



This training programme has been put together to prepare a beginner or novice triathlete for the Scorching Triathlons Team Challenge on the 12th of February

**Scorching
Triathlons**
TEAMS CHALLENGE

SWIM: 400m
CYCLE: 15K
RUN: 4K

Scorching Triathlons Team Challenge Training Programme

©Raymond Boardman

PGDipSportMed, PGDipRehab, PGCertSc,
BSc, DipSptSt

Qwik Kiwi – Director & Head Coach

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Introduction

Qwik Kiwi – Endurance Sports Consultants has been involved in the Scorching Triathlon series from back in the early days of the event. Over this time the event has grown and developed. Having been held sixty five times and having over 10,000 participants involved. The February 2012 event is the first of its kind for the Scorching Series with a team's race, where each team member completes a full triathlon. This event structure is gaining popularity in Europe and other parts of the world.

Each team must have three competitors in the event. Get two of your work mates, best mates or may be even family members and commit to the event on 12th February. Spend the next six weeks training together to keep each other's motivations and commitment high.

This programme is designed to prepare someone who is not very fit to be able to complete the event in six weeks' time. If you are confident or competent at one or more of the sports, you might want to do your normal training on those days, and focus on the areas of that you may lack skill or confidence in.

Health & Medical Considerations

Doing regular exercise a number of times a week will have a range of health benefits for the majority of people undertaking this programme. However in a small percentage of people this could exasperate an underlying medical condition and therefore you should get a check-up from your GP prior to commencing this programme, especially if you answer 'Yes' to any of the following questions.

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Do you know of any other reason why you should not do physical activity?

If you answer 'Yes' to any of the questions above, book yourself a full check-up with your GP to ensure that any medical problems aren't going to be exacerbated by following this exercise programme.

Training Intensities

Intensity can be measured by a range of specialist training tools from GPS units (that measure pace or speed), heart rate monitors (that count your actual heart rate) and power meters (that measure the amount of force you put on your pedals). These vary in price from a few hundred dollars (for an entry level reliable heart rate monitor) to a few thousand dollars (for a top quality power meter). If

you are considering or are training using these tools, contact a Qwik Kiwi coach to get a specific training programme tailored to your unique situation. However for the rest of you using a simple subjective measure of how hard you are working will suffice to get you through the race.

Borg Scale

The Borg Scale is a scale from 0 through to 10 (earlier versions from 6 to 20 do exist) that was developed by a Swedish scientist who it is named after.

Borg Scale	Description	Conversation Test
0	Nothing at all	Lying in bed asleep
½	Very, very weak	Not really doing anything too strenuous
1	Very weak	
2	Weak	Able to maintain a conversation without getting out of breath
3	Moderate	
4	Somewhat strong	Able to maintain a conversation in short sentences but will need to catch breath between sentences
5	Strong	
6		Two to three words at a time and then catch breath
7	Very strong	
8		Grunts and groans
9		
10	Very, very strong	

As you are training for an endurance event most of your training will be in the range of Borg 2-3 to develop the efficiency of your heart and lungs and prepare your body for the level of effort you will participate in the event at.

Training Sessions

There are a number of key sessions that you need to understand in order to be able to follow this programme as effectively as possible. Training with your team mates or other like-minded individuals will provide you with motivation and commitment, as it is always easier to train with someone than by yourself.

Swim Sessions

A lot of people train for swimming as they would for running and cycling by 'just swimming'. Going up and down the pool, swimming non-stop lengths can be monotonous and boring. If the training is

boring it is unlikely to be completed, therefore no improvement will be recorded. The swim programmes included here breaks the session down into manageable 'bites' of swimming a few lengths at a time. Most pools are 25m, 33¹/₃m or 50m long; ensure that you have downloaded the appropriate swim programme to follow for the pool you are training at. You can laminate the programme and take it to the pool with you to follow through as you swim.

The sessions focus on building up your ability to swim the distance of the event. The sessions are broken down into a number of lengths, the early session start off swimming a single length and repeating it a few times, the sessions latter in the programme require you to swim a number of repetitions of a few lengths at a time. You should have a rest after each repetition, but not too much, keep it short 20-30sec if you can. Use this time to take a quick drink from a drink bottle at the end of the pool.

Most people will benefit from some technique advice and this will reap greater rewards than focusing on your fitness. Contact your pool for someone who can advise you on your technique there. Qwik Kiwi sells the popular swim technique DVD Gliding On! Were you can watch the DVD and work your way through the four week swim technique improvement programme. Contact sales@qwikkiwi.com to purchase for \$59, view our website for other products that will assist you for your triathlon. For the month of January 2012 we have free delivery on all orders over \$59.

Cycle Sessions

Unlike the swim sessions the cycle sessions are designed to be ridden continuously with an even pace (Borg 2-3). Ride for either the duration or the distance as stipulated in the programme, which ever suits you the best. Keep the intensity to a level that you can maintain a conversation with your training partners.

Starting to run after cycling is quite a strange feeling as the body rapidly tries to divert blood from the cycling muscles to the running muscles your legs will turn to jelly. The good news is with practice the body gets better at doing this and the legs are less affected. After each ride in the weekend go for a 10min run straight after finishing the bike.

As the programme progresses the distance and duration increase, building you up to be able to comfortably complete the event.

