



## Cleveland Triathlon Club's Junior Hand Book

WHATS WHAT ???



TRIATHLON = SWIM + TRANSITION 1 + BIKE + TRANSITION 2 + RUN

AQUATHLON = SWIM + TRANSITION + RUN

DUATHLON = RUN + TRANSITION + BIKE + TRANSITION + RUN

DON'T FORGET TO VISIT [WWW.CLEVELANDTRIATHLON.CO.UK](http://WWW.CLEVELANDTRIATHLON.CO.UK) JUNIOR SECTION FOR ALL UP TO DATE EVENT INFORMATION

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KIT



## What kit you will need to take part in a triathlon

Basic kit is all you need to get started, as you progress and if you enjoy competing you may want to consider more technical kit, but always set your budget first.

### The swim:

- Swimming costume or tri suit (a tri suit is a one piece outfit that you can swim, cycle and run)
- Goggles
- Latex swim cap (these are often given out at events to identify swimmers)

### The Cycle:

- Any road worthy bike - your bike must have working breaks and be in a good maintained condition. Bar ends must be plugged and if you have a BMX the stunt pegs should be removed. If you are unsure about your bike ask a club coach
- A helmet that bears the BSA standard mark
- Cycling shorts/normal shorts or tracksuit bottoms (make sure they are tight at the bottom so they don't get caught in the chain)
- Cycling top or t-shirt, warmer tops and a waterproof jacket if it's cold or raining
- Cycling shoes or trainers, make sure the laces are tucked in your shoes so they don't get caught in the chain

### The Run:

- Shorts or tracksuit bottoms
- T-shirt
- Waterproof top if it's cold or raining
- Running shoes / trainers

The kit you need will mainly depend on the weather, so always be prepared.

Make sure you have some warm clothes for after the event.

Bring along a water bottle for during the event and some food and drink for afterwards.

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## Swimming Log

Date	Session (what you did)	Times

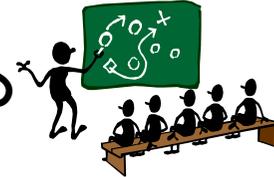
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## TRIATHLON EXPLAINED



### The Cycle

The cycle is usually the longest part of a triathlon.

Make sure you know your bike, practise using the gears, brakes and checking your tyres. Ask a coach for advice.

Find a safe places where you can ride your bike to build up your confidence, whilst doing so you may find practising the following:

- Stopping under control using the brakes correctly
- Cornering
- Mounting and dismounting the bike (when you leave and return the transition area there will be a special place to get on and off your bike called a mount/dismount line.)
- Awareness of cadence and using gears. Ask a coach if you are unsure.
- Hill techniques.
- It would also be useful to practise riding in a group, please ensure this is done safely e.g. on a closed road. (Please note: during an event you will not be allowed to ride in a group, but practising builds confidence.)

### Cycling Notes and Practise Techniques

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What do you like doing best?

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## TRISTAR CATEGORIES



### Age Categories That Juniors Race In

	Swim (pool)	Swim (open water)	Cycle (grass)	Cycle (tarmac)	Run
Tristar Start Age 8	50m	Min 50m - Max 100m	800m	1.5k	600m
Tristar 1 Age 9-10	150m	Min 150m - Max 200m	2km	4km	1.2km
Tristar 2 Age 11-12	200m	Min 200m - Max 300m	4km	6km	1.8km
Tristar 3 Age 13-14	300m	Min 300m - Max 350m	6km	8km	2.4km

#### Distance Converter Swim

50m = 2 lengths 25m (standard pool)  
 100m = 4 lengths 25m (standard pool)  
 150m = 6 lengths 25m (standard pool)  
 200m = 8 lengths 25m (standard pool)  
 250m = 10 lengths 25m (standard pool)  
 300m = 12 lengths 25m (standard pool)  
 350m = 14 lengths 25m (standard pool)

#### Distance Converter Cycle

800m =  $\frac{1}{2}$  a mile  
 1.5km = 1 mile  
 2km = 1.2 miles  
 4km = 2.5 miles  
 6km = 3.7 miles  
 8km = 5 miles

#### Distance Converter Run

600m = 1  $\frac{1}{2}$  laps of track  
 1.2km = 3 laps of track  
 1.8km = 4  $\frac{1}{2}$  laps of track  
 2.4km = 6 laps of track

See [www.britishtriathlon.org](http://www.britishtriathlon.org) for a full set of triathlon rules

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## BIKE SAFETY TIPS



- When it comes to your kids, let them pick out their own helmet. That way they will be more likely to wear it.
- Kids under the age of nine should not be allowed to ride their bikes in the street (unless they are in a race situation with controlled traffic).
- When choosing which road to ride on, give preference to roads that have separate bicycle lanes, are under 35 miles per hour, are wide, don't have "blind spots"(a driver coming from behind would be able to see you well in advance), and that you could safely pull off of in an emergency.
- Never wear headphones when riding.
- If you have a road bike, always pump the tires before you ride or race.
- When locking your bike make sure that you lock the frame. It is very easy to remove the front wheel of a bike and isn't too hard to remove the back wheel either.
- Additionally, if you can, along with the frame (which is the most important), lock the front wheel of your bike or take it off and carry it with you.
- Read and stick to the highway code.
- Consider registering your bike with the national bike registry. The national bike registry gives you an un-removable sticker with your number that will allow your bike to be returned if found.

