### Week 1

<table>
<thead>
<tr>
<th>Sun</th>
<th>Run/Walk or Brick</th>
<th>Mon</th>
<th>Rest</th>
<th>Tue</th>
<th>Swim</th>
<th>Wed</th>
<th>Run/Walk</th>
<th>Thur</th>
<th>Bike</th>
<th>Fri</th>
<th>Active Rest</th>
<th>Sat</th>
<th>Swim, Bike or Run/Walk</th>
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</thead>
<tbody>
<tr>
<td><strong>August 31 - June 6</strong></td>
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<tr>
<td>Mondays are always full rest days. We will begin your training journey with a final check of this week's schedule to plan it into your week, connect with friends you can train with and get excited for the fun ahead!</td>
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<tr>
<td>On deck stretch, video below gives some nice active stretches:</td>
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<td>Guide: W = walk / R = run/jog, anything faster than a walk. Active Warmup Video below, doing each exercise 2 times on each side.</td>
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<tr>
<td>30 min Bike: flat terrain, try to keep legs spinning easily and quickly - strive for 70-80 RPM. RPM stands for revolutions per minute, which is your cadence. To determine RPM without a cycling computer, simply count the amount of times your right knee comes up in the pedal stroke for 30 seconds, then double that number.</td>
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<tr>
<td>Today the &quot;Active Rest&quot; is to watch and replicate the Running Warm Up Drills video below. Do each exercise 2-4 times on each side. Don't over do it - get the feel for these movements because they will show up throughout the training program.</td>
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<tr>
<td>Bike 30 min: flat to slightly rolling terrain. Continue to check your cadence - can you get it to 80 RPM some of the time? Most of the time? Adjust your gearing to allow your RPM's to be around 70-80.</td>
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### Swim Workout:

- **4 x 1 length - ideally freestyle, nice and easy and focusing on correct stroke technique. Take as much rest as needed between lengths - begin again when you have caught your breath and feel 'recovered.'**
- **5 min continuous swim: stop and rest at the walls as needed, but challenge yourself to swim as continuously as possible.**
- **3 min cool down: keep moving, nice and easy, for 3 min - you can do any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.**

### Run/Walk Workout:

- **10 min continuous walk. Drink water during the Cool Down.**
- **5 min continuous swim: stop and rest at the walls as needed, but challenge yourself to swim as continuously as possible.**
- **3 min cool down: keep moving, nice and easy, for 3 min - you can do any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.**

### Week 2

<table>
<thead>
<tr>
<th>Sun</th>
<th>Run/Walk or Brick</th>
<th>Mon</th>
<th>Rest</th>
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<th>Swim</th>
<th>Wed</th>
<th>Run/Walk</th>
<th>Thur</th>
<th>Bike</th>
<th>Fri</th>
<th>Active Rest</th>
<th>Sat</th>
<th>Swim, Bike or Run/Walk</th>
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</thead>
<tbody>
<tr>
<td><strong>June 7-13</strong></td>
<td>Run/Walk: 5m Active Warmup Video. 5min W - 1min R - 2min W - 1min R - 2min W - 1min R - 2min W - 1min R. Cool Down: 5min easy walk. Drink water during the Cool Down.</td>
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<tr>
<td>Mondays are always FULL rest days! No workouts! Take this opportunity to really rest, passive stretching if you feel tight - but keep everything very relaxed and restful today. You absolutely earned it congratulations!</td>
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<tr>
<td>Swim: On deck stretch (see video below). Warm Up: 8 x 1 length to practice stroke and breathing that provides adequate air. Workout: 8min Continuous swim. Stop and rest at the walls as needed, but challenge yourself to swim as continuously as possible. Cool down: keep moving, nice and easy, for 3 min - you can do any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.</td>
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<tr>
<td>Run/Walk: Active warm up video (link below). Workout: 5min W - 2min R - 2min W - 2min R - 2min W - 2min R - 2min W - 2min R. Cool down: 5min walk + stretch</td>
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<td>35 min Bike: Flat terrain, start nice and easy for 5 min, then try to keep legs spinning easily and quickly - strive for 70-80 RPM. 5 min EZ run/walk immediately after ride (30 sec walk/2min easy jog/30 sec walk/2 min easy jog.) Cool down: Walk 3+ min to cool down at end.</td>
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<td>Active Rest takes approx. 15 minutes and includes two things: First, to strengthen your core which is the foundation from which all movement begins - a 10min &quot;5 Best Core Training for Triathletes&quot; (see link below). Do the &quot;Beginner Core Workout for Triathletes&quot; outlined at the end of the article. Second, link below shows &quot;The Only 5 Stretches You Need&quot; - and for right now these will be the perfect 5 stretches for you</td>
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<tr>
<td>Swim: On deck stretch (see video below). Warm Up: 6 x 1 length to practice stroke and breathing. Workout: 10 min continuous swim. Stop and rest at the walls as needed, but challenge yourself to swim as continuously as possible. Cool down: keep moving, nice and easy, for 3 min - you can do any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.</td>
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</table>