Run Sessions

As with the cycle sessions, run continuously for the duration or distance stipulated in the programme. Keep the intensity at the Borg 2-3 and be able to chat casually with your training partners.

As the programme progresses the distance and duration also increase.

Flexibility Training

To maintain your flexibility and to help minimise the risk of injury it is important to have a day where you don't do any physical training. Included into the programme on this rest day is some stretching work. Download the stretching programme as well or complete a yoga or Pilates DVD or class.

Work your way through each stretch holding the stretch for a full 30sec or more, repeat on the other side, completing all the stretches in the programme twice.

Scorching Triathlons Teams Challenge Training Programme

Training Programme

Week	Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Jan 12	Swim 1	Bike 20min	Run 2km or 20min	Swim 1	Flexibility Training	Run 15min	Bike 10km or 30min
2	9 Jan 12	Swim 2	Bike 25min	Run 3km or 30min	Swim 2	Flexibility Training	Run 20min	Bike 15km or 45min
3	16 Jan 12	Swim 3	Bike 30min	Run 4km or 40min	Swim 3	Flexibility Training	Run 25min	Bike 20km or 60min
4	23 Jan 12	Swim 4	Bike 40min	Run 5km or 45min	Swim 4	Flexibility Training	Run 30min	Bike 25km or 75min
5	30 Jan 12	Swim 5	Bike 45min	Run 6km or 50min	Swim 5	Flexibility Training	Run 30min	Bike 30km or 90min
6	6 Feb 12	Swim 6	Bike 45min	Run 4km or 40min	Swim 4	Flexibility Training	Bike 20min	Scorching Team Challenge

FAQ

What if I miss a session?

If you miss a training session due to any reason, work, family, study or something else don't worry too much about it. Progress on with the programme, if you try and catch it up you will end up over tired

I'm nervous about swimming in the sea?

On race day there will be plenty of people in a similar situation to you. There will be plenty of support for you with both lifeguards on boards and in an inflatable rescue boat.

Some common concerns are:

The water is dark and I can't see the bottom

You don't need to worry about the bottom as you will be staying on the surface of the water. Focus on staying afloat and if you need to lie on your back and do some back stroke (or just lying there catching your breath) do so.

I'm scared I might hit someone or get hit by someone

This is always a possibility when swimming in close proximity that there may be some unintentional contact. The best way to avoid this is to position yourself on the outside and slightly behind the other swimmers on the start-line. Take your time getting into the water and gradually build up your pace, avoiding other swimmers.

What about sharks and other marine life (especially the small ones we can't see)?

Sharks prefer warmer water than Wellington harbour and are not often seen in Wellington harbour. Sharks generally don't attack humans unless provoked. You have a higher chance statistically of being in a plane crash than getting attacked by a shark.

Each summer a species of jelly fish arrive in Wellington Harbour and a number of them wash up on the beach. These particular jelly fish are harmless. If you accidentally touch one whilst swimming, the best option is to just keep on swimming. It is a slightly slimy/gooey experience, but if you stop swimming the jelly fish will be floating right in front of you; whereas if you continue on swimming after a couple of strokes it is a number of metres behind you. However recently (Nov/Dec 2011) some clear with purple polka dot jelly fish have been seen in the harbour and these have caused some quite bad stings. DO NOT touch them with your bare skin.

Greater Wellington Regional Council does water quality testing on a regular basis in all popular swimming beaches and rivers around the Greater Wellington region, including Scorching Bay. You can visit their website www.gw.govt.nz and get the latest water quality results. Scorching Bay typically has a lower bacteria count than a typical public swimming pool.

What if I get injured?

Get medical advice from a doctor and/or physio; take the time to get the injury sorted before trying to carry on with your training.

Do I need to use sports drinks?

Short answer, no. However sports drinks such as Balance Endurance Elite Fuel supply do assist to replace energy, electrolytes and fluid that has either been used up or sweated out. If you are going to use a sports drink during the race, make sure you have used it in training previously. You don't want to find out in the middle of the race that the product causes stomach and/or bowel problems for you. You do not need to take a drink with you on every training session, but the long sessions it will be beneficial.

What sort of bike do I need?

Participants in the Scorching Triathlon series participate utilising a range of different bikes, from the good old clunky Healing 10 speed, to a mountain bike, BMX or for some a flash road bike. It doesn't matter what bike you utilise as long as it is road worthy, and you get out there and have fun. If you are unsure about the level of road worthiness, take it into a quality bike shop like Burkes Cycles at 16-30 Coutts St, Kilbirnie and get them to do a full safety service on it for you.

What if I need specific coaching?

Qwik Kiwi offers a range of coaching services to assist all levels of athlete from first time participant through to World Champions. We have coached World Champions but 99% of our clients are recreational athletes just like you. For further details check out www.qwikkiwi.com or e-mail info@qwikkiwi.com

Summary

Triathlons are fun and enjoyable to participate in and completing your first one is very rewarding especially in a team environment. Make the most of your time with your team mates during training as you will hardly see them during the race. The Scorching Triathlon events are relaxed and fun affairs that put on by a professional team making your whole weekend an exciting time.

Work hard with your training but don't forget to have fun and enjoy it. The reward comes at the end with the successful achievement of your goal. Good luck and I will see you on the start line.