



## Training Program 2010

Welcome to the information session for the National Capital YMCA's Triathlon Training Program's (YTri's) 10<sup>th</sup> consecutive year. This information packet contains the following:

- General Information about the training program
- Registration Form for the training program (Newby or YTri Club)
- YTri Questionnaire (Newbies only)
- Swim Time Trial - date selection form (Newby and Masters Swim)

**LEAVE THE REGISTRATION FORM, QUESTIONNAIRE, SWIM TIME TRIAL SHEET AND YOUR PAYMENT WITH THE PROGRAM OFFICE (1<sup>st</sup> Floor of YMCA) WHEN YOU REGISTER.**

The YMCA Triathlon Training program (YTri) is great for anyone who wants to improve performance, train with a group, or compete in their first competitive triathlon. All participants in the YTri program must be members of the YMCA National Capital.

There are three ways to participate in the YTri program:

- 1) **"Newby Training"** – for those who want to train for their first triathlon in a fully-coached triathlon training program. Newbies will be assigned to a swim coach and have first priority for coached spinning and running sessions. The Newbie program will include a number of additional training activities, including:

- a mock triathlon,
- weekend group bike rides,
- open water swim practice
- a bike repair session,
- and tips on training, injury prevention, nutrition, hydration, tapering, transition, and racing.

The training is designed to prepare athletes for an Olympic distance triathlon, but participants will have a choice of doing a Sprint or an Olympic triathlon to start. The group triathlon this year will be the DC Triathlon, which will be a Sprint and an Olympic distance race on Sunday, June 20<sup>th</sup>. Participants may also use the training to prepare for a race of their own choosing. There is a one-time \$200 fee for the Newbie program (plus a \$15 activity fee). This program is limited to 50 participants.

- 2) **"YTri Club"** – for those who have competed in a triathlon in the past and are interested in refining their performance (or simply training with a group). "Veterans" (aka YTri club participants) will be able to participate in many of the same training activities as the Newby participants, but will develop their own program. There is an annual \$50 fee to join the YTri Club in 2010 (plus a \$15 activity fee). There is no limit on the number of participants in the YTri Club.
- 3) **"Masters Swim"** - for YTri Club members who want coached swimming. There are a limited number of triathlon Masters Swim slots that will be allocated on a first-come, first-serve basis. There is a one-time \$100 fee to join the Masters Swim through June 2010.

Training sessions will include a mix of all three kinds of YTri participants. All participating triathletes will communicate through our listserv, join in weekend events, and socialize at our monthly happy hours.

## Training Details

**The YTri program will begin February 15, 2010 and end June 18, 2010** (the Friday before the DC Triathlon). The YTri training will take participants through 18 weeks of carefully designed training that will gradually build to a peak a month before the race.

Training details are similar for Newbies and YTriClub members. Newbies will have a scheduled program with full coaching and a range of additional training and preparation activities. YTriClub members will mix with Newbies in many of the same training activities, but will be responsible for planning and executing their own program.

The YTri program will include up to five organized workouts each week, covering each of the three triathlon disciplines of swimming, biking, and running. **Regular training sessions will be in the morning, between 6 and 8 a.m.** Training schedules for each participant will be determined after all participants have registered and completed the swim time trial.

The first 6 weeks of the training will focus on “base building,” developing endurance and technique in each sport. The program will then enter the “build” phase as intensity and endurance are gradually increased. During this period, we will begin “brick” workouts (combining back-to-back biking and running sessions) to work on transitioning from one sport to the other. Five weeks before the DC Tri, we will enter the “peak” training period and hold that until we “taper” for the last week before the race.

Swim workouts. Please carefully consider your swimming ability before committing to this program. This is not a ‘learn to swim’ program -- all participants must be able to swim at least 300 meters (6 laps) in 8 minutes without stopping. We recommend that you get in the pool in December and January and practice before the time trials. On the basis of the time trial times, participants will be assigned to one 45-minute, coached swim session each week starting at either 6:15 am or 7:10 am. Sessions will consist of technique and distance training, with some speed work mixed in. Swim workouts will be held at the YMCA National Capital pool. For anyone unable to swim 300 meters in 8 minutes or less, we can help arrange private lessons. Once you can meet the minimum time requirement, we will assign you to a coached swim group.

Biking workouts will be held in the group cycling studio at the YMCA National Capital (on the 4<sup>th</sup> floor). Cycling sessions will start at 6:10 am or 7:00 a.m., and last 45 minutes. These workouts will be designed to develop endurance, build cadence, and develop biking skills needed on the road. Organized weekend group rides will enable participants to get comfortable riding their bikes outdoors, develop hill strength and bike speed, and fine-tune their use of gearing. Outdoor rides will start once the weather begins to warm up, in March.

