



U.S. Public Health Service Commissioned Corps

Junior Officer Advisory Group

"Protecting, promoting, and advancing the health and safety of the Nation"

JANUARY 2016

GET FIT - STAY FIT

Triathlon 101

A triathlon is a multisport event that combines swimming, biking, and running. You can compete as an individual or as part of a team. All ages and abilities can enjoy a triathlon event. The novice distance consists of a swim less than 750m, a bike ride less than 20km, and a run less than 5km. Start 2016 with a new resolution:



SWIM Don't be intimidated by the swim.

A few tips to improve your swim:

- Hire a coach to learn proper technique.
- Practice two to four days a week.
- Learn to kick properly, which will enhance your speed.



BIKE To improve your speed:

- Understand the mechanics of shifting gears and braking.
- Incorporate spin classes into your training.
- Practice getting on and off of your bicycle.
- Train three to four times a week, incorporating intervals and hills.



RUN Training Secrets:

- Ease into the run with smaller strides to warm up muscles.
- Practice moving when your legs are tired (transitioning from biking to running).
- Run two to four times a week, incorporating a long run with hills.

To see upcoming PHS Athletics events, visit <http://www.publichealthserviceathletics.org/>.

Get Fit Stay Fit website, visit https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx

Sources, visit the following: 1. "100 Tips for a Successful Triathlon." Web 07 JAN 2015. <http://tips-for-triathletes.info/>

2. Triathlon Australia. "What is a Triathlon?" Web 06 JAN 2016. http://www.triathlon.org.au/Get_Involved/What_is_a_Triathlon_.htm

3. Bing Hampton. "Triathlon Training Tips." Web 07 JAN 2016. <https://www.binghamton.edu/campus-recreation/docs/TriTrainingTips.pdf>

DISCLAIMER-

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose or treat any medical condition, or to replace your healthcare professional.