### Weekly Tips:

- **Video. 5min W - 1min R - 2min W - 1min R - 2min W - 1min R. Cool Down: 5min easy walk. Drink water during the Cool Down.**

### Additional Resources:

- Fix a Flat Tire: [Link](https://onetomulti.com/2018/08/20/0-5-best-core-training-exercises-for-triathletes/)
- "The Only 5 Stretches You Need" - [Link](https://www.shape.com/fitness/workouts/only-5-stretches-you-need)
- "How to Fix a Flat Tire" - [Link](https://onelomulti.com/2018/08/20/0-5-best-core-training-exercises-for-triathletes/)
- "5 Best Core Training for Triathletes" - [Link](https://www.shape.com/fitness/only-5-core-training-exercises-for-triathletes/)
### Workout Schedule

<table>
<thead>
<tr>
<th>Week 3</th>
<th>Sun: Run/Walk or Brick</th>
<th>Mon: Rest</th>
<th>Tue: Swim</th>
<th>Wed: Run/Walk</th>
<th>Thur: Bike</th>
<th>Fri: Active Rest</th>
<th>Sat: Swim, Bike or Run/Walk</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 14-20</td>
<td>Workout: Bike 30min. Flat or slightly rolling terrain, start easy for 5 min, then try to keep legs spinning easily and quickly - strive for 70-80 RPM.</td>
<td>Mondays are always FULL rest days! No workouts! Take this opportunity to really rest, passive stretching if you feel tight - but keep everything very relaxed and restful today. You absolutely earned it - congratulations!</td>
<td>Swim: On desk stretch (see video below). Warm Up: Stroke practice - 2x1 length, then 3x2 lengths - long ez stroke, lots of rest btmn. Workout: 12m Continuous swim. Cool down: 3m, any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.</td>
<td>Run/Walk: Active warm up video (link below). Workout: 4min W - 2min R - 2min W - 3min R - 2min W - 3min R - 2min W - 3min R. Cool down: 5m walk + stretch.</td>
<td>40 min bike: Flat or slightly rolling terrain, start nice and easy for 5 min, then try to keep legs spinning easily and quickly - strive for 70-80 RPM. 5 min EZ run/walk immediately after ride (30 sec walk/2min easy jog/30 sec walk/2 min easy jog.) Cool down: Walk 3+ min to cool down at end.</td>
<td>Each week Active Rest will be this same combo. Simple and effective + time efficient! First, to strengthen your core which is the foundation from which all movement begins - a 10min &quot;5 Best Core Training for Triathletes&quot; (see link below). Do the &quot;Beginner Core Workout for Triathletes&quot; outlined at the end of the article. Second, link below shows &quot;The Only 5 Stretches You Need&quot; - and for right now these will be the perfect 5 stretches for you.</td>
<td>Run/Walk: Active warm up video (link below). Workout: 3min W - 2min R - 1min W - 3min R - 2min W - 3min R - 1min W - 3min R - 1min W - 3min R - 2min W - 3min R. Cool down: 5m walk + stretch.</td>
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</table>

### Important to know: How to Fix a Flat Tire:

- [https://www.youtube.com/watch?v=b6Cp8jxfg4Q](https://www.youtube.com/watch?v=b6Cp8jxfg4Q)
- [https://www.youtube.com/watch?v=sIatLVq5nmM](https://www.youtube.com/watch?v=sIatLVq5nmM)

