

Dates and information in this presentation  
are current as of March 2018

**TRIATHLON 101**  
REGINA MULTISPORT CLUB



## TRIATHLON.....WHAT IS IT?

The 3 sports of swimming, biking and running combined together into one continuous event

Spin-offs of this are Duathlon (run, bike, run) and Aquathlon (swim, run) or any like combinations

<b>Classification</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
Try-a-Tri	300m	12k	3k
Sprint	750m	20k	5k
Standard/Olympic	1,500m	40k	10k
Half-Iron (70.3)	2,000m	90k	21k
Ironman	3,800m	180k	42.2k

Try-a-Tri is sometimes advertised as super sprint

Duathlon is a great way to get started if you are not a confident swimmer!

# **ABOUT REGINA MULTISPORT CLUB**

**Regina based club with about 300 members**

**Our goal is to provide events and training promoting swimming, biking, running at an affordable price**

**Youth team has about 50 members – programs for kids 7 to 18**

**Membership is \$15 – tons of events and access to training, fee helps with equipment and special events**

**Saskatchewan Triathlon Association Corporation (STAC)**

- **\$40 for annual membership/\$20 race day**
- **Must have for racing and training - required for insurance**
- **About 60% of \$ paid by RMC members to STAC is returned to our club through Membership Assistance Grants**

# TRAINING BASICS

Try to train (practice) each sport 2 times per week, evenly spaced out (for example, bike one day, run the next, swim the next)

You won't improve much if you only swim, bike and run once each week

If you are weaker in one sport, you might want to add a 3rd session for that

Don't forget to rest! Swimming can be used as a recovery session

Find a routine that works for you

Many free training plans online (*check RMC website in near future*)

See reference page at the end  
to find training and coaching  
opportunities in Regina

# LOCAL RACES

## Campbell Haliburton Brent Gibson Memorial Icebreaker Triathlon/Duathlon

May 6, 2018 – Registration Now Open, Price Increase March 31

Try-a-Tri (Super Sprint), Sprint, Duathlon, Aquabike, Aquathlon, Kids of Steel

## Spoke n'Hot Women's Triathlon

June 17, 2018 – Registration Now Open, Price Increase April 15

Try-a-Tri, Sprint – swim angels available for nervous swimmers

## Western Cycle Triathlon at Echo Lake

July 15, 2018 – stay tuned for posting

Relay, Sprint, Olympic, Duathlon, Aquabike Kids of Steel

## Endurance Journey Rise & Tri

August 12, 2017 – stay tuned for posting

Try-a-Tri, Sprint

**Check [trisask.org](http://trisask.org)  
for other provincial  
races!**

**TRI**  **THLON**  
**SASKATCHEWAN**

# SWIM

The most technical of the three sports and often the most difficult for beginners

Freestyle (front crawl) is the most common stroke, breast stroke can be used for recovery

Backstroke is not allowed in a pool race

In open water, you can do any stroke you want

You need a bathing suit, swim cap, goggles, towel

For open water it is nice to have a wetsuit

## **Swim equipment stores:**

- Sportco (Lawson/Fieldhouse)
- Western Cycle
- Dutch Cycle
- Running room
- Sportchek

# OPEN WATER SWIMMING

Much different than pool swimming!

Factors to consider:

- water temperature
- waves/rough water
- water not clear
- Sun/ sighting-looking ahead for buoys or markers
- Mass start-good to practice
- Swimming with a wetsuit

\*\*\*ALWAYS warm-up before the race!!

# WHERE CAN I SWIM?

## Pools

Lawson Aquatic Centre-lane swimming all the time

YMCA-limited times

University of Regina-limited times

Wascana Pool (Summer)-lane swimming all day, 50y lane swimming from 8AM to 1PM

## Open Water

Regina Beach

Buffalo Pound

Echo/Pasqua

\*\*NEVER swim in the lake alone

\*\*wear a bright coloured swim cap

**U of R Tri Club  
coached drop in swim \$10  
Sunday 6-7PM at U of R  
Until April 29**

**Prairie Girls Open  
Water Swimming has  
intro lessons starting  
in June**

**RMC offers swim training  
Sunday, Tuesday and  
Thursday starting in  
September!**



# BIKE

Cycling is the longest portion of a triathlon and requires the most equipment

Most people remember how to ride a bike but racing is more complex (shifting gears, drinking from a water bottle, mounting/dismounting)

Bike handling skills become very important

It's very important your bike is the proper fit

NO DRAFTING IN BEGINNER RACES

## Check list:

- Bike is in good repair and tires okay
- Helmet fits properly
- Can start and stop safely
- Know traffic rules and signals
- Can ride in straight line and can corner
- Can shift gears

# BIKE EQUIPMENT

Bike (mountain, hybrid, road, triathlon)

Helmet

Shoes (runners) or pedals and cycling shoes. No cages allowed

Sunglasses (eye protection)

Water bottle

Proper bike attire (bike shorts, tight fitting clothes, etc.)

