

SWIM | BIKE | RUN

**YOUR STEP-BY-STEP GUIDE TO  
TAKING ON YOUR FIRST TRIATHLON**

## WELCOME TO TRYTRI!

Since 2011, we've been helping first-timers become triathletes. Our events are designed to be friendly, supportive, and achievable. Whether you're taking on your first triathlon or returning for another medal, this guide will help you prepare, train, and most importantly, enjoy every moment.

## WHAT IS A TRIATHLON?

A triathlon is a swim, bike, and run, done back-to-back. At TryTri, all swims are pool-based and distances are short enough for beginners. Transitions (T1 and T2) are where you switch disciplines, we'll guide you through this before your event and on the day.

## TRYTRI DISTANCES:

### SPRINT

泳 400m

骑 22km

跑 5km

### NOVICE

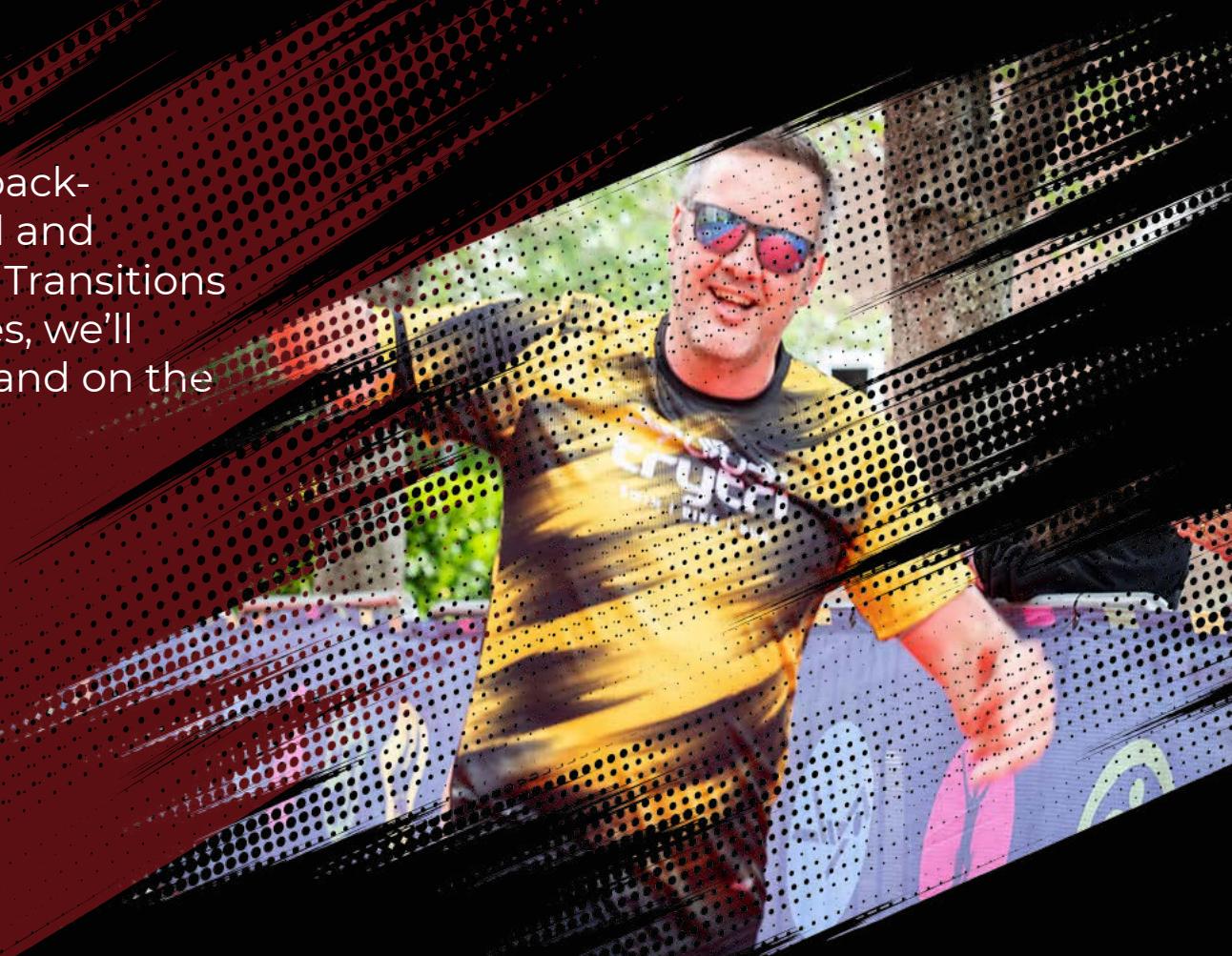
泳 200m

骑 11km

跑 2.5km

## WHAT YOU'LL NEED:

- A swimsuit and goggles
- A roadworthy bike & helmet
- Running trainers
- A smile and a sense of adventure!



## PREPARATION & TECHNIQUE

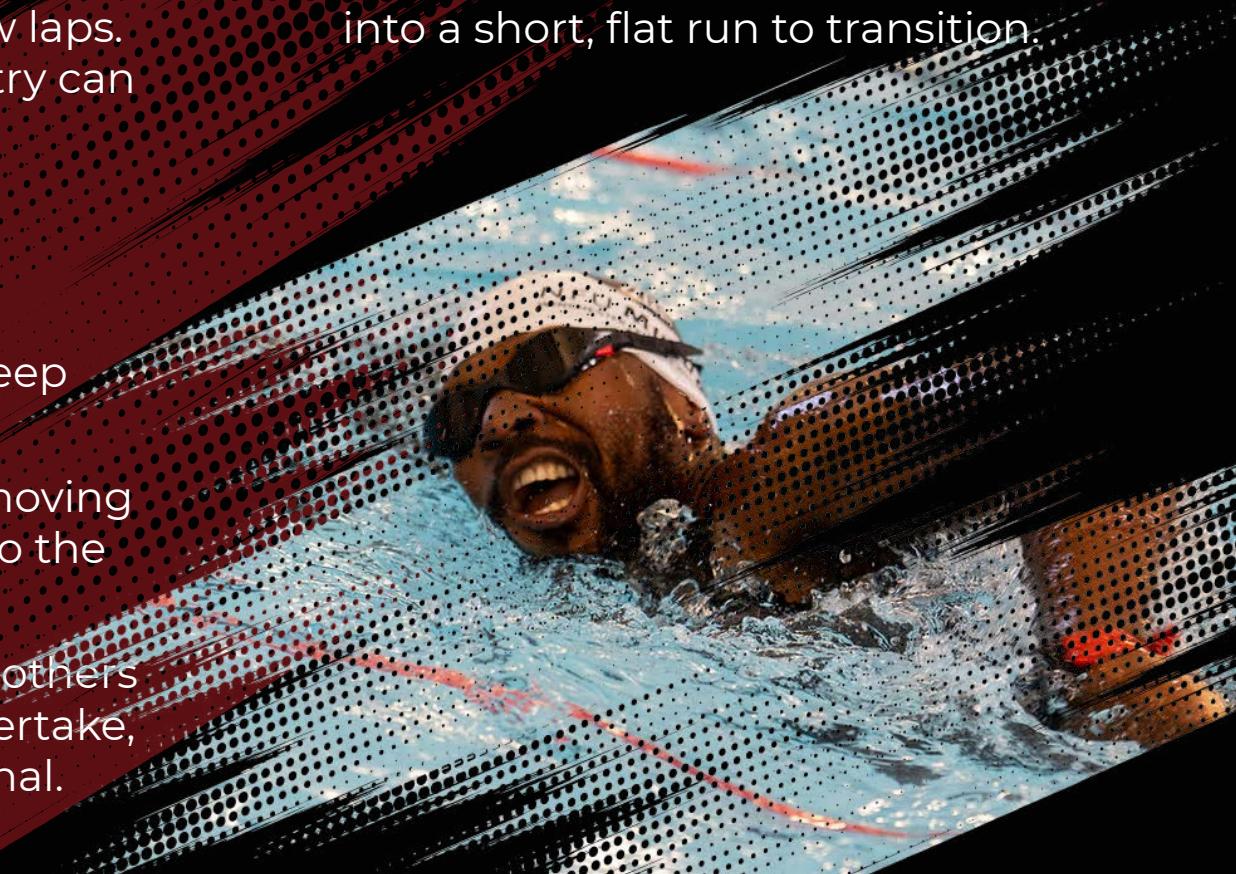
- **Start with the fundamentals:** Work on breathing rhythm and body alignment before worrying about speed.
- **Count your laps:** You're responsible for tracking your own distance in training and on race day. Practice counting lengths or wear a waterproof watch to stay on track.
- **Film your form:** Ask a friend to record a few laps. Small changes in head position or hand entry can make a big difference.

