

Mac Tri Juniors

Coaching Session No 1

2 October 2013



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Be Safe

Have Fun

Develop Skills

Go Hard

Our Values

- RESPECT – for others including family and friends, team mates, competitors, officials, volunteers and importantly respect for ourselves
- SPORTSMANSHIP – congratulate fellow competitors, wish them good luck or help them overcome disappointment
- HEALTH – take pride in maintaining a healthy active lifestyle
- ENJOYMENT – don't forget to have fun along the way especially with family, friends and team mates
- BELONGING – be proud to be part of family, club and team
- DEDICATION – we acknowledge that it takes discipline and commitment to achieve our goals
- ACHIEVEMENT – recognising the hard work and sacrifices required to achieve and reflecting on and enjoying success when it comes along
- BALANCE – finding the right balance in a busy lifestyle, knowing our priorities and knowing what is important, with family and school always top priorities

Triathlon

Swim

Bike

Run

Transition

Swim

- Technique focus!!
- Smooth, streamline, relax
- Body long, high in water - head down
- High elbows, extend arms but not overglide
- Strong hand/arm catch and pull, elbow bent ...
- Really speed and efficiency is very much about body position streamlining, and the catch and pull (how much water you can catch and pull/push back as efficiently as possible)
- Kick important (practice) to keep legs up near surface
- Imagine you are a torpedo piercing through the water, or imagine you are swimming downhill
- Comfortable breathing – find a rhythm in a race - preferably breath both sides (at least some of the time in a race) whatever frequency is comfortable (practice breathing on 3 and 5 at least in training)

Swim

- Sighting in a race (where are you going?) maybe every 10-15 strokes or so depending upon conditions – practice sighting in training
- Use crocodile eyes for sighting, best have two looks one to “check” and one look a couple strokes later to “confirm” markers/turning buoys etc, use landmarks in distance sometimes to find an appropriate swim line
- Breath – exhale fully under water, inhale above water with arm stroke, comfortable breathing pattern, after all it IS about getting oxygen into your lungs most efficiently, try to relax breathing as much as possible
- Exhale fully to get rid of carbon dioxide from your lungs otherwise you might get a stitch, similarly try not to gasp too much, don’t panic if you get some water in our mouth
- Stroke rate – don’t thrash arms, but highish stroke rate good especially in open water and choppy water – technique focus
- Body rotate slightly around central axis – don’t “wiggle” hips/shoulders
- Vary strokes in training (eg do some backstroke, breaststroke with freestyle or butterfly kick)

Swim

- Practice in similar water to race
- Expect close contact in a race
- In swim race pack don't panic, find your own space if necessary
- Have a rest on the outer edge of the pack if necessary or find a lifeguard board to hold on to before continuing if you feel uncomfortable or concerned
- Have a swim strategy (particularly for start eg start position)
- Relax and breath normal before start, if deepwater start easy relaxed sculling ready for start
- Head down 7 fast strokes no breath at start
- In the end the swim is really about getting it done efficiently without expending too much energy so you can then go hard on the bike and run

Swim

- Drafting behind on feet or beside someone on hips in the swim (without touching too much)
- Think about and practice turning around buoys, go hard at the buoys don't back off
- Take an inside line around buoys if you are strong and confident, if not so, then take a slightly wider less congested line
- Increase kick toward end of swim for increased blood flow in legs ready to run
- Swimmers need good core strength - exercise
- Good goggles (consider sun glare) – race specific – consider open water goggles vs pool race goggles

Bike

- Know your bike, learn about some of the components
- Know how brakes and gears work
- Know how to change a tube/tyre
- Bike set-up important, seat height, leg extension, arm reach, posture etc
- Check bike before riding
- Bike handling/skills very important - practice
- Practice riding hands in “drops”, on “hoods” (or in tri aero position if you have a tri bike or clip-ons)
- Practice riding sitting down in saddle or stand up to accelerate or climb hill, practice descending, being in control and riding to YOUR skill level is important
- For those with clip on shoes or pedal shoe cages - push, pull, lift, push foot on pedal through full 360 degree rotation – practice by “spinning” – important
- Improve technique and bike handling before speed!!!
- Body position on bike is important, riding in drops important because lower centre of gravity/more control
- Best to try to relax shoulders, neck and arms; elbows slightly bent when riding, rotate hips/pelvis slightly forward on seat don't push back in the seat, flatten back not hunched

