



TRIATHLON
AUSTRALIA



ATHLETE GUIDE FOR **INDOOR TRIATHLON**

TABLE OF CONTENTS



Introduction.....	3
Overview of Indoor Triathlon.....	4
Getting Started.....	4
Healthy Eating	5
Share the Journey	6
The Right Gear	6
Your Support Crew.....	6
Guidelines – Indoor Triathlon 20.....	7
Guidelines – Indoor Triathlon 40.....	7
Guidelines – Indoor Triathlon 60.....	7
Sample Sessions	8

DISCLAIMER

The Athlete Guide for Indoor Triathlon is intended to be used as a preparation tool for adults and children over 14 years of age to prepare for Indoor Triathlons. This guide does not represent the full spectrum of training and information required to compete in outdoor triathlons.

INTRODUCTION

Welcome to the Triathlon Australia Athlete Guide for Indoor Triathlon.

This guide has been designed for the beginner triathlete with minimal experience in the individual sports of swimming, cycling and running, but with the desire to improve their health and fitness and try something new.

Let's get started on your Indoor Triathlon journey.

What is an 'Indoor Triathlon'?

Indoor Triathlon is an initiative from Triathlon Australia that has been designed and developed to encourage adult participation in the sport of triathlon by people who are currently low or even non-exercisers. This guide is designed to introduce you to the three different Swim – Bike – Run components of triathlon in a safe and supportive environment so that you become more confident about joining them together to complete your first triathlon event.

Indoor Triathlon is a fun and exciting introduction to the sport of triathlon for athletes of all abilities. It offers all the health and fitness benefits of an outdoor triathlon within the safety of your local fitness centre.

The Indoor Triathlon is based on time rather than distance, consisting of:

- » **Swim:** in the pool
- » **Transition 1:** move from the pool to cycle studio
- » **Bike:** on a stationary/indoor bike (spin)
- » **Transition 2:** move from the cycle studio to treadmills
- » **Run:** on a treadmill

Athletes will have a fixed time to 'transition' between the swim and bike legs, and to move from the bike to the run. By the end of your race, you'll have enjoyed a great full body fitness experience!

Whether you are committing to your first taste of triathlon, or you're an experienced competitor looking for a new challenge, Indoor Triathlon has something for everyone. Race at your own pace in a safe supportive and social environment with other triathletes.

OVERVIEW OF INDOOR TRIATHLON

Here are some examples of current Indoor Triathlon options to choose from:

	Indoor Triathlon 20	Indoor Triathlon 40	Indoor Triathlon 60
Swim	3 min	6 min	10 min
<i>Transition 1</i>			
Bike	10 min	20 min	30 min
<i>Transition 2</i>			
Run	7 min	14 min	20 min
Total Time	20 min	40 min	60 min

GETTING STARTED

The triathlon lifestyle is focused on health and fitness, while having fun with the opportunity to challenge yourself through competition. The triathlon experience will improve all aspects of your life in a positive manner!

The purpose of this Athlete Guide is to provide you with some simple information to help guide you in the preparation for your Indoor Triathlon event.

The great news about the Indoor Triathlon is that this particular event is accessible to all, regardless of experience or ability level.

Before you start

Whether you are starting or changing your exercise program, it is important to check in with a Fitness Professional and complete Pre exercise Screening assessment.

Let's get started

As with any type of exercise it is important that you start slowly, at a pace that is comfortable for you, consistency is the key to building long term health and fitness.

As a beginner we recommend that you start with about 30–60 minutes of exercise 3–4 times a week (every second day). Remember to factor in travel time to and from sessions, not to mention your preparation for sessions, like getting your swim gear on, or getting your gear ready for a ride or a run.

Also, remember that training for an Indoor Triathlon takes effort! That means you're going to sweat, breath hard, get tired, and feel sore muscles at times. This is all part of the fun. The more effort and time you invest into your training, the more you will enjoy yourself at your Indoor Triathlon event.