## PRACTICAL TIPS

- **Hairstyles that work:** Choose styles that keep your hair secure and out of your face.
- **Practice transitions early:** Get used to removing your cap and goggles quickly as you head to the bike.
- **Lane etiquette:** You'll share your lane with others during training and races. If you need to overtake, gently tap the swimmer ahead's foot to signal.

## RACE DAY REMINDER

- **Swim stroke:** Front crawl and breaststroke are allowed. Please don't use backstroke, it can be mistaken as a distress signal.
- **Exiting the pool:** Once you've completed the correct number of lengths, marshals will guide you to the pool exit. From there, you'll head into a short, flat run to transition.



## TECHNIQUE & TRANSITIONS

- **Transitions are key:** Smooth, calm transitions save more time than you think. Practise switching shoes, grabbing your kit, and moving with purpose.
- **Low gear, high cadence:** In the final kilometre, drop into an easier gear and increase your cadence. Spinning your legs faster helps them adapt for the run ahead.
- **Racking up:** When returning to transition, rack your bike in its original place and organise your kit for a smooth changeover.

## PRACTICAL TIPS

- **Be prepared:** Use your training time wisely. Practise changing a puncture and check your bike regularly for any mechanical issues.
- **Road experience matters:** If you usually ride on paths or static bikes, spend time cycling on real roads. Learn to stay calm around traffic, turns, and other riders.
- **Clip-on aero bars:** If you use tri bars, adjust your saddle height so you're positioned comfortably and safely.

## RACE DAY REMINDER

- **Safety first:** Helmets are mandatory. Your helmet must be secured before touching your bike and remain fastened until it's racked again post-ride.
- **Race number:** Must be worn on your back during the cycle. A race belt makes swapping positions between bike and run much easier.
- **Mounting & dismounting:** You must not cycle in transition. Mount your bike after the 'Mount' line and dismount before the 'Dismount' line.



