

GET STARTED ON THE RIGHT FOOT!



Welcome to the HealthQuest 8-Week Training Challenge Plan for an Indoor Triathlon. This challenge has been designed for the beginners/intermediate level participant with minimal experience in the individual sports of swimming, cycling and running. Throughout the 8 weeks you will be encouraged to attend our free seminars and extra cross training activities.

Indoor Triathlon is fun and eliminates the outdoor elements that can be intimidating. If it's your first or 10th triathlon, or just using it as a benchmark for the upcoming season. Indoor Triathlon has something for everyone, race at your own pace in the company of fellow HQ participants. The race starts with a 500 meter swim, followed by a 13 mile spin ride, and finishing with a 5K treadmill run. You'll have a 10-minute 'transition' between the swim and bike legs, and five minute transition to move from the bike to treadmill for 5K run.

TIPS FOR SUCCESS

GETTING STARTED

Just like any fitness journey it starts with a plan, so does the journey in completing a triathlon. We have provided an 8 week road map for you to follow that will help guide you down the path to a successful triathlon. Your training will start at a slow pace that is comfortable for you and gradually increase over the next 6 weeks and then taper to RACE DAY. The training plan is based on 5 workouts days a week and can be completed on any day that works for you. Also, we will help you stay focused with several seminars from heart rate/perceived exertion, smart nutrition, healthy mindset, swim, cycling & running technique to strength training and flexibility training to help you keep a well balanced plan. At HealthQuest focusing on health and fitness, while having fun with other participants, education on endurance events and productive competition is our goal.

APPRECIATE THE PROCESS "TRAINING IS NOT A RACE"

It takes patience and hard work to develop the skills, mental toughness and fitness necessary to complete an indoor triathlon. The key is to understand that training is a process, and as with anything in life, the more dedicated to that process you are, the better your results will be.

WHAT IT TAKES TO FINISH - TIME, COMMITMENT, EFFORT & AN OPEN MIND

Commit to training almost daily, for approximately one hour up to 2 hours. Remember to factor in travel time to and from workout activities, not to mention your preparation for workouts, like getting dressed for a swim, or getting your cycling gear ready for a ride. Also, remember that training for a triathlon takes effort. That means you're going to sweat, breath hard, get tired, and feel sore muscles at times. The more effort and time you invest into your training, the better your outcome will be on race day. REMEMBER work, families and health may get in the way of training but don't throw in the towel.

NUTRITION MATTERS - FOOD IS FUEL

Eat a high performance diet of quality proteins, fats and carbs while reducing (or eliminating) your intake of sweets, refined foods and alcohol, and not only will you get stronger, you'll feel much better too.

BE SOCIAL - JOIN OUR FACEBOOK GROUP "HQ Indoor Tri 2024"

Strength in numbers, workout partners can help you stay committed to your workout and fitness. There is a way to double your chances for fitness success, make exercise more fun with a fitness partner, training with a group of friends and you can guarantee you will maintain excitement and consistency with your training plan.

OUR RECOMMENDATIONS

Having the right tools for training in any activity is important, for example, quality running shoes that fit your particular foot size and ground striking technique (i.e. heel or forefoot striker) can greatly enhance your running comfort, while also preventing injury. Likewise, riding a bike that fits you properly, versus one that's too big or too small. At the very beginning of your triathlon training, start off with the right equipment and apparel for the very best training and racing experience.

Here's a short list of things we recommend to aid an Indoor Triathlon:

- Swim Goggles and Swim Suit (or Tri Suit)
- Cycling shoes are preferred, but not mandatory
- Body Glide (anti chafe)
- Water Bottle & Sweat Towel
- Tri Top, cycling/tri shorts or run shorts and singlet
- Running Shoes
- Sports Nutrition (Gels, Blocks)
- Motivation and Determination

COMMIT. CHALLENGE. CONQUER.

TYPICAL TRIATHLON TERMINOLOGY



Circle Swimming – when you must share a lane in the pool, some people like to circle swim when there is more than 2 people. This is sometimes efficient, sometimes not. Ask your lane-mate what they prefer. Don't just start swimming in circles. Other option you each take one side of the lane.

