

Phoenix Triathlon Club

Presents

NEW TRI?

Welcome to the Phoenix Triathlon Club's New2Tri Program. The sport of triathlon can be intimidating and we want to try and make it as painless as possible. This free program was developed by members of the Phoenix Triathlon Club and we hope it will serve as a useful tool to help you become successful in the wonderful world of triathlons.

We are not professional coaches, just a group of local triathletes trying to help people that are interested in becoming involved in our sport. Although we truly feel that just about anyone can complete a triathlon, we are not in a position to teach someone how to swim so basic swim ability is required. As with any strenuous activity, you should check with your doctor to determine if you are physically fit enough to attempt a triathlon. Now let's get started with the fun.

The New2Tri program is divided into three different sections. First there is a structured workout plan with two training plans. The two different training plans consist of either 6 or 9 weekly workouts leading up to specific Sprint or Olympic distance triathlon. This program is geared towards someone completely new to our sport.

The second part of the New2Tri program is the literature. It will cover just about everything you will need to know about triathlons. It is divided into sections to make it easier to navigate. Please take your time and read it all. It is written from the perspective of a new triathlete and should answer a lot of your initial questions. Once you get into the sport you will find what works best for you and can continue to increase your knowledge.

The third section of this program will be the classes. We will hold clinics that will cover: swimming, open water swimming, bike safety and group riding etiquette, transitions, and proper run technique. In addition, the Phoenix Triathlon Club monthly meetings feature speakers that cover training, nutrition, racing, and all aspects of the sport. Keep an eye on our website for dates and locations. www.PhoenixTriathlonClub.org

Please understand that this information comes from actual club member experiences. What happened for us may not necessarily happen to you. Learn from every situation and most importantly have fun.

Swim, bike, run and we will see you on the road