### See the “Transition Practice Info” tab for how to organize this practice

- [https://www.youtube.com/watch?v=BuUV-8Ay5_M](https://www.youtube.com/watch?v=BuUV-8Ay5_M)
- [https://www.youtube.com/watch?v=BuUV-8Ay5_M](https://www.youtube.com/watch?v=BuUV-8Ay5_M)
<table>
<thead>
<tr>
<th>Week 5</th>
<th>Run/Walk</th>
<th>Mon: Rest</th>
<th>Tue: Swim</th>
<th>Wed: Run/Walk</th>
<th>Thur: Bike</th>
<th>Fri: Active Rest</th>
<th>Sat: Swim, Bike or Run/Walk</th>
</tr>
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<tbody>
<tr>
<td>June 28-July 4</td>
<td>Run/Walk. Active warm up video (link below). Workout: 1 MW - 1MR - 30 SecW - 4 MR - 30 SecW - 4 MR - 30 SecW - 4 MR. Cool down: 5m walk + stretch</td>
<td>Half-way Point! 4 weeks left and you have reached a milestone! CONGRATULATIONS! The second half of the training program builds from the 4 week base you have created. Distances/lengths of time will increase and continues to prepare your body to stay in motion on race day. The final week of the plan is a nice drop in distance/time so that your body recovers from the built up fatigue from the next three weeks. Embrace the experience and take notice of the strength and endurance you are building!</td>
<td>On deck stretches (see video below). Today you will begin practicing sighting - this is what helps you stay on course during open water swimming. WATCH THE VIDEOS LINKED BELOW ABOUT SIGHTING TO LEARN THE TECHNIQUE. Workout: 4x1 length practicing sighting 2-3 time per length - as much as rest as desired between lengths. 17 min continuous swim, practice sighting at least ONCE per length. Cool down: 3m, any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc. NOTE: your neck may get sore from practicing sighting - stick with it because you are building neck strength to keep you from feeling sore on race day. Do some EASY neck stretching in the shower after your swim.</td>
<td>Run/Walk. Active warm up video (link below). Workout: 1 MW - 10 MR - 30 SecW - 10 MR - 30 SecW - 10 MR. Cool down: 5m walk + stretch</td>
<td>20 min EASY bike: Flat terrain. Keep effort nice and easy and try to maintain 70-80 RPM as much as possible. 5 min EZ run/walk immediately after ride (30 sec walk/2min easy jog/30 sec walk/2 min easy jog.) Cool down: Walk 3+ min to cool down at end.</td>
<td>Each week Active Rest will be this same combo. Simple and effective + time efficient! First, to strengthen your core which is the foundation from which all movement begins - a 10min “5 Best Core Training for Triathletes” (see link below). Do the “Beginner Core Workout for Triathletes” outlined at the end of the article. Second, link below shows “The Only 5 Stretches You Need” - and for right now these will be the perfect 5 stretches for you.</td>
<td>45 min bike: Slightly rolling terrain. Start nice and easy for 5 min, then try to maintain 75-85 RPM for as much of the ride as possible. NEW for this ride: For all uphills, work hard to keep cadence around 70 RPM and surge PAST the top of the hill - AFTER cresting the hill reduce effort SLIGHTLY to recover briefly. Then back to 75-85 RPMs. 5 min EZ run/walk immediately after ride (30 sec walk/2min easy jog/30 sec walk/2 min easy jog.) Cool down: Walk 3+ min to cool down at end.</td>
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https://youtu.be/b6Cp8Jxfg4Q  
https://www.youtube.com/watch?v=v0-lP3exIfc  
https://www.youtube.com/watch?v=odSdnGgFmy4  
https://www.shape.com/fitness/workouts/only-5-stretches-you-need  
<table>
<thead>
<tr>
<th>Week 6</th>
<th>Bike/Run Brick OR Open Water Swim</th>
<th>Mon: Rest</th>
<th>Tue: Swim</th>
<th>Wed: Run/Walk</th>
<th>Thur: Bike</th>
<th>Fri: Active Rest</th>
<th>Sat: Swim, Bike or Run/Walk</th>
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<td>July 5-11: It is ideal if you can get open water swim practice at least 2 times before race day. There are 3 days that open water swim practice is available at Shawnee Mission Park for a small fee. See website for info (scroll to bottom of the page): <a href="https://www.jcprd.com/1944/Open-Options-Shawnee-Mission-Triathlon-D">https://www.jcprd.com/1944/Open-Options-Shawnee-Mission-Triathlon-D</a></td>
<td>Open Water Swim OR Bike/Run Brick. For Open Water Swim: Goal is a 15-20 min continuous swim. Stretch on the beach, then start EASY, take your time, change strokes as desired, practice sighting - pick the length of your swim based on how you feel. There will be other people there who can also provide good advice and lessons from experience as well. For Bike/Run Brick: 40 min bike: Slightly rolling terrain if possible. 5 min of warm up, then strive for 70-80 RPM for rest of ride. When you are 1-2 min away from ending bike ride - change gear to spin legs even easier - dont worry if your speed reduces, this allows your legs to get ready for the run. When you return to start location - transition to run as expeditiously as possible, then immediately leave for your run....1MW - 10 MR - 30 SecW - 5 MR. Cool down: 5m walk + stretch</td>
<td>3 Weeks to go! Your legs may feel pretty tired after this past week - that's a good thing. Use today to rest your legs. This is permission to take the elevator vs stairs, park closer to the destination, etc :-)</td>
<td>Open Water Swim option today or regular pool swim. For Open Water Swim: Goal is 20 min continuous swim. Stretch on beach, then start EASY, take your time, change strokes as desired, practice sighting. For Pool Swim: On deck stretches (see video below). Workout: 1 length easy, 1 length fast, 1 length faster, 1 length easy, 1 length fastest. 1 length easy, 20m continuous swim - practice sighting min of 2 times per length. Cool down: 3m, any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.</td>
<td>Run/Walk. Active warm up video (link below). Workout: 1W - 15 MR - 30 SecW - 10 MR - 30 SecW - 5 MR. Cool Down: 5m walk + stretch.</td>
<td>45 min bike: Slightly rolling terrain. Start nice and easy for 5 min, then try to maintain 75-85 RPM for as much of the ride as possible. Reminder: For all uphills, work hard to keep cadence around 70 RPM and surge PAST the top of the hill - AFTER cresting the hill reduce effort SLIGHTLY to recover briefly. Then back to 75-85 RPMs. 5 min EZ run/walk immediately after ride (30 sec walk/2min easy jog/30 sec walk/2 min easy jog.) Cool down: Walk 3+ min to cool down at end.</td>
<td>Each week Active Rest will be this same combo. Simple and effective + time efficient! First, to strengthen your core which is the foundation from which all movement begins - a 10min “5 Best Core Training for Triathletes” (see link below). Do the “Beginner Core Workout forTriathletes” outlined at the end of the article. Second, link below shows “The Only 5 Stretches You Need” - and for right now these will be the perfect 5 stretches for you.</td>
<td>Swim: WU: 5m deck stretch. Workout: 25m continuous swim - practice sighting min of 2 times per length of 25 yd pool - or 3 times per length of 50 m pool. Cool down: 3m, any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc) - you can walk in shallow water, etc.</td>
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https://youtu.be/b6Cp8Jxfq4Q


