



Triathlon 101





About Peak and Bios

About Colin Cook



- Happily Married
- Proud Father of 4
- Head Coach at Peak Triathlon Coaching
- Owner of Peak Recovery And Health Center
- IRONMAN Certified Coach
- USA Triathlon Certified Level 1 Coach
- USA Triathlon Youth & Junior Certified Coach
- Certified USA Triathlon Race Official
- 13x Ironman Finisher
- 4x Kona Finisher (PR: 9:27)
- Countless Half Ironman finisher (PR 4:14)
- Ranked #1 in the World by Ironman at 70.3's for 30-34 AG in 2015
- Xterra Northeast Region Champ in 2017

About Erik Dellasanta



- IRONMAN Certified Coach
- 3x Ironman Finisher
 - Wisconsin, Lake Placid, Mont Tremblant (PR10:43)
- Multiple Half Ironman finisher (PR 4:42)
- 5 X Vermont 50 Mountain Bike Finisher
- 6 X Adventure Race Finisher
- Best Triathlon moment >>>>>
 - Racing “with” my son in an adult triathlon
- Proud father of 2 Vinny -12 Lyla 10

The Rest of the Peak Triathlon Coaching Team



Elliot Kawaoka



Karin Biskovich



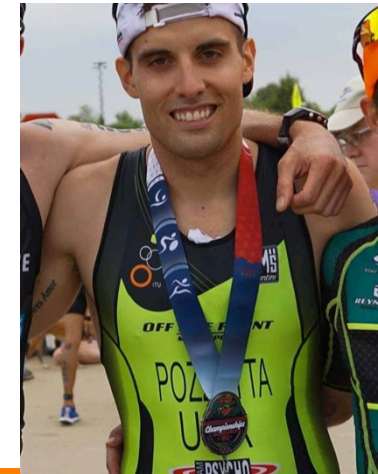
Dan Greer



Kathy Key



Trent Hayden



Lucas Pozzetta

About NorthEast MultiSport



www.NorthEastMultiSport.com

- Based in Nashua
- Over 150 members from throughout southern NH and northern MA
- Helping each other be the best we can be!
- Lots of group training including group:
 - Open water swims
 - Group Rides
 - Group Runs
 - Fun Events
- Only \$30 per year - Many discounts available

Tri Distances

Gear

Race Basics

Training

Food & Drink



Tri Distances



Sprint	750 m	20 km	5 km
Olympic	1500 m	40 km	10 km
Half-Iron 70.3	1.2 mi	56 mi	13.1 mi
Iron 140.6	2.4 mi	112 mi	26.2 mi

Distances



580 yds
530 m



15 min

0.25 mi

400 m



10 mi

16 km

40 min

Transitions
~ 2 min each

Average Finish Time
1 h 30 min

3.1 mi

5 km



30 min



Tri Gear

Swim





Need
to
Have





Nice
to
Have



Bike





Need
to
Have





Nice
to
Have



Run





Need
to
Have

Run



Nice
to
Have

General Recommendations



Nice
to
Have



Race Basics





The Swim

May use **ANY** stroke



May tread water or float
May stand on the bottom



May rest by holding an inanimate object
NO FORWARD PROGRESS!



May NOT use fins, gloves, paddles, etc.



