



# A Beginners Guide to Tri

**FRIDAY 25<sup>th</sup> FEBRUARY – 7:30PM AT POD PLUS – JULIE ROSE STADIUM**

**A SHORT (about an hour) TALK/CHAT ON THE ESSENTIALS FOR YOUR FIRST EVENT**, including all those basic questions you may be to embarrassed to ask

- What is a triathlon?????
  - How is an event made up
  - What distances are involved
  - How is race day organised
- What sort of event should I do?
- How do I enter?
  - Where do I find out about events
  - When should I enter
  - Which events are good
- Do I have to belong to a club/English Triathlon
- Do I need a medical certificate
- What are the rules?
- Do I need loads of expensive kit, special clothing
  - What you actually need
  - Things to consider once the Tri bug has bitten
- What training do I need to do – what and how much
- Nutrition – is a curry and 10 pints good race prep,
  - As part of your training
  - On the day
- Where can I found out more

**NON CLUB MEMBERS WELCOME**