https://www.shape.com/fitness/workouts/only-5-stretches-you-need
## Week 7

**Run/Walk**

### July 12-18

**Mon:** Rest  
**Tue:** Swim  
**Wed:** Run/Walk  
**Thur:** Bike  
**Fri:** Active Rest  
**Sat:** Swim, Bike or Run/Walk

**Run/Walk:** Active warm up video (link below). Workout: 1 MW - 20 MR - 30 SecW - 20 MR - 30 SecW - 10 MR. Cool Down: 5m walk + stretch.

**For Open Water Swim:** Goal is 25 min continuous swim. Stretch on beach, then start EASY, take your time, change strokes as desired, practice sighting. **For Pool Swim:** On deck stretches. Workout: 1 length easy, 1 length fast, 1 length faster, 1 length easy, 1 length fastest. 1 length easy, 25m continuous swim - practice sighting min of 2 times per length for 25 yd pool/3 times per length for 50 m pool. Cool down: 3m, any combo of strokes that are comfortable (elem backstroke, breaststroke, side stroke etc).

**2 Weeks!!! This is the FINAL week of effort workouts.**

**July 12-18**  
**Run/Walk:** Active warm up video (link below). Workout: 1 MW - 25 MR - 30 SecW - 9 MR. Cool down: 5m walk + stretch

30 min bike. Flat terrain - spin pedals as easily as possible - trying to maintain 70-80 RPM. Continue to maintain effort/pace past the top of a hill before reducing effort for a short recovery. 5 min EZ run/walk immediately after ride (30 sec walk:2min easy jog/30 sec walk:2 min easy jog.) Cool down: Walk 3+ min to cool down at end.

Each week Active Rest will be this same combo. Simple and effective + time efficient! First, to strengthen your core which is the foundation from which all movement begins - a 10min “5 Best Core Training for Triathletes” (see link below). Do the "Beginner Core Workout for Triathletes" outlined at the end of the article. Second, link below shows "The Only 5 Stretches You Need" - and for right now these will be the perfect 5 stretches for you.