The Start



- Mass Start
- Wave Start
- Time Trial Start
- Beach Start
- In Water Start

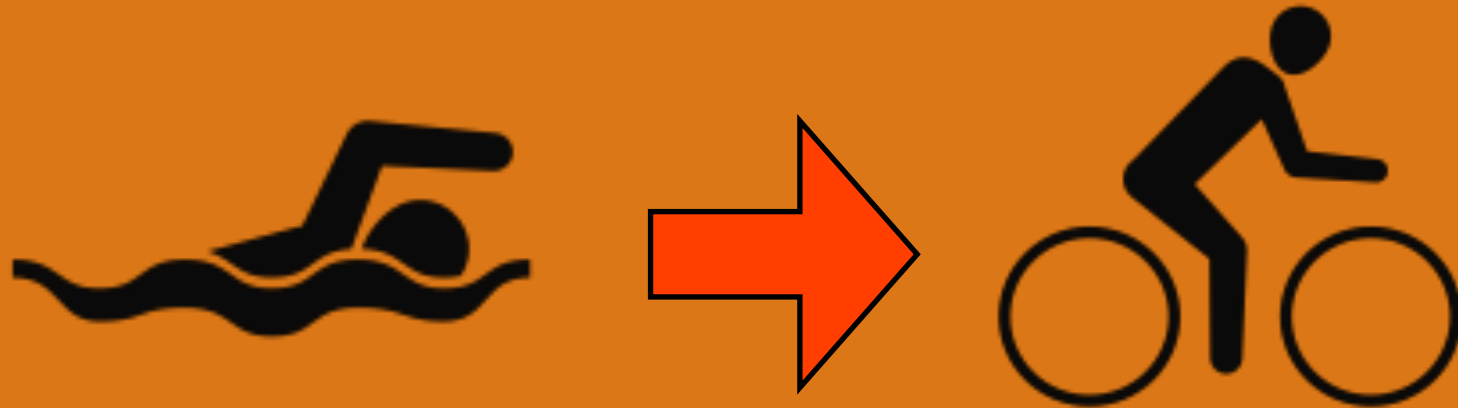
Swim



The Exit



Transition 1



Transition 1



T1

Wetsuit Strippers



Find Your Bike



Change Your Gear



HELMET FASTENED!



Helmet must be **ON** and **FASTENED** while you are on the bike



Get on your bike AFTER mount line





The Bike



No Drafting



No Drafting



Stay back 3-4 bike lengths

If you are passed,
you must drop back

Must pass within 15 seconds

No Blocking

Stay to the right unless you are passing

Do NOT cross center yellow line

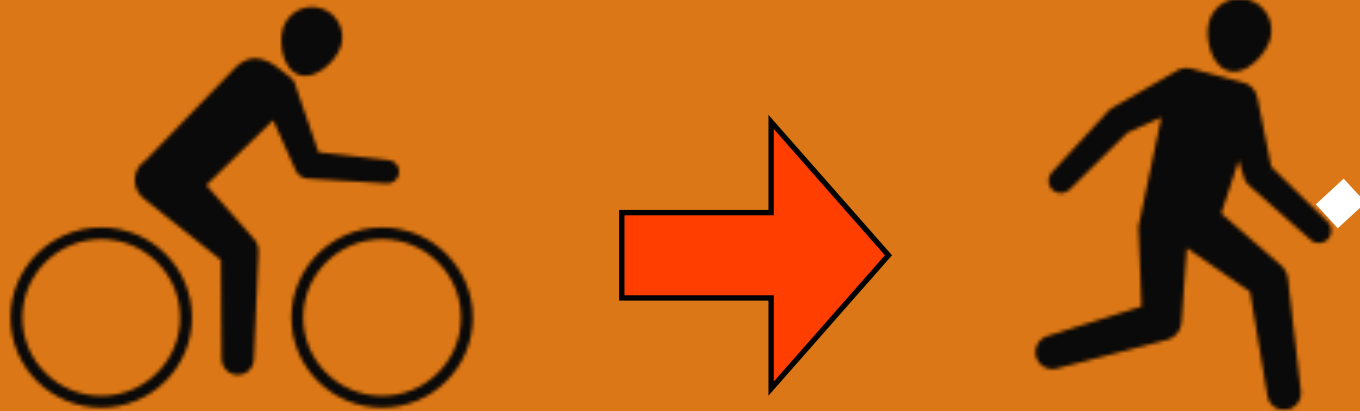
Dismount



Slow Down!

Get off your bike **BEFORE** the dismount line

Transition 2



Transition: T2
Find your spot
Secure your bike
Change your gear
Exit transition area...



The Run

Run



Run



Enjoy the food and activities!

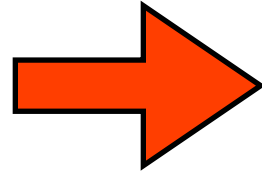


Training

Basic Theory

OVERLOAD

(exercise)



ADAPTATION

(rest)

