

**TIME TO  
TRI**



®

# TIME TO TRI: GETTING STARTED IN TRIATHLON

Three sports. One finish line. Great resources to help you get there.

## GET CONNECTED

Learn The Basics

**Becoming a triathlete is easier than you think.**

- Learn the basics
- Find a local tri club to get started
- Get a coach for extra help. Beginner resources at [mytimetotri.com](http://mytimetotri.com) can help you get started.



## GET COMMITTED

Find Time To Train & Stick To It

**Triathlon takes less time to train for than you might think. You can do it in just 5 hours per week.**

- Review your calendar and commitments and identify training opportunities
- Commit to 5 hours a week and stick to it
- Balancing work, life and health is manageable if you plan properly.



## GET GEAR

Get The Basics

**You probably already have the basics: a swimsuit, a bike, and a pair of running shoes.**

- Lace up your running shoes
- Get pair of goggles and start swimming
- Ride what you have: any bike is fine, even a bike at the gym



## GET SWIMMING

Get Comfortable In The Water

**If swimming the length of a pool seems overwhelming, you're not alone.**

- Get comfortable in the water
- Find a local pool
- For extra help, join a swim class

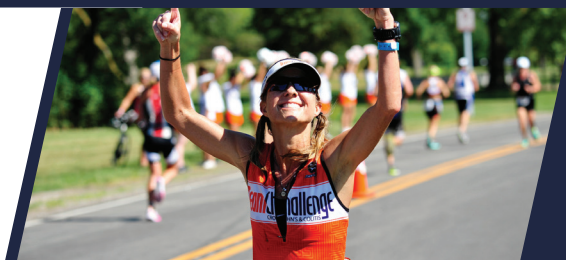


## GET TRAINING

Get Going & Set A Goal

**Get a training plan and sign up for a race to get going.**

- Download your free training plan
- Join a local run club or spin class
- Sign up for your first triathlon and put the date on your calendar.
- Share the news with your friends and family so they can cheer you on!



Visit [www.mytimetotri.com](http://www.mytimetotri.com) for more information and get your free training plan today.



## TRIATHLON: A SPORT FOR EVERYONE



**Swim, Bike, and Run!** No matter the distance, if you cross the finish line, you are a triathlete! There is a place for every one in the sport regardless of your experience, ability, or age.

## “DO SOMETHING NEW EVERYDAY”



**That's from Marcus Cook, a *Time to Tri* Ambassador.**

Marcus used triathlon to lose 268 pounds—and counting. His main goal wasn't simply to finish, it was to walk every day for two weeks, for just 20 minutes. Triathlon offers a unique and motivating way to try something new, jump-start your fitness, and boost your health.

## WHY WE LOVE TRIATHLON

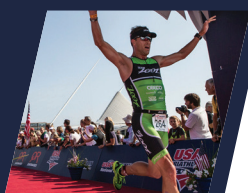


**The Sport.** Triathlon is beginner-friendly, welcoming, and utterly rewarding. It's a meaningful accomplishment you'll be proud of for life.

**The Community.** Triathletes (even the pros) are incredibly supportive, encouraging, and motivating.

**The Fitness.** Triathlon training provides terrific, low-impact cross-training. You'll feel better, have more energy, and live a healthier lifestyle.

## YOU CAN DO EACH SPORT



**Can you swim? Can you bike? Can you run?** Congratulations, you have what it takes to be a triathlete. Even if you have never done these sports, there is always *time to tri* something new.

Visit [www.mytimetotri.com](http://www.mytimetotri.com) for more information and get your free training plan today.