**https://www.shape.com/fitness/workouts/only-5-stretches-you-need**

### Week 8

**Bike/Run Brick**

**Mon:** Rest  
**Tue:** Swim  
**Wed:** Run/Walk  
**Thur:** Bike  
**Fri:** Active Rest  
**Sat:** Swim, Bike or Run/Walk

**Bike/Run Brick:** 20 min bike: Slightly rolling terrain if possible. 5 min of warm up, then strive for 75-85 RPM for rest of ride. When you are 1-2 min away from ending bike ride - change gear to spin legs even easier - dont worry if your speed reduces, this allows your legs to get ready for the run. When you return to start location - transition to run as expeditiously as possible, then immediately leave for your run....1MW - 5 MR - 30 SecW - 5 MR. Cool down: 5m walk + stretch

4 days to Race Day 1: REST. 2: Think through transitions and make packing list 3: Listen to fun/upbeat/happy music for the rest of the week. 4: Smile alot - today and the rest of the week. 5: What is your 'mantra' to keep you calm and positive?

**Run/Walk:** Active warm up video (link below). Workout: 1 MW - 10 MR - 30 SecW - 5 MR. Cool down: 5m walk + stretch

15min EASY bike on flat terrain - spin the pedals and feel loose and good. Good nights sleep tonight is the final piece for race day - in case you don't sleep so well Friday night.

Today’s active rest is the 5 stretches (see link below) followed by 5 min easy jog. ALSO for today: 1: set up and walk through your transition area at home. 2: Pack all your race gear and nutrition today. 3: Eat a comfort dinner - food you are accustomed to and sit well with you.

**https://www.shape.com/fitness/workouts/only-5-stretches-you-need**
SWIMMING RESOURCES

Pre-swim workout stretching
https://youtu.be/slatLVq5nmM

Freestyle stroke technique
https://www.youtube.com/watch?v=BuUV-8Ay5_M

Breathing Skills for Open Water Swimming (Excellent Video!)
https://www.youtube.com/watch?v=omNLIGgtGHc

Sighting for Open Water Swimming
https://www.youtube.com/watch?v=v0-lP3exIfc
https://www.youtube.com/watch?v=odSdnGgFmy4

BIKING RESOURCES

Tips for Safe Group Bike Riding
https://www.eriksbikeshop.com/blog/how-to-ride-in-a-group-like-a-pro/?trk_msg=28U87UNQ3JD4BF98SDHCP9C2O8&trk_contact=UFGIT7GM7UG40OS5CGF3KE6NP4

Fix a Flat Tire
https://www.rei.com/learn/expert-advice/flat-tire.html

RUNNING RESOURCES

Breathing more effectively and comfortably when running:

https://www.womensrunning.com/2016/05/news/breathing-run-techniques_59296

Shin & calf strengthening exercises - Super helpful to do when starting running program
https://www.popularscience.com/fitness/Exercises-Prevent-Shin-Splints-8028901

Pre-Run/Walk Active Stretching
https://youtu.be/b6Cp8Jxfg4Q
STRETCHING & CORE STRENGTH

5 Core Exerices for Triathletes

5 Stretches

MYRTL - 5 min hip strengthening routine...SUPER good to do 1-2 times/week!! Start with 5 reps of each exercise max, maybe 3 for some. This works muscles that 'fall asleep' from all the sitting we do for work, life, etc

https://pbandjcoaching.com/workout-the-myrtle/
TRANSITION PRACTICE INFORMATION

Setting up your practice transition area:
transition from home so you can set up your TA (transition area) in your driveway/garage/backyard, etc. Even though you are practicing the bike-run today, set up TA like you would before the start of the Triathlon, with bike and run needs, and any nutrition/fluids you desire. This helps you start thinking through what you want/need during the bike and while running.

Transition area tips & tricks:
https://www.liv-cycling.com/global/campaigns/transition-tips-and-tricks/19699

Triathlon transition basics:
https://www.triathlete.com/2015/04/training/transition-talk-with-dirk-bockel_54903

What a transition area looks like:
https://www.youtube.com/watch?v=YJf4JSKAenU

Bike to Run Transition Practice:
from the bike that you don’t want to run with (bike gloves, special bike shoes if using...) and put on

Swim to Bike Transition Practice:
the pool or at your car in pool parking lot. Have all your needed bike gear in your car. Exit your swim

See Nutrition Resources page for info on Race Day Nutrition.
**NUTRITION RESOURCES**

**Beginner Triathlete Nutrition-training**  
https://www.triathlete.com/2014/10/nutrition/9-nutrition-rules-for-beginner-triathletes_89453

**How to fuel for your first race**  
https://www.triathlete.com/2018/06/nutrition/how-to-fuel-for-your-first-race_49559