SPECIFICITY

REVERSIBILITY

Triathlon
Specific
Endurance

+

Triathlon
Specific
Skills





Comfortably swim 580 yards
Have open water confidence
Sighting Buoys and Exit

Training - Transition



Barefoot running

Wetsuit stripping

Changing into bike gear

Jogging with your bike

Getting on your bike

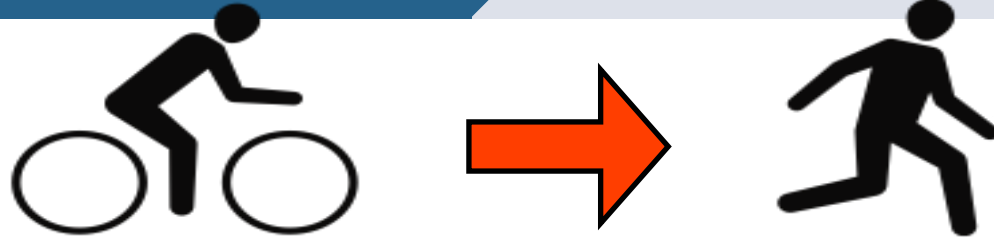


Comfortably ride 10 miles

Bike handling confidence

Drink while moving

Training - Transition 2



Getting off your bike

Jogging with your bike

Changing into run gear

Training - Run



Comfortably run 3.1 miles

Training Plan



12-Week

Training Plan Starting Points

Swim: 5 minutes

Bike: 20 minutes





















Run/Walk: 15 minutes

Training Plan



12-week Plan to Completion 5' / 20' / 15' Baseline



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1: Baseline					 5'	 20'	 15'
2: Mar 30	Rest	 15' / 1'	 5'	 15'	 5'	 25'	 20'
3: Apr 6	Rest	 20' / 2'	 10'	 20'	 10'	 30'	 25'
4: Apr 13	Rest	 15'	 10'	Rest	 200 yd	 8 mi	 1.5 mi

h = hours

' = minutes

yd = yards (use meters if your pool is measured that way)
























mi = miles

Training Plan



12-week Plan to Completion 5' / 20' / 15' Baseline



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5: Apr 20	Rest	 20' / 2'	 10'	 20'	 10'	 30'	 25'
6: Apr 27	Rest	 25' / 3'	 15'	 25'	 15'	 40'	 30'
7: May 4	Rest	 30' / 4'	 20'	 30'	 20'	 50'	 35'
8: May 11	Rest	 30'	 20'	Rest	 350 yd	 12 mi	 3 mi

h = hours

' = minutes

yd = yards (use meters if your pool is measured that way)






















mi = miles

Training Plan



12-week Plan to Completion 5' / 20' / 15' Baseline



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9: May 18	Rest	 35' / 4'	 25'	 30'	 25'	 60'	 35'
10: May 25	Rest	 30' / 5'	 20'	Rest	 500 yd	 15 mi / 2 mi	Rest
11: Jun 1	Walk 15'	 35' / 4'	 20'	 20'	 20'	 50'	 30'
12: Jun 8	Rest	 30' / 2'	 15'	 15'	Rest	 15' / 5'	 Race

h = hours
' = minutes

yd = yards (use meters if your pool is measured that way)