25 Meter Pool – A length is one way down the pool; a “lap” is down & back or a 50. 64 lengths equal 1 mile.

Aid Station – Typically every 1 mile/1K on the run and every 10-20 miles on the bike, there will be an aid station with water, GU. Plan for these when packing your race fuel and hydration.

Anti-Fog – solutions you can buy (baby shampoo!) to apply to goggles to prevent the dreaded foggy lens.

Base – the aerobic foundation you build to ensure that you can begin to add speed, power and longer endurance.

Body Marking – In a race, you will be required to wear your race number on your body, often on the upper arm, lower leg and sometimes the thigh. Before a race, there will be designated “Body Markers,” volunteers who write your race number on your body with either a permanent marker.

Bonk – Also, known as “hitting the wall.” The dreaded point (and awful feeling similar to what your body would feel like if you ran into a wall) during a race when your muscle glycogen stores become depleted and a feeling of fatigue engulfs you.

Brick – back-to-back workouts of the sports. Traditionally, a bike and run, smushed together like on race day. But it can really be any combination of swim, bike and run. Bike/Run, or Swim/Bike or Swim/Run.

Cadence/RPM, or Revolutions Per Minute – cadence means the rhythm of your swim stroke, bike pedal stroke, or run turnover of the feet (as they hit the ground), which is usually measured in “revolutions” per minute.

Cleat – The part on the bottom of the cycling shoe where your shoe attaches to your clipless pedals.

Clipless Pedals – Pedals installed on your bike that allow you to “clip in” your shoes. These help your feet remain attached to the bike so you can use a full revolution in your pedaling.

Duathlon – A race consisting of run and bike and run again.

Foam Roller – A training tool made out of cylindrical foam that helps release “trigger points” in the muscles.

Freestyle – also known as the “front crawl,” this is the most efficient form of swimming in a triathlon.

Gels/GU – A form of sports nutrition typically used by triathletes in races due to the ease of digestibility, quick energy and convenience. Makers of gels include GU, Clif® and Hammer Nutrition®

Intervals – Training using short, fast “repeats” or “repetitions”...interval training builds speed and endurance.

Pull Float/Buoy – A flotation device used between the knees while swimming, which aids in keeping the bottom half of your body up in the water and allowing you to concentrate on your stroke.

Swim Wave – Most races divide the start of the event into “waves.” That means that groups start at different times, thus keeping the crowding on the swim down, but also on the entire course. Swim waves will be determined after sign ups.

Taper – The period of time before a race where you slow down the frequency and intensity of the workouts in order to give your body time to recover and rest before the event. The taper will make you crazy.

Toe Clips – These are in-between regular bike pedals and clipless pedals. You can ride your bike with sneakers and slip your toes into these plastic covers installed on the pedals to give you the benefit of a full revolution on the bike without the beginner scariness of the Clipless Pedals.

For better results, use spin shoes in spin classes so you can maintain better control over your pace.

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EVENT INFORMATION SHEET

ABOUT THE 2024 INDOOR TRIATHLON

HealthQuest's goal is to inspire participants of all athletic abilities to consider and commit to racing a triathlon. This Indoor Tri offers a safe & simulated environment for athletes of all fitness levels to the sport of triathlon. Upon becoming a triathlete indoors, we invite you to commit and register to race on Sunday, March 17th, 2024. Our HQ Team is here to support you on your 8-week journey & celebrate your accomplishments along the way.

THE RACE - Sunday, March 17th

Race will begin with a 500 meter swim, transition from the pool to the Spin Studio and cycle until you reach 13 miles & final transition will be 5K treadmill run to finish.

SCORING OF THE RACE

Scoring will be in ascending order from fastest to slowest total race times. Each event segment will be recorded and added together to produce your total race time, transition will not affect your total race time. Top placements will be awarded to top 3 male and female finishers.

TRANSITIONS

You are allowed 10 minutes to safely change from the pool to the Spin Studio and five minutes to move from the Spin Studio to the treadmill for 5K run.

Why Tri?

Challenge yourself to something new. With an 8-week training program & support along the way, the feeling of accomplishment will be a perfect start to the new year.



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Learn more at
hqfit.com/indoor-triathlon