

What's a Triathlon? A Triathlon is a physical, mental, and spiritual challenge within you. A Triathlon is a sports event that involves swimming, biking, and running sequentially without stopping, allowing you to build your physical endurance and fitness, trains your mind to be mentally tough to reach success and to accomplish the will your heart desires. A Triathlon is not a race against no one else but yourself and the clock. There are many different types of Triathlons, some are shorter and some are longer but they all are challenging and very rewarding. If you would like to find out more information on Triathlons, search Triathlon on the web and you will have all the information you'll need at your finger tips.

When I first began I wasn't quite sure what I was getting involved in, so I started off slow. I suggest the same for you. For the first week of training I suggest you start stretching, doing some moderate walking and/or biking, start a good diet and drink water to help you stay hydrated. Listen to your body and gage where you are. Do not over do it at the start, remember this is your Triathlon and your training, so have fun with it. Below I will list a few exercises I do to get ready. I would do these at least 4 to 5 days a week.

What equipment will you need for a Triathlon? For the swimming event, swim trunks and goggles are all that's required. For the biking, a quality bike is required. I recommend a road bike, mountain bike, and/or hybrid, a comfortable bike with multiple gears will be helpful especially as the terrain changes. For the running, a quality pair of running shoes is required. Be sure they fit properly to prevent blisters and that they are comfortable. Now get your mind ready and prepare your body for this awesome challenge.

Stretches - stretch your legs, thighs, calves, and arms. Be sure to stretch for 5 - 7 minutes before and after. Here is a link I found that may be helpful,
http://www.womensheart.org/content/Exercise/stretching_exercise.asp.

Jumping Jacks - 20 (before and after)

Push Ups - 10 to 20 (3 sets)

Walk 1/2 to 3/4 mile 4 to 5 times the first week, walk at a brisk pace get your body in shape for next weeks jog.

Bike 1 to 2 miles - moderately, this could be a stationary bike if you like