How are you going?

As an athlete new to triathlon training it is important that you develop a sense of self awareness, noting how your body feels and responds to exercise. You might like to start an exercise diary and be consistent with making entries about your training and how you're feeling each day.

Remember 'Rest' is good for you and allows the body to recover following exercise. That's why we recommend training every second day.

Please note: If you feel that you're constantly fatigued, irritable or just 'flat', you might be overtraining. If this is the case, make sure you consult with a Fitness Professional to discuss your current exercise program, and how to make necessary modifications to it.

HEALTHY EATING

Eating a healthy diet of quality whole foods while reducing (or eliminating) your intake of sweets, refined foods and alcohol, are the keys to healthy eating.

Healthy eating provides the body with the nutrients to support both training and recovery. Fitness Professionals can provide you with more information on healthy eating – just ask at your fitness centre.

SHARE THE JOURNEY

Do you know what's better than exercising alone? Exercising with a group of friends! While Indoor Triathlon is an individual journey, you'll find the journey to event day can be highly social and positively contagious.

Hanging out with a group of other like-minded triathletes is the best way to maintain excitement and motivation. Ask around at your fitness centre to see if anyone else is taking part in the next Indoor Triathlon event.

Hey, get the whole family involved. Triathlon is a sport for people of all ages.

THE RIGHT GEAR

Having safe and comfortable exercise gear is important. For example, quality running shoes that fit your particular foot size and running style can greatly enhance your running comfort, while also preventing injury.

Likewise, having your spin bike set up correctly for your height.

Here's a short list of things you'll need in order to prepare for Indoor Triathlon:

- » Swim goggles and swimwear
- » Exercise clothing for riding and running
- » Running shoes
- » Water bottle
- » Energy and motivation

YOUR SUPPORT CREW

The staff at your fitness centre are here to help, see below some examples of how they can assist you to train safely.

Swim: ask the lifeguard which lane is appropriate for your level and speed of swimming.

Bike: ask a gym instructor to help get you set up safely on the spin bike (correct seat and handlebar height and how to change resistance).

Run: check with the gym instructor how to use the treadmill safely (how to get started, changing speed and incline, emergency stop).

Please note: gym instructors are not qualified triathlon coaches so they can't provide triathlon specific coaching advice.

INDOOR TRIATHLON 20

Sessions highlighted **green** are **bonus (optional)** sessions

	Week 1	Week 2	Week 3	Week 4
Session 1	Swim 1 + Run 1	Swim 1 + Run 1	Swim 2 + Run 2	Swim 3 + Run 2
Session 2	Cycle 1 or 2	Cycle 1 or 2	Cycle 2	Cycle 1
Session 3	Cycle 1 + Run 1	Cycle 1 + Run 2	Cycle 1	Cycle 1 + Run 2
Session 4	Athlete's Choice	Athlete's Choice	Triathlon Practice 20	Indoor Triathlon 20

INDOOR TRIATHLON 40

Sessions highlighted **green** are **bonus (optional)** sessions

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Session 1	Swim 2 + Run 2	Swim 2 + Run 2	Swim 3 + Run 3	Swim 3 + Run 3	Swim 4 + Run 4	Swim 4 + Run 4
Session 2	Cycle 1 or 2	Cycle 1 or 2	Cycle 2	Cycle 1	Cycle 2	Cycle 1
Session 3	Cycle 1 + Run 1	Cycle 1 + Run 2	Cycle 1 + Run 3	Cycle 1 + Run 3	Cycle 1 + Run 4	Cycle 1 + Run 4
Session 4	Athlete's Choice	Athlete's Choice	Triathlon Practice 20	Athlete's Choice	Triathlon Practice 40	Indoor Triathlon 40

