



***If you always do what you've always done,
You're always gonna get what you've always got!***

Captain Obvious

You want MORE! If you are reading this learning component, I already know something about you. You are excited – maybe anxious – about starting a triathlon journey or upping your game. You want to know everything you're supposed to know NOW! You think you should have it all figured out before the season starts.

Recognize yourself? You are in good company with TriLaVie team members and you are off to a great start!

Below is a brief summary of what to prepare before we start our season together. It is not an all-encompassing training manual (which I know you want and that comes later!!). Start here and know that we will build our knowledge together with each week of your training program! **Welcome to TriLaVie!**

RULE #1: Do not purchase any item you don't understand. Wait! Once people know you are going to do a triathlon, they want to offer all sorts of suggestions. Wait! Get the basics and learn what you truly need during our training together. Each woman comes to TriLaVie with a unique background and we want to honor that.

General Equipment:

- Review the **TriLaVie Equipment List** for the basics and ask around to borrow items when you can.
- TriLaVie is an unsponsored team. That's good news for you. We get discounts from local retailers, but we don't get paid to promote any product or service. Our recommendations are based on business integrity.
- Always ask retailers if they offer a discount to TriLaVie Members and enjoy the savings.
- Please consult Martha if you are unsure about a purchase. Each woman's needs are different. This makes it impossible to write a definitive list of what you need to complete YOUR triathlon.

RULE #2: Do not purchase any item you don't understand! It's better to come to training without an item than purchase the wrong item.

Martha's Recommendations for Basic Triathlon Equipment and Preparation

Swim:

- Properly fitting goggles are your most important item. When you buy them, try them on! YES! The packages are made to be opened. Hold the goggles to your eyes while you relax your face. Do not use the strap. If the goggles suction without holding them and you can shake your head for a couple of second and they stay on, you have a good fit. If they pop off, try another pair. You may have to try A LOT!
- Masks vs. Goggles: Masks are generally more comfortable, appropriate for open water and may prevent eye-marks. However, they are pricey and not always convenient to purchase. TriZone has best selection.
- Swim Shops we recommend:
 - Swim Depot in Laguna Hills
 - CAS (Competitive Aquatic Supply) in Irvine or Long Beach
 - Traditional Sporting Goods stores have some models and are convenient but may lack your fit.
- Swim Training Preparation: Find a pool, get in the pool, get used to goggles and being wet. Don't sweat the training just move around so you can get that freaked out moment out of the way. You'll be able to maximize our coaching time together when we start.
- Open Water Swimming! This is always offered and is always optional. It's really fun!
- TLV Swim Lessons: attend a swim lesson before the season starts if possible. It is small group, lots of attention and sets the tone for a great swim experience as you move forward.

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Bike:

- Any bike will do: beach cruiser, mountain bike, recreational bike, road bike, tri-bike.
- Your bike must be in excellent working condition. Please have a tune-up and try out the bike before you come to training.
- Pedals vs. Clips Okay to start with pedals and we'll teach you how to use clips – that's the goal. Clips – or Clipless-pedals as they are known (go figure) - are devices that attach your feet to the pedals.
- Types of clips? **SPD**. Why? They are appropriate for indoor spin classes and outdoor riding. They are the most economical clips and easily upgraded later.
- Cycling Shoes: Velcro straps, mountain bike style with clips embedded in sole is safest. If you feel this is too elementary for you, consult Martha and she'll guide you. No need to over-buy, right?
- Do you need cycling shoes? They are desirable but definitely not necessary. Sneakers + Pedals=AOK!
- Bike Shops: Get to know a "guy" at a shop. Don't go in anonymous and let anyone help you. Ask the manager. Tell them you are with TriLaVie and your coach told you to have the manager help you with choices and purchases. But... if you don't understand the product, don't purchase it... yet!!
- Bike Shops recommended by TLV Members:
 - Pure Ride Cycles in Lake Forest, owned by TLV Cycling Coach Kristen
 - The Unlikely Cyclist in Costa Mesa, owned and operated by women for women.
 - Anaheim Rock and Road – ask for Ed
 - Your local shop – IF you establish a relationship of accountability
- Bike Clinics: Check out a bike clinic at a local shop. TLV teaches maintenance, tire-changing, etc. but it is always great to have more exposure to bike know-how! It's an investment and you want to protect it!

Run:

- Properly fitting running shoes are imperative. If they don't feel good in the store, they won't feel good on your run. Take your time, try many, many styles. Don't be rushed!
- Ask about return policies. Sometimes we start running and then they don't feel good.
- Road Runner Sports has a 90 day return policy and 10% discount for TLV members.
- Snail's Pace (in MV) has good service, but limited return policy. Use on a treadmill first.
- Socks are as important as shoes. Buy official running socks for best results.
- Water Carrier a GREAT investment. Hand-held or belt. Choose one that is super comfortable for you.

Fuel:

- Fuel is complicated. We'll learn about it together. To start, just choose based on flavor and "clean" products (no dyes or high fructose corn syrup).
- Fuel is a combination of water, carbs and electrolytes. Most products contain good ratios.

Apparel:

- Comfortable, dry-fit/sweat wicking, appropriate for the sport is your guide.
- Bras: no under-wires. Good choices at Target (etc) and running stores.
- Shorts: running shorts, triathlon shorts, biking shorts. If you buy a good pair of Triathlon Shorts, you will use them for all 3 sports and be super comfortable. They are expensive - \$60-\$125. Not necessary but should be your first important investment once you know you're hooked on the sport.
- IDEAL: Wear a Triathlon "Kit" that includes a racing/training shirt and tri-shorts. You will wear them to swim, bike and run. No costume changes!!
- Don't go crazy about apparel until you see what the team wears. You'll know what's right for you.

Miscellaneous:

- Sunglasses – plastic, no metal, and will not slip off your face when you sweat.
- Watch – because Martha hates it when you don't follow our training-time guidelines!
- Hat or Visor – nice but not necessary.