mi = miles



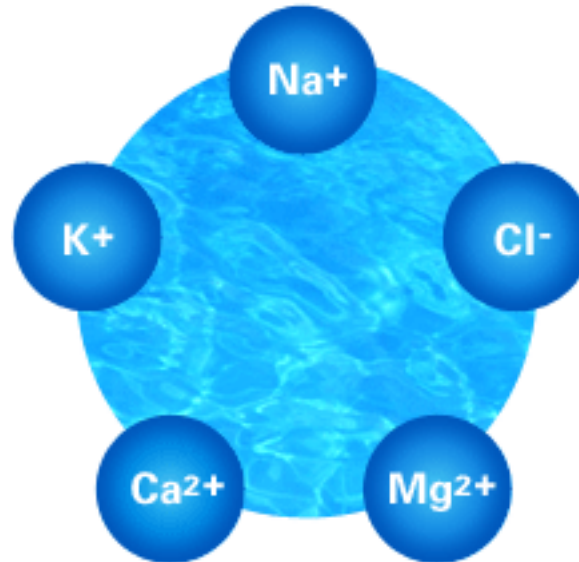
Nutrition



Water

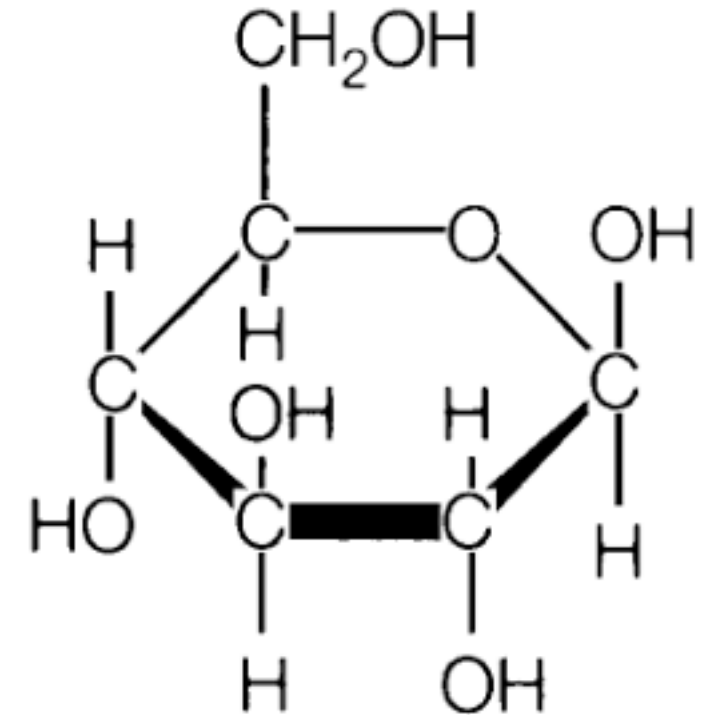


Electrolytes



Na⁺ Sodium Ion
Cl⁻ Chloride Ion
Mg²⁺ Magnesium Ion
Ca²⁺ Calcium Ion
K⁺ Potassium Ion

Carbohydrates



1 Hour or Less
Average Heat & Humidity

Water

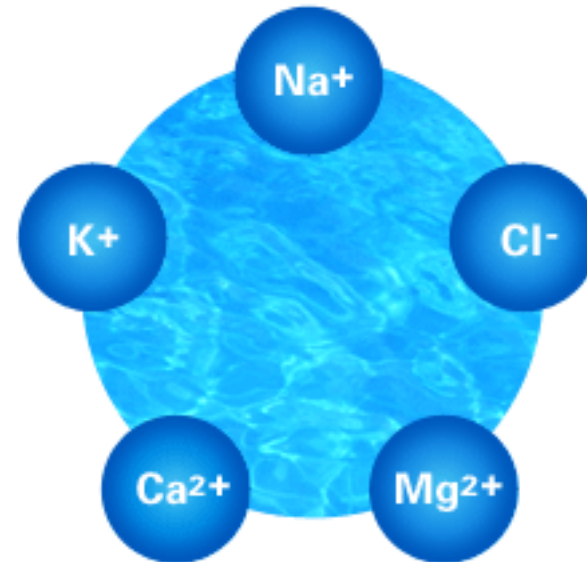


1 Hour or Less
Hot and/or Humid

Water



Electrolytes



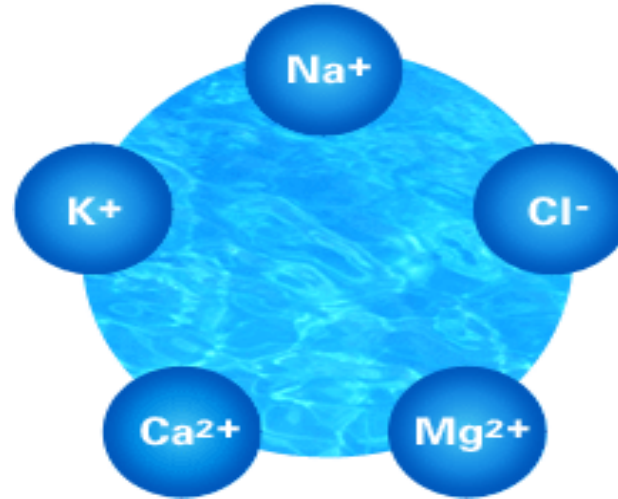
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1 Hour or Less
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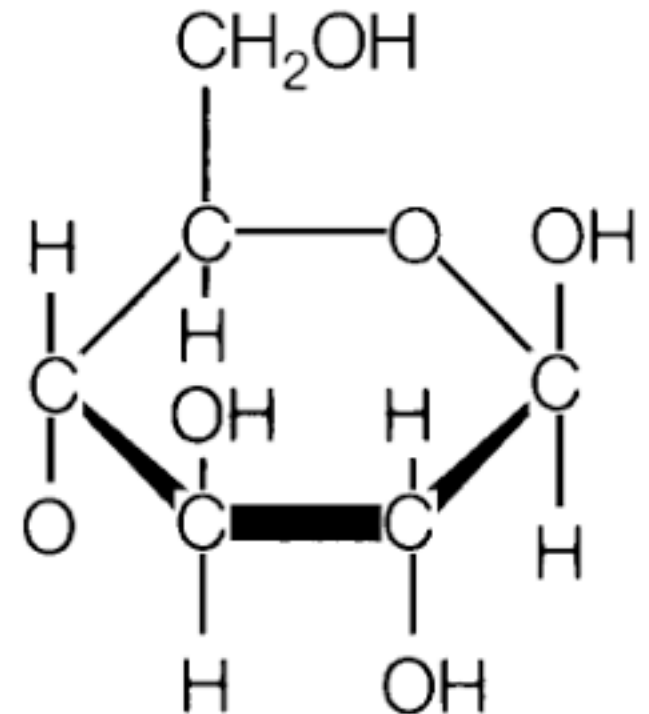


