

**Triathlon Club**

**How the Club Works:**

* Saturday Team Training’s
	+ Creating a sense of team and accountability
	+ Group swims, rides and runs
* Professional Training
	+ Weekly Training guides
	+ Training through the different transitions
	+ Helping with gear and nuisances of a triathlon
* Most Sessions consist of 8 weeks of training

**Breakdown of the Sprint & Olympic Triathlon Distances:**

* **Swim:** Sprint = 500 Meters / Olympic = 1500 Meters
	+ - * Hansen Dam Recreation Lake
			* Wetsuits allowed / Very warm
			* 3-5 feet visibility
* **Bike:** Sprint = 11 Miles / Olympic = 22 Miles
	+ - * Mountain or Road Bike are acceptable
* **Run:** Sprint = 5k  / Olympic = 10K
	+ - * Trail Run / Dirt and road

\* *This is not a mass start. Start is in waves.*

**What do you need:**

* Swim
	+ Goggles (2 pairs)
	+ Swim suit (tri suits/tri shorts)
* Bike
	+ Any bike will do
	+ Helmet

\**Depending on what you wear for the swim, you may need shorts*

* + Shoes (bike or regular)
	+ Socks (optional)
	+ Sunglasses (optional)
	+ Water bottle
	+ Should be prepared to know how to change your tire (spare tube, CO2/pump, levers)
* Run
	+ Shoes
	+ Cap

**What the Training will include:**

*\*Register for the club at:* [*www.ShepherdSports.org*](http://www.ShepherdSports.org) *($40)*

* 8-week training plan
* Very simple (5 days/week)
* Schedule – will be emailed every week
* Always be 2 swims and then alternate between 2 bikes/2 runs
* Swimming techniques
* Mastering transitions
* Dark water swim’s
* How to change a flat tire
* Nutrition
* Tips for the swim start
* Coaching from other triathletes, swimmers and cyclists

**Triathlon Details:**

\*The Sign Up process and fees for each triathlon varies –

* You usually have an Individual Sprint & Olympic Distance to choose from
	+ (we always recommend a first timer start with the spring distance)
* there are also rely options
* Your Shepherd fee is for the training and your Shepherd Tri Shirt.
* Registration for the race is a separate fee that you’re responsibility for.
	+ You do not have to actually race… everyone is still welcome to join the training.

**Where to shop:**

* www.trisports.com
* www.all3sports.com
* www.swimoutlet.com
* www.triathlonlab.com 1512 Aviation Blvd. Marina del Rey 310-374-9100
* www.Amazon.com

[www.ShepherdSports.org](http://www.ShepherdSports.org)

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