



GETTING STARTED IN TRIATHLON

WHY WE LOVE TRIATHLON



The Sport. Triathlon is incredibly beginner-friendly, welcoming and utterly rewarding.



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



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

MY LOCAL EVENTS:

Date:

Visit mytimetotri.com to find a list of events in your area.

MY LOCAL TRI CLUBS:

Visit mytimetotri.com to find a list of clubs.

MY LOCAL SWIM LOCATIONS:

Visit mytimetotri.com to find a list of pools.


MY BIKE TRAINING OPTIONS: Get creative, you could use a combo of a spin bike, a borrowed bike, and a bike you already own. Think through the options.



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PLAN YOUR TRAINING SCHEDULE

You know your schedule best - find time to train and stick with it!
Get started by filling in days and time you can train in the chart below.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Target Hours
Week 1								5-6 Hours
Week 2								4-5 Hours
Week 3								4-5 Hours
Week 4								4-5 Hours
Week 5								5-6 Hours
Week 6								6-7 Hours
Week 7								5-6 Hours
Week 8						RACE WEEKEND!		2-3 Hours

MY WHY: I want to participate in triathlon because...

Three sports. One finish line. Great resources to get you there.
Get your free 8-week sprint triathlon training plan at
www.mytimetotri.com