Tire repair kit

Pump

Other (not mandatory)

- Bike computer
- Aerobars
- Stationary bike trainer



# WHERE CAN I BIKE?

## Indoor Cycling

Most gyms have an indoor cycle/spin class. Fieldhouse, YMCA, Gold's, University, Level 10. The advantage of this is you don't need your own bike or trainer.

Several groups in town offer indoor cycling (your own bike with trainer)

## *Regina Multisport Club Training*

Monday & Wednesday 6:00pm-7:30pm, Saturday 8:00am-10:00am

## Outdoor Cycling

Wascana park, bike paths, University area, highway

## ***Western Cycle RMC Thursday Night Ride***

- Sign up for cycling newsletter on our website to get updates about Thursday night group rides
- - \$500 prize draw at year end!

**See Reference Page for other indoor cycling training/coaching opportunities**

# RUN

The least technical of the 3 but usually the most difficult since it's at the end!

Your legs will feel very heavy and not like your own. It is tough to gauge how fast you're going

It's good to do Brick workouts for this. You want to be light and quick on your feet.....which may be difficult!

Brick workout got the name because you stack one workout on top of another (like a brick). This could be swim/bike or bike/run.

A run right after biking is also called a transition run - this will help train for that 'dead' leg feeling

FREE Friday run group organized by RMC

**Run Clinics - Track and Trail,  
Running Room, City of Regina  
Local Run Clubs - Regina Road  
Runners and Marathon Matters**

# RUN EQUIPMENT

## Runners

- should be properly fitted at a reputable running store with staff who are knowledgeable in running biomechanics
- Replace after 500-1,000km

Technical fabric that wicks away sweat

Good socks

For winter running, layers is the best option and windproof outer layer

Other

- Hat
- Sunglasses
- Body glide for chaffing

Local Running Stores:  
Track and Trail  
Running Room  
Western Cycle  
Fresh Air Experience

# TRANSITION

Often referred to as the 'fourth sport'

The change from one sport to the next. There are 2 transitions—swim to bike and bike to run

Usually involves a short run from pool/water to bike and then from dismount line to bike rack

The goal is to do this quickly but not to forget anything

It's good practice to do a walk through of transition from all the directions you will be entering/exiting. Make note of where your bike is!!!!

You will place your gear under or beside your bike. Set up your gear as you will put it on

Don't take up too much room and keep it tidy

Use a towel or garbage bag to place your stuff on

There are many good  
Youtube videos  
showing quick  
transitions

# SWIM TO BIKE (T1)

Exit pool/water and run to transition area. With practice, you can start taking off goggles, swim cap, wetsuit as you're running to transition.

Get biking gear on making sure your helmet is done up before you unrack your bike

Make way to Mount line-DO NOT get on bike before this

# BIKE TO RUN (T2)

Get off bike at Dismount line. Be sure to allow enough stopping room

Walk/run with bike to bike rack. DO NOT undo helmet until your bike is racked

Take off biking gear and get running gear on

Head out on run



# NUTRITION

Stay hydrated even when not training

Prior to a race, eat a good breakfast approximately 2 hours before. If you plan to be at the race early, take something to snack on about 30-60 mins prior to the race.

**DON'T TRY ANYTHING NEW ON RACE DAY, EXPERIMENT FIRST.**

The length/duration of the race will determine if you need any nutrition during the race. For shorter races, water is all you need.

Keep it simple. You don't always need 'fancy' bars or gels when real food will suffice (ex. banana, apple)

# RACE TIPS

Get all the race information you need such as start time, bike and run course, etc. It is also helpful to see the race site and course prior to the race to ease your nerves on race day.

Make sure all of your equipment is in good working condition. ie: your bike tires have air, your seat is adjusted, your helmet fits, etc.

Arrive early to allow you to set up your equipment....and DON'T miss the race meeting

You are responsible to know the course. Volunteers can make mistakes!

**If you're nervous about doing a race, volunteer first! It will give you a good idea of how the races work.**

# REFERENCES

**Regina Multisport Club**

[www.reginamultisport.com](http://www.reginamultisport.com)

**Triathlon Saskatchewan**

[www.trisask.org](http://www.trisask.org)

**Endurance Journey Coaching (Patrick Ash)**

[www.endurancejourney.com](http://www.endurancejourney.com)

**Level 10 Lightning Team (Brendan Mackenzie)**

[www.level10regina.com](http://www.level10regina.com)

**Spoke n' Hot Women's Cycling (Theresa Gibson)**

[www.spokenhot.com](http://www.spokenhot.com)

**Spokesmen's Master Cycling (Mark Gibson)**

[www.spokesmenmasterscycling.com](http://www.spokesmenmasterscycling.com)

**Prairie Girls Open Water Swimming (Laura Englund)**

[www.prairiegirls.ca](http://www.prairiegirls.ca)

**Regina Masters Swim Club**

[www.rmsc.ca](http://www.rmsc.ca)

**Western Cycle**

[www.westerncycle.ca](http://www.westerncycle.ca)

**Dutch Cycle**

[www.dutchcycle.ca](http://www.dutchcycle.ca)