

Triathlon 101: Getting started.

Thinking of trying or trying to improve at triathlons this year? Here's help designed specifically for runners.

*Article and photos
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So you're going to do a triathlon? Well it's about time! Participation in multi-sport events has mushroomed in the last five or six years, and now the Sprint Distance: 800-yard swim, 12-mile bike, and 3.1-mile run, makes the triathlon accessible to almost everyone. Although the swim requires some specific skills, the bike and the run can be conquered by anyone capable of a two-hour walk. After your first Sprint Distance race however, the immediate question is, "what will it take to improve or move up to a longer distance race?" This article, and the two to follow, will help answer these questions and more. I have coached over 200 beginning

triathletes in the last four years and in that time I have learned a lot about the difficulties people have in starting a multi-sport training program. Often, the preconceptions folks bring to the sport can hinder their improvement. For instance most of us runners who get started in triathlons hope that our running fitness will carry us effortlessly into the worlds of "Swimmerdom" and "Cycleland." Sorry, but all those miles of running will only help a little as you take up the swimming and cycling phases of triathloning. Sure, your heart and lungs are strong and efficient at delivering oxygen to your limbs but that can sometimes be a liability. You may

