

Triathlon for Beginners

Triathlon is one of the fastest growing sports in the nation. The reasons for that are multifold: people are more aware of their health and want to become fit, others get bored with just lifting weight at the gym or running on the treadmill, and others, who are completely sedentary, just want to accomplish something out of the ordinary and cross that finish line.

Whatever reason you have to start training, now you're facing a bigger problem – how to train?

So, before you start training, stop for a second and ask yourself few key questions:

Q- What is your background?

A- Many triathletes do have a background in either swim bike or run, before they start training for triathlons. Yet, most people come to the sport with no prior experience or background.

Q- What is your goal?

A- Do you want just to finish a sprint race or finish an Ironman?

Q- How many hours a week do you have available for training and how much will you have to train?

A- That depends on your goals. Most triathletes train anywhere between 5-12 sessions per week. Normally, mid week workouts are rather short, while weekend workouts are longer.

Q- Can it damage your body?

A- When you train under the supervision of a coach, the combination of training in three different sports (cross training) actually strengthens the body. Yet, it is highly recommended to consult with your doctor before starting any training program.

Q- Is cycling dangerous?

A- Try and ride either early in the morning, or on the weekend, when traffic is slow. Another option is to ride at home on a trainer or participate in a spinning class. Riding with a group is always a good way of staying more visible with cars on the road.

Q- What are my training options?

A- You have 3 major options:

1. Buy a book or download a training program online. Pros- cheap. Cons- Takes lots of time to understand and study all this information and your progression is limited.
2. Join a training group. Pros- meeting new training buddies and having a supporting environment. Cons- Hours are not flexible, beginners and advanced can't really train together.
3. Personal coaching. Pros- by hiring a coach you work with a knowledgeable person who will guide you through your training. Cons- a bit more expensive

If you are a beginner, kinetics 360 offers a FREE 12 week program that will successfully prepare you for the intensities and effort expected in a more advanced program. Go to www.kinetics360.com, go to the resource page, and look for a FREE training program designed specifically for beginners.