

TRI SOMETHING NEW IN 2019

YMCA TRIATHLON CLUB



MAKE A PLAN

Training plans for Sprint, Olympic, Half-Iron & Full-Iron distances!

TRAIN TOGETHER

Indoor and outdoor training participants are paced with other new to experienced triathletes to keep you motivated and always learning!

COMPETE AS A TEAM

Set your goals higher than ever, and race with your team!

NO EXCUSES

Programs sent straight to you when you can't train outside!



INFO Sessions: Thursday, January 10 & Tuesday, January 22 @ 7pm

Triathlon Club begins: Friday, February 1, 2019

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LOCATION: WESTPORT WESTON FAMILY YMCA
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www.westporty.org for registration and program details

WESTPORT WESTON YMCA TRIATHLON CLUB 2019

Frequently Asked Questions

When does training start and how long is the season?

February 1-September 30

When is practice?

Weekly workouts are published every Sunday evening. You are welcome to attend USAT certified coached sessions Monday - Friday mornings 5:45-6:45am.

If you are unable to attend these early morning sessions, we will help you form small groups to train with in the afternoon and evening.

The Cycle Studio will be available for Tri Club members Monday-Friday from 1:00-2:30pm and 7:00-8:30pm. Swim training should be done during open lap swim hours in the pool.

Additionally, team members also self-organize for long runs and rides.

What is the time commitment?

This will vary based on your target race distance. While the program is geared towards the Olympic distance, our training can be used as a base for longer distances. Rough estimates per week by distance are as follows:

	Swim	Bike	Run	Team Training	Individual Training
Sprint	500-800m	12-15k	5k	6 hours/week	N/A
Olympic	0.9mi	25-30mi	10k	6 hours/week	2-3 hours/week
Half Ironman	1.2mi	56mi	13.1mi	6 hours/week	3-6 hours/week
Full Ironman	2.4mi	112mi	26.2mi	6 hours/week	4-8 hours/week

If I'm not good at one or more of the sports involved, can I learn while training?

Coach supervised morning sessions allow for feedback and improvement. New members are paired with a veteran members to obtain further guidance throughout the season. Pace groups are set for all three disciplines and for all levels.

What equipment do I need?

February-April (indoors):

- Must have - Swimsuit, goggles, running shoes, HR monitor (sports watch highly recommended)
- Should have - swim paddles, pool buoy, fins, swim cap, biking shorts, warm clothes for outdoor running, clip-in bike shoes for spin bikes

May-September (outdoors):

- Must have - Bike, cycling shoes, helmet, water bottles, sunglasses, wetsuit

Team members qualify for significant discounts on the above items, as well as other desired gear through our various sponsors.

When are the races?

Events can start as early as June and go through to September. We typically target 3 events spaced somewhat evenly throughout the season in order to set training "periods" (build up & taper).

REGISTRATION IS OPEN!

Westport Weston Family YMCA Members - \$299

Non-WWFY Members - \$499

Contact

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