INDOOR TRIATHLON 60

Sessions highlighted **green** are **bonus (optional)** sessions

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Session 1	Swim 4 + Run 4	Swim 4 + Run 4	Swim 5 + Run 5	Swim 5 + Run 5	Swim 5 + Run 6	Swim 6 + Run 6
Session 2	Cycle 2	Cycle 2	Cycle 3	Cycle 3	Cycle 3	Cycle 2
Session 3	Cycle 1 + Run 4	Cycle 1 + Run 4	Cycle 2 + Run 5	Cycle 2 + Run 5	Cycle 2 + Run 6	Cycle 1 + Run 6
Session 4	Athlete's Choice	Athlete's Choice	Triathlon Practice 40	Athlete's Choice	Triathlon Practice 60	Indoor Triathlon 60



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SAMPLE SESSIONS

Swim 1	Effort	Swim 2	Effort	Swim 3	Effort
Warm-up 100m	5/10	Warm-up 100m	5/10	Warm-up 100m	5/10
4 x 25m @ 20 sec rest	6/10	4 x 25m @ 20 sec rest	7/10	2 x 50m @ 15 sec rest	6/10
4 x 50m @ 30 sec rest	7/10	6 x 50m @ 30 sec rest	7/10	3 x 100m @ 20 sec rest	7/10
Cool-down 100m	5/10	Cool-down 100m	5/10	2 x 50m @ 15 sec rest	7/10
Time: 10–15 min		Time: 15–20 min		Cool-down 100m	5/10
Distance: 500m		Distance: 600m		Time: 15–20 min	
				Distance: 700m	

Swim 4	Effort	Swim 5	Effort	Swim 6	Effort
Warm-up 100m	6/10	Warm-up 100m	6/10	Warm-up 100m	6/10
2 x 50m @ 15 sec rest	7/10	2 x 50m @ 10 sec rest	7/10	2 x 50m @ 10 sec rest	7/10
4 x 100m @ 15 sec rest	7/10	5 x 100m @ 15 sec rest	8/10	5 x 100m @ 10 sec rest	8/10
2 x 50m @ 15 sec rest	7/10	2 x 50m @ 10 sec rest	7/10	1 x 200m @ 10 sec rest	8/10
Cool-down 100m	5/10	Cool-down 100m	5/10	Cool-down 100m	5/10
Time: 20–25 min		Time: 20–25 min		Time: 20–25 min	
Distance: 800m		Distance: 900m		Distance: 1000m	

Cycle 1	Time	Cycle 2	Time	Cycle 3	Time
Cycle/Spin Class	30 min	Cycle/Spin Class	45 min	Cycle/Spin Class	60 min

Run 1	Effort	Run 2	Effort	Run 3	Effort
Warm-up 5 min	5/10	Warm-up 5 min	5/10	Warm-up 5 min	5/10
5 x 1 min jog @ 1 min walk	6/10	4 x 2 min jog @ 1 min walk	6/10	5 x 1 min run @ 1 min jog	7/10
Cool-down 5 min	5/10	Cool-down 5 min	5/10	Cool-down 5 min	5/10
Time: 20 min		Time: 22 min		Time: 20 min	

Run 4	Effort	Run 5	Effort	Run 6	Effort
Warm-up 5 min	6/10	Warm-up 5 min	6/10	Warm-up 5 min	6/10
5 x 2 min run @ 1 min jog	7/10	4 x 3 min run @ 1 min jog	7/10	4 x 4 min run @ 1 min jog	8/10
Cool-down 5 min	6/10	Cool-down 5 min	6/10	Cool-down 5 min	6/10
Time: 25 min		Time: 26 min		Time: 30 min	

Triathlon Practice 20	Time	Triathlon Practice 40	Time	Triathlon Practice 60	Time
Swim	3 min	Swim	6 min	Swim	10 min
Cycle	10 min	Cycle	20 min	Cycle	30 min
Run	7 min	Run	14 min	Run	20 min
Total	20 min	Total	40 min	Total	60 min





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