tailored to suit your own level of fitness.

SWIMMING - Open Water Tips

Warm-up before you take the plunge. Loosening up your muscles and getting your blood pumping are crucial before you start your open-water swim. The water temperature is bound to be colder than what you are accustomed to in the pool. First do any stretches you would at the pool. Warm up your muscles with forward, backward and cross-over arm swings. You should spend a couple minutes on these exercises before you enter the water. If the water is really cold elevate your pulse by jumping up and down for a minute or so, maybe even a jog down the beach.

Stay on course. Before you begin your open-water workout, spot a fixed target in the distance to aim for. Examples include a unique looking house, a boat or a tall tree. But nothing that moves! When racing, make sure you count all the buoys. How many do you pass before you turn? Is the course and out-and-back? A U-turn? A circle? What color are the buoys?

Sight your target, then breathe. These are two separate actions, beginning with the look forward. You don't want to lift your whole head out of the water to spot your target. Tip your head up and back, making sure you look forward. This lifts your eyes and nose out of the water, but not your mouth. Then put your face back in the water, and take your breath to the side as you normally would.

Draft during your training. Drafting is legal in the swim leg, and a terrific way to conserve energy for the bike and run segments. Find your comfort zone, recognizing that you don't want to be so close that you get kicked. But you also don't want to be so far away that you are dropped when the swimmer you are drafting picks up the pace.

Practice Bi-lateral breathing in training! Breathing to the right AND left is tough for some swimmers. Most of us have learned to breathe to one side only. But what if all the buoys are on your non-breathing side? A portion, if not all, of your training should include bilateral breathing.

CYCLING - PUTTING IN THE MILES

Cycling like running is best performed with fellow athletes, as it is more fun and motivational. The distance you ride will greatly depend on both your fitness levels and also your race distance. You should aim to go out on your bike 2 - 3 times per week, varying your distances and route. Aim for a long steady cycle on the weekend, taking in a few hills to help develop muscle strength, cycle the approximate distance of your race twice per week, with at least one of these sessions followed by a suitable distance run (Half the distance of your race).

Group cycling sessions (Spinning / Cycle Reebok) and turbo training are good, especially during the cold wet winter months, however nothing beats cycling on the road, it is here that you are forced to work against the wind, bumpy roads and learn the gears that best suit you for cycling.

Remember before you rack your bike prior to the race, check that your bike is in the right gear to start off in. When you come in off the bike, do not unclip your helmet until you have dismounted before the cycling cut off point, and crossed over the line, there are many rules in triathlon designed for your safety, by breaking these rules you may incur penalties or simply be disqualified. Ask an official about the rules, or turn up at the race briefing, a must for all novice triathlete's.

RUNNING

With the only equipment needed for running being a good pair of trainers, and the fact that running is a high impact activity, it is wise to invest in a good pair of trainers, and break them in before your race. With most triathlete's suffering with the transition from bike to run leg, i.e. getting into their running stride as quickly as possible it is a good idea to simulate this feeling by performing a simple BRICK training session. Pulse has regular Brick sessions during summer months especially for this type of practice.

Pre Race tips

- A week before a race is the time to start your preparation.
- Get your kit and gear ready and make sure it is in good working condition.
- Use this time to prepare your race plan and practise individual elements of the race (transition, swim start etc.).
- A few days before the race you will start to feel the nerves kick in, remember this is good as it's your body's way of getting ready for the event.
- A couple of days before is the time to start working on your hydration, make sure you drink plenty of fluids (not alcohol). A good sign you are well hydrated is that your urine should be clear.
- Two night before the race is the most important sleep as you may not sleep well the night before the race so make sure you get to bed early.
- The day before is all about logistics. Travelling to the race, give yourself plenty of time as you may have to register, check out the course, eat and meet up with friends all before trying to go to bed at a reasonable hour.
- On race day if travelling to the venue make sure you give yourself plenty of time to get there as you will have to find parking, register, set up transition, use the bathroom, warm up and get into you race gear.
- On race day you should eat at least two hours before the race and no matter how you feel make sure you get the grub in.
- One of the most important things on race day is to do nothing new unless it is absolutely necessary.
- Make sure you know what time your "wave" start is and give yourself plenty of time to be there. Use this time to go over your race plan and breathe.
- If you get a chance to get into the water before the start "Take It". Once in the water make sure you get your face under the surface as much as possible as to prevent any shocks when the race starts.
- Most important of all the tips, make sure you **Enjoy! Enjoy! Enjoy!**

Training Sources

<http://www.220triathlon.com/training>

<http://www.beginnertriathlete.com/>

<http://www.halhigdon.com/>

<http://www.tri-ecoach.com/>

<http://www.trinewbies.com/>

<http://www.slowlitch.com/>

<http://www.tri247.com/>

<http://www.insidetri.com/>

<http://www.triathletemag.com/>

<http://www.tri-talk.com/>

<http://www.chirunning.com/>

YOUR TRIATHLON RACE CHECK LIST:

Pre-race preparation:	Check?	Race day necessities:	Check?	Post race	Check?
Triathlon Ireland Membership card		Wetsuit		Sweatshirt/jacket	
Race confirmation/info		Goggles		T-Shirt	
Race start time		Wetsuit lube if necessary		Shorts/loose pants	
Directions to race		Swim Hat		Underwear	
Food/gels/hydration		Bike		Snack	
Accommodation information/directions		Helmet			
Transport		Bike shoes (if using clipless pedals)			
		Pump			
		Bike water bottle(s)			
		Spare wheels, and/or tubes and spare tires			
		Basic bike tools: Allen wrenches, etc.			
		Running shoes (elastic laces?)			
		Tri Suit or two piece (ladies - sports bra)			
		Race belt			
		Transition towel			
		Hydration mix			
		Energy bars/Gels			
		Sunscreen			
		Sunglasses			
		Cap/Visor			
		Safety pins			
		Disposable sandals			
		Disposable warm-up clothing			
		Watch and/or HRM			
		Emergency phone numbers			
		Mobile phone			
		A good luck charm :)			