Bike

- Speed is a function of cadence and gear selection (governed by pedaling skill and power you can exert)
- Cadence (pedal rpm) – try to maintain around 85 to 95 rpm
- Mount and dismount skills – practice one foot “scoot” mount and one foot pedal dismount – adopt what you are comfortable with – work toward a walking/running mount later
- Bike push skills for transition – one hand on back of seat, run beside bike not too far away, keep bike straight and vertical, can have couple fingers under back of seat to lift bike if necessary eg if pedals begin to spin and bike starts to bounce around
- For those with clip on shoes, practice transition out and back, particularly getting feet into shoes if start with shoes on pedals!!
- For a few hundred metres coming in to T2, increase your cadence on the bike to get the blood flowing to your legs ready to run
- Think about aerodynamics, body position - head down, flat back, knees in
- Remember bike etiquette/rules, including for recreation and racing

Bike

- Best not to ride alone when training
- Riding on the road – follow road rules – ride with an adult
- Riding in a bunch – learn bunch riding skills, signals
- Keep left, pass on right (let people know you are passing – say “passing”)
- Know your own space
- Smooth riding – “no surprises” – eliminate wobbles and sudden deviations always CONCENTRATE when riding ... don’t go looking around unless absolutely have to, just look ahead
- Learn how to maintain and care for your bike eg pump up tyres and change a tyre
- Don’t forget - NO HELMET NO RIDE
- Helmet must be correct fitting, Australian Standard (AS) compliant!!
- Races are either bike non-drafting or draft legal races, the latter being for more experienced advanced triathletes in special higher level races; to race in draft legal races you need to be specially endorsed to race draft legal races

Bike

- In a non-drafting race
 - don't draft (ride too close) behind another cyclist, that is against the rules and is effectively cheating, stay the appropriate distance behind the bike in front unless overtaking (often stay back at least 7 metres or 10 metres or can be less under local race rules ... always check or listen to race briefing to confirm clear allowable non-drafting distance required)
 - when overtaking make a decision to do so and proceed past the cyclist in front and don't then slow down, keep going at same speed to continue with the pass
 - don't slow down or ride alongside another cyclist, or don't ride in the middle of the course, or don't swerve in and out, because that is blocking and is against the rules
- If you follow the general rule keep left unless overtaking you will normally be ok
- Count your laps when riding in a race

Run

- Technique focus
- Use your natural style as a base
- If you are a good runner, don't tinker with it too much, follow the guidance of your running coach
- Speed is a function of cadence/leg turnover and stride length
- Important to focus on high cadence
- Maybe vary cadence and stride length in training to see what's best for you
- Relax particularly shoulders/neck
- Arms relaxed hands open
- Use drink stations in race – “sip and splash” water on the run
- Talcum powder in shoes to help them go on faster
- Always use elastic laces in your running shoes, can get them on faster
- Have shoe opening open, ready so can get foot in faster

Run

- Breathing important – controlled, relaxed if possible
- Running posture important - minimise head wobble and body twist, hands not across body
- Foot spring, front foot or flat foot contact
- Light steps, not heavy steps, minimise foot to ground contact, “run light”, “quiet running”
- Core strength important - exercise
- Practice finish sprint – increase cadence/stride length with arms pumping
- Know your best race pace (from training)!!
- Strategize before and during run
- Count your run laps in a race, know where turning points are

Transition

- Transition is important – practice
- Through transitions, be quick but one step at a time, don't rush it or get flustered
- When running with bike from racking spot to mount line run quickly, don't dawdle
- For bike leg - mount your bike just after the mount line, dismount bike before the dismount line on return
- Know transition layout (eg bike out/bike in, run out)
- Don't get lost! - know where your transition/racking spot is (row number, marker (eg tree, sign), colorful towel)
- Layout your gear ordered and neatly eg helmet on ground or on handlebars with straps out ready to flip on your head, shoes ready to go
- Sometimes bike mount and dismount areas can be congested, pick best spot to mount and dismount, sometimes clear space could be several metres beyond the mount line or several metres before the dismount line (Remember think! Make good decisions!)

Transition

- Bike push (practice) – preferably run on left side if comfortable
- Quick shoe changes (elastic laces)
- Transition is important - improve transition efficiency by practicing all elements
- Helmet on before taking bike off rack, then rack bike before helmet off on return
- When taking gear off, keep it neat and together, helmet can go on ground next to bike when returning after bike leg
- If there is a bin everything you are wearing that you wish to leave behind must go IN the bin (if there is one), otherwise neat and tidy at your racking spot
- Watch out for and respect for others in transition

Race Tactics

- Safety is top priority
- Always have respect for others
- Skill = Technique + Good Decisions (we need to think and make good decisions – comes with practice and experience)
- Know the course – check course map, listen to briefing
- How many laps? turning points? Etc - important
- Know the layout of transition
- Always read up on course and race brief prior to race
- Always attend race briefing and LISTEN