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## SWIMMING SAFETY TIPS



- Never swim alone. This is regardless of how good a swimmer you are.
- Don't swim right after eating a large meal. For a large meal it takes about two hours before you are ready to start swimming.
- Don't chew gum or eat while swimming.
- Don't consume alcohol prior to swimming.
- Don't dive into water if you don't know how deep it is. Never dive into open water regardless of how deep it is.
- Don't dive into water if there might be someone below you.
- When lap swimming watch for people entering your lane.
- If there are other people in the lane you are swimming in, don't swim in the center of the lane.
- When going for an open water swim find out the weather conditions and don't go swimming if they are unsuitable.
- Make sure that the place you plan to open water swim in is suitable for swimming. Think to look for include chemicals being dumped into the water, boats being allowed in the water, and jet skis being allowed in the water.
- Look for landmarks for your open water swim.
- Watch out for rocky areas near the shore.
- Look for and obey warning flags.
- Learn more than one stroke. Good alternatives for open water swimming include side stroke, breast stroke, and for some people backstroke.
- If swimming long distances in open water (ocean water in particular) swim parallel to shore.
- Avoid swimming near piers and other fixed objects in ocean water. This is where rip currents are often found.
- If you are not a strong swimmer, don't start in the middle of the pack at your first races. Unlike lap swimming there is a lot of contact at the beginning of an open water swim.
- Don't do a swim which you are unprepared for. This includes races, even if they have a lot of rescue boats.
- Don't encourage those at a lower swimming level than yourself to try to keep up with you.
- If you are abnormally cold, hot or tired stop.
- Know what to do in an emergency.
- Have an emergency plan.
- Don't depend on floatation devices alone for safety.
- Know where a phone is in case of an emergency.

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## RUNNING TIPS



- Keep your head up. (Not looking at the sky up). This will help keep the rest of your body in a line that will help prevent injuries. It will also allow you to run slightly faster.
- Watch your arms. A huge mistake even among experienced runners is bad arm form. You want to keep your shoulders low/relaxed, keep your arms relaxed (but not excessively limp), and avoid excessive arm movements.
- Think/talk to yourself and others. Say positive things. Tell others well done. If you are in a triathlon remind yourself (not necessarily out loud!) how far you have already got. This will allow you to keep going mentally, even when you are tired and feel like you want to give up. Find reasons to keep going.
- Run your own race. Don't get off the bike and run at a pace faster than your usual pace because that is the pace the person you finished the bike with is running. This person may be walking by the second mile because they aren't pacing themselves. If that is the case running at your steady slower pace you have a good chance of eventually passing them. Running at a comfortable pace when you first get off the bike will also give your legs a chance to adjust.
- Join a local running group. This is particularly a useful thing to do if you don't enjoy running alone. Sometimes when you are in the middle of a good conversation you will forget that you are running. In addition, you will gain tips and support by running with others. Many running groups offer long runs for triathlon training.
- Do speed work, since it will teach you to run faster. Speed work involves intervals of running at a faster pace for shorter distances than you normally do your runs at. There are many ways to do speed work. You can go to a track and run intervals there. You can run intervals across the grass in a park or up a hill (they can be really short).
- Don't run in the dark, especially if you run alone. Whether you are male or female this is a bad idea.
- Don't run you're hardest every day. You shouldn't come home huffing and puffing and unable to move after every run. Recovery days (days when you run at a slower pace) prevent injuries, burnout, and make you running experiences more enjoyable. Light running can help you to recover faster from a hard day. When you first start running or if you are a slower runner, running can also be combined with walking for a nice recovery day, or a recovery day may simply consist of a brisk walk. Overtraining can be as hazardous as under training because improvement partly comes from allowing your body time to rest.

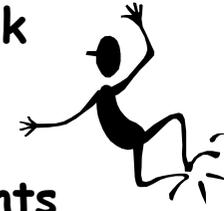
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## YEAR PLANNER - Keep a diary of upcoming events

Jan	Feb	March	April	May	June
July	Aug	Sep	Oct	Nov	Dec
		25 <sup>th</sup> Cleveland Aquathon			

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