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mile) swim, 40-kilometer (25-mile) bike, and 10-kilometer (6.2-mile) run. [12 Essential Triathlon Training Tips for the Beginner ...Beginner's Triathlon training guide Let's get started!](#)
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 NOTE: Put an HRM on and watch heart rates in these three zones. [Goal Setting. Vision: – have a ...Beginner's Triathlon training guide | Wiggle Guides](#)
 The plan breaks down into three basic segments: **Base:** The first few weeks of the program focuses on muscle and movement prep and includes limited growth in volume or intensity. **Build:** The "meat" of a training plan focuses on weekly increases in volume, endurance and generating power over distance. It also includes recovery weeks, where volume drops approximately 40 to 50 percent, yet intensity may increase. [A 12-Week Triathlon Training Plan For Beginners | ACTIVE](#)
 Here’s our go-to triathlon checklist: · [Triathlon bike](#) · [Bike carrier](#) · [Bike shoes](#) · [Running shoes](#) · [Swimming goggles](#) · [Wetsuit](#) · [Bike helmet](#) ·

[Sunglasses](#) (you know, just in case it’s hot) · [Tri-shorts and tri-top](#) · A form of identification (this is sometimes required before racing)
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 Almost any stroke will do, lots of novice triathletes

will use breast stroke although front crawl is the most efficient.
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 If you are doing a brick (swim/cycle or cycle/run) training session, work on changing from one discipline to another as quickly as possible. Practice getting shoes on and off and getting in and out of your wetsuit. Speaking of wetsuits, we often hear from novice triathletes asking the difference between a trisuit and a

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it is the one where you can make up the most time. The cycle section is always the longest, so any percentage improvement in this section will carve a greater chunk off your time than the same percentage improvement in swimming or running. 20 Triathlon Tips For Complete Beginners | realbuzz.com Triathlon training basics by Bernhardt, Gale, 1958- Publication date 2004 Topics Triathlon -- Training, Triathlon -- Training Publisher Boulder, Colo. : VeloPress ; [Place of publication not identified] : Distributed in the United States and Canada by Publishers Group West Collection Triathlon training basics : Bernhardt, Gale, 1958- : Free ... Training Tips for all UK Triathlon Events. The information provided on this page is for anyone participating in a triathlon at novice level and wanting to train a lot, or a little, to improve their performance. The swim is usually breast stroke or front crawl, but back stroke is not allowed for safety reasons as you cannot see where you are going. Nutrition & Training :: UK Triathlon The Introduction to Triathlon course will teach you the

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Tips & Training Whether you're a beginner triathlete training for a sprint, or an IRONMAN looking to PR, we've got tons of training plans, workouts, race day advice, nutrition for triathletes and more from coaches and experts.

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