## TRAINING TIPS

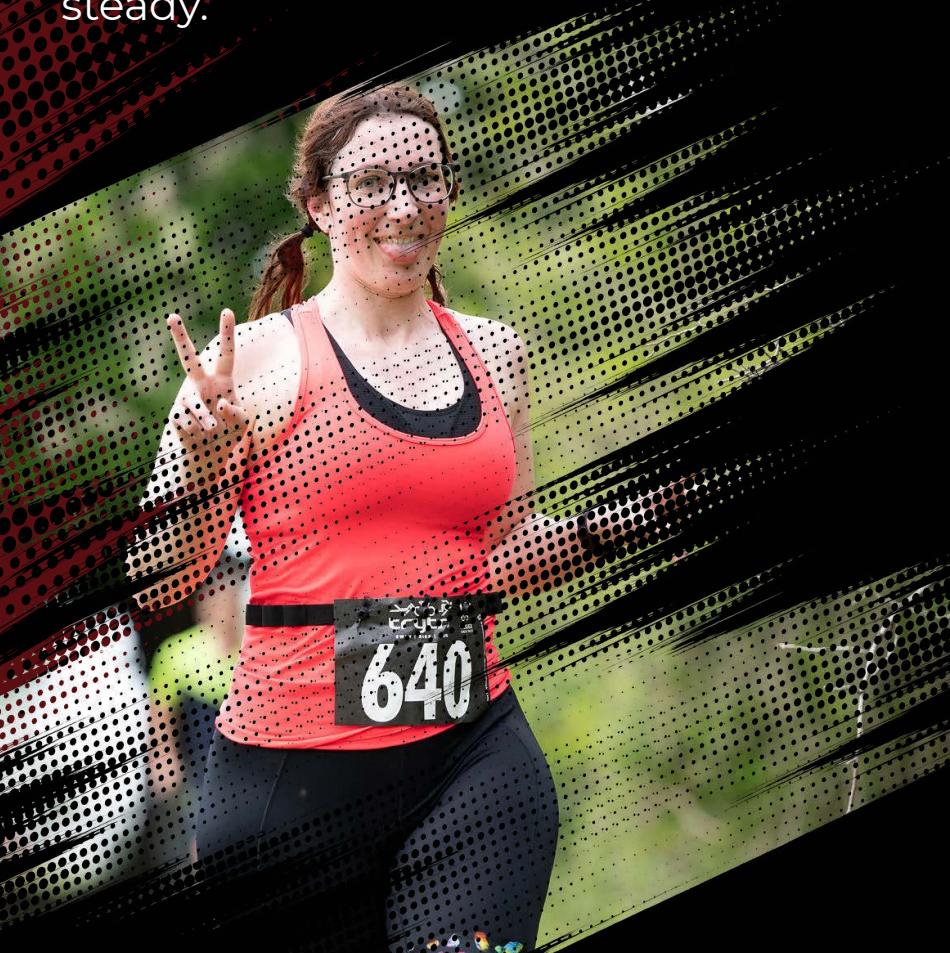
- **Practise running off the bike:** The first few times will feel unusual, but it's key training. Finish your rides with a short jog to help your legs adapt to the change.
- **Use a walk-run strategy:** Short walking breaks during training can actually help you complete the run faster and more comfortably.
- **Slow down your runs:** Most of your runs should be at an easy, conversational pace. You should be able to speak in full sentences without gasping for air.

## PRACTICAL TIPS

- **Increase your cadence:** Aim for more steps per minute, it helps reduce overstriding and improves your efficiency.
- **Run tall:** Keep an upright, relaxed posture to support your breathing and prevent tension.
- **Mix up your terrain:** Your run could include grass, paths, roads, or trails. Train on different surfaces to get used to the variation.

## RACE DAY REMINDER

- **Race number:** This should face forwards during the run, a race belt makes this easy to manage during transitions.
- **Stay alert:** Watch for uneven ground and adjust your stride to stay safe and steady.



# TRAINING TIPS

## START SMALL

Begin with two or three short sessions a week.  
Consistency beats intensity!

## MIX IT UP

Combine swimming, cycling, and running, but don't forget rest days.

## BRICK SESSIONS

Practise biking then running back-to-back to get used to that "jelly legs" feeling.

## FUEL & HYDRATION

Eat balanced meals, stay hydrated, and top up with light snacks before training.

## RACE WEEK

Taper your training, sleep well, and focus on feeling fresh for race day.

## TOP TIP:

Don't worry about time! your first triathlon is about finishing, not finishing first.

## WHAT TO EXPECT ON THE DAY

Arrive early and register

Set up your bike and gear in transition

Listen to the briefing

Swim, bike, run, and smile across the line!

Volunteers and marshals will be there to support you every step of the way.





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## **JOIN THE TRYTRI COMMUNITY!**

You're not doing this alone, thousands of first-timers join us every year.

- Enter solo or as a team
- Fundraise for a cause close to your heart
- Follow us on socials for training tips and motivation

ReesLeisure



[www.ReesLeisure.co.uk](http://www.ReesLeisure.co.uk)

ReesLeisure Limited, 46 Leigh Road,  
Eastleigh, Hampshire, SO50 9DT

02380 273 657

[events@reesleisure.co.uk](mailto:events@reesleisure.co.uk)

[www.reesleisure.co.uk](http://www.reesleisure.co.uk)

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