

TIME TO
TRI



®



WELCOME!

PLEASE SIGN IN ON YOUR MOBILE DEVICE NOW

Go to: www.mytimetotri.com/signin

Enter your name, email, and partner code (ask the host for the code)

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GETTING STARTED IN TRIATHLON

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

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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 everyone in the sport regardless of your experience, ability, or age.

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**“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.

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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.

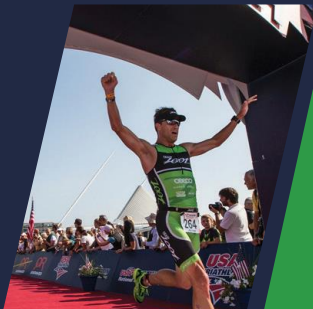
The Fitness. Triathlon training provides terrific, low-impact cross-training. You'll feel better, have more energy, and live a healthier lifestyle.

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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.

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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 can help you to get started

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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

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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 a pair of goggles and start swimming
- Ride what you have: any bike is fine, even a bike at the gym

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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

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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!

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GET YOUR FREE
TRAINING PLAN AT
mytimetotri.com

Get training tips for your skill level

 **SWIM**

 **BIKE**

 **RUN**

BEGINNER INTERMEDIATE ADVANCED

BEGINNER INTERMEDIATE ADVANCED

BEGINNER INTERMEDIATE ADVANCED

YOUR PERSONALIZED TRAINING PLAN

Download a plan tailored to the skills you selected above

Email (required)

Age (not required)

Gender (not required)

☐ I agree to terms

START TRAINING FOR RACE DAY

EVENTS NEAR YOU

St. Anthony's Meek & Mighty Adult Triathlon
APR 28, 2018
St Petersburg, Florida - [MORE INFO](#)

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SEE YOU AT THE FINISH LINE!

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