Race Tactics

- Know the Triathlon Australia race rules (and ITU rules if applicable) take some time to read these, at least about some of the important provisions including about equipment and penalties etc
- Know the race/course/local rules eg re drafting or non drafting, distance between bikes, rules for passing (no blocking)
- Remember where you are in transition (marker, colourful towel)
- Before the race, spend time to relax and visualise your race, for example visualise route through transition
- Strategize swim leg particularly start
- Relax at start particularly just before swim
- Know your own space during race

Race Tactics

- When racking bike in transition, put in gear you want to start in, if you can face bike in the direction you want to go
- Check tyres inflated fully, check brake pads/rubbers aren't rubbing wheel rims (spin wheels)
- What if you get a flat tyre during the race? (think about it, in short races often your race is over ... don't go riding with a flat tyre)
- Things often don't go to plan, deal with it and get on with it, stay strong, have a back up plan for some things ... stay relaxed!
- Always plan to finish unless you have an injury concern or bike mechanical failure (it is ok not to finish sometimes for example if you are injured or ill ... "finish at all costs" should not be a mantra)

Race Tactics

- Plan your fuel/drink for during the race
- Plan for before and after (recovery) food/drink
- Warm up/cool down
- Learn from others
- Watch people racing eg ITU races on TV
- Don't be scared to ask questions
- Learn about triathlon, be a “triathlon scholar”

Race Gear

- Planning and preparation important
- Develop your own race gear checklist
- Be organised
- Here is an extract from my race checklist (you won't need some of these things for junior/short distance races)
 - Shoes (run and bike) (run shoes have elastic laces)
 - Rubber bands for shoes/cleats on pedals
 - Tri suit or tri shorts/top
 - Bike (don't forget it!)
 - Pump (CO2 cartridge), tyre levers, spare tube etc
 - Helmet (check correct fitting)

Race Gear

- Bike/run sunglasses
- Fluids, drink bottle
- Race fuel, gels
- Race belt
- Race number/timing chip
- Towel (x2) (large/small)
- Socks (if required – long race, no socks short race)
- Swim goggles (have a spare just in case)

Race Gear

- Race swim cap
- Wetsuit
- Vaseline/glide
- Talc for your shoes
- Band-aids, “compeed” blister patches
- Change of clothes for after, something warm, rain jacket
- Plastic bag for wet gear (or help get wetsuit over feet)
- Nutrition - food/drink for after (recovery)
- Race gear bag/sports bag

Race Gear

- Sunscreen
- Hat/visor
- Toilet paper
- Money
- Shoes/thongs for walking around before race
- Electrical tape (tape gels on to top tube)
- Bike computer
- Cycling shorts (for long distance races)
- Arm warmers (for long races)

Nutrition

- People who are active and eat a variety of nutritious foods tend to be healthier
- It is all about balanced, healthy eating
- Carbohydrates for energy, protein for growth and tissue/muscle growth and repair
- HYDRATION important - drink plenty of water
- Eat the recommended amounts of the five food groups each day: vegetables, fruit, breads and cereals, meats (and their alternatives) and dairy
- Eat plenty of plant foods (vegetables, legumes, fruit, bread, cereal, rice and pasta), moderate amounts of animal foods (milk, yoghurt, cheese, meat, fish, poultry and eggs), and small amounts of the extra foods (including oils, butter and margarines)

Nutrition

- Minimise highly processed foods and minimise processed refined sugar based foods
- Choose varieties of foods from within each of the five food groups
- Choose low-salt foods and use salt sparingly (similarly minimise refined sugars)
- Good to have set times for main meals, healthy snacking between meals
- Breakfast is important. A breakfast including cereal, toast, fruit and dairy is a great start to the day!
- Important to fuel your exercise!

Injuries

- Yes you may pick up an injury
- Minimise risk by using good equipment and good technique
- Proper training program (consistent training rather than “binge” training)
- Good shoes
- Good bike fit
- Warm up/cool down

Injuries

- Allow time for rest and RECOVERY, in some ways recovery in training and rest is more important than the training
- Good balanced diet important
- Nutrition/hydration important with exercise, racing (before, during, after)
- Eat some carbohydrate and protein soon after training or exercise (a ham sandwich or some cereal and/or a glass of milk or a yoghurt and/or fruit/banana – maybe make a banana smoothie) – aids RECOVERY
- Good sleeping and rest habits important
- Balanced lifestyle – family, school, friends, other sports etc

Injuries

- Know your body and how you are feeling
- Injury management
- Discuss injuries or how you are feeling with parent/guardian, coach, teacher
- RICER (rest, ice, compression, elevation, referral) for soft tissue injuries, bumps and bruises
- See a doctor when necessary or if in doubt