Electrolytes



Na⁺ Sodium Ion
Cl⁻ Chloride Ion
Mg²⁺ Magnesium Ion
Ca²⁺ Calcium Ion
K⁺ Potassium Ion

Carbohydrates



How Much Fluid?

Drink enough fluid to maintain body weight

More than a 2% loss will affect performance

1kg weight loss = 1 L

1 lb weight loss = 15 fl oz

Nutrition - How Much Fluid?



150 lbs



145 lbs

5 lbs fluid loss = $5 \times 15 \text{ fl oz} = 75 \text{ fl oz}$

- Old School Bottle (16 oz) = 4.5 Bottles
- Medium Bottle (20 oz) = 3.75 Bottles
- Large Bottle (24 oz) = 3 Bottles

Nutrition - Options



Keep it simple

Water + Electrolytes + Carbs

Find a solution that works for you

Use it in training

DO NOT EXPERIMENT ON RACE DAY!



Pre Race

Pre Race - Night Before



WHAT TO BRING TO EVERY EVENT		USAT USA TRIATHLON
Don't worry about forgetting important items again! Use this checklist to ensure you arrive at your next event relaxed and prepared.		
GENERAL	SWIM GEAR	RUN GEAR
- USAT Membership Card	- Wetsuit	- Running shoes
- Photo ID	- Swim cap	- Hat/Visor
- Registration confirmation	- Goggles	- Race number belt
- Money		- Socks
- Race uniform	BIKE GEAR	TRANSITION GEAR
- Race numbers and timing chip	- Bike	- Towel(s)
- Gels / Energy bars and drinks / Salt tablets	- Helmet	
- Sunscreen	- Bike shoes	
- Sunglasses	- Socks	PERSONAL REMINDERS
- Water bottle(s)	- Bike gloves	_____
- Anti-chafing product	- Tire pump	_____
- Extra clothes	- Spare tube(s) and tire	_____
- Directions to venue / Course map	- CO2 cartridges	_____
	- Tools	_____



Make a Checklist & Prepare!

Pre Race - Registration



Numbers

Swim Cap

Timing Chip



Swag!

Starting Wave

Pre Race - Body Marking



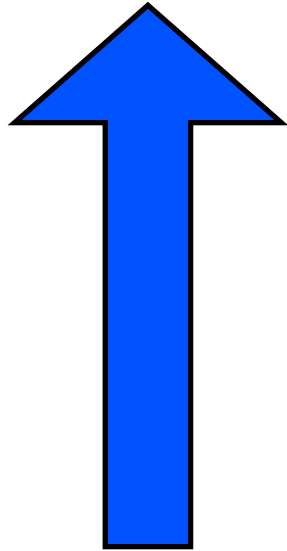
Transition Set-up



Find your spot
Rack your bike
Attach numbers
Put on timing chip



Run Gear Far



Bike Gear Near



About Peak Triathlon Coaching



- Founded in 2010
- Multisport Coaching for Age Groupers by Age Groupers
- Coach first timers all the way through Kona qualifiers
- There is more to life than triathlon
- Its about the journey
- More than just giving clients workouts
- Quality over quantity
- Lots of variety in workouts

Why Peak Triathlon Coaching



- Multisport Coaching for Age Groupers by Age Groupers
- Everybody is different and has different needs
- The right amount of training
- Accountability
- Very goal oriented
- Make training fun
- And its fun to PUMP THE P!



Thank You!

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