Running workouts will start at the YMCA National Capital and proceed outdoors over a variety of flat and hilly routes on the Mall, through Georgetown, in Rock Creek Park, up Mass. Ave. and elsewhere -- starting from and finishing at the YMCA. Participants will be assigned to a running group based on a running time trial administered at the beginning of the program. Coaches will include sprints, lunges, ply metrics, and other drills in these runs to work on muscle endurance and speed. Participants will run on one of two days. Running sessions will leave from the YMCA National Capital first floor lounge at 6:30 a.m. Optional evening track workouts will be organized to enable participants to build race speed, once the weather warms. Time trials will be readministered during the program to chart progress.

## Coaches

Our mission is to foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

The program is coached by experienced triathletes who have coaching experience in swimming, group cycling/outdoor biking, or running. All coaches will be available for questions during the course of the program. Participants are encouraged to address sport-specific questions to the coaches for that sport.

The Head Coach and administrator for the 2010 program is Larry Atkins, a founding member of the YTri training program and veteran triathlete. Direct all program questions to him at [larry@ytriyot.com](mailto:larry@ytriyot.com). Other YTri veterans will be responsible for various activities and will also be available to answer triathlon training or program questions that you may have.

YTri is a volunteer program that benefits the YMCA's children's summer camp and other programs. Organizers and coaches volunteer their time and will be training and participating in races with you as well as coaching.

## Swim Time Trial

All Newbies and enrollees in the triathlon Masters Swim program are required to participate in a swimming time trial. **Time trials will be run between 6:30 am and 8:00 am from Wednesday, January 20th to Friday, January 29th.** Please fill out the attached form with your time preferences and we will assign you to a specific time for your time trial. The results will only be shared with the participant and the coaches. This timed session can be used as a baseline for participants to measure their progress during the training.

## Orientation

Orientation for all registered participants will be held on **Tuesday, February 2nd 6:30 pm** in the Wellness Studio on the 7<sup>th</sup> floor of the YMCA National Capital to explain the program, answer questions, put names and faces together, and get people psyched about training together. Please try to make the orientation – it is a good way to get introduced to everyone and to get prepared for the start of the program.

## Communication

The primary means of communication will be via e-mail. Therefore, it is important that you include an e-mail address on the registration form. We recommend you use a yahoo, gmail, or other open access account rather than a work account, since the latter often block listserv messages. The program has a Yahoo! Group Website which will be our main means for communicating with participants. It will also serve as a means for participants to ask questions or convey information to coaches and other participants. Schedules, workouts, training tips, and other information are posted on this site. Once you've registered for the YTri program, you will receive an e-mail invitation that will enable you to join the YTri10 Yahoo Group.

## Sign-Up!

Use the registration form attached to sign up for the YTri program. **Registration opens for Newbies Thursday, January 7 at 8:00 am**, and will close as soon as the program has 50 new participants. **Registration for YTri Club and Triathlon Masters Swim opens Friday, January 8 at 8:00 am.** Club memberships are not limited, but registration for masters swim will close once the number of lanes available have been filled.

## Program Fee

There is a \$15 program fee for 2010 to cover the costs of many of our group activities. This will enable us to have additional group training and social activity and a more prominent team presence at races – with a YTri tent, refreshments, and race support. We ask that you pay this fee as part of your total payment when you register.

## **Uniforms**

YTri has its own distinctive racing uniforms produced by Sugoi – a leading triathlon gear manufacturer. Uniforms are optional – but most YTri participants buy them. We will distribute orders for uniforms at Orientation and collect them shortly after, so that you will have uniforms for the early races.

## **Race Sign-Up for 2010**

**The training program will prepare you to race in the DC Triathlon. We will be racing as individuals and as a team. The DC Triathlon offers a choice of Sprint distance or Olympic distance on Sunday, June 20th.** The Sprint distance is a 0.8K swim, 24K bike, and 5K run. The Olympic distance is a 1.5K swim, 40K bike and 10K run. The cost of races is not included in the cost of the YTri program.

**Registration for this race is expected to begin in January.** We expect to have enough slots reserved to ensure that every member who wants can participate through the YTri program. We will notify all YTri members when DC Tri registration opens and expect members will be able to register without difficulty after the first of the year.

You do not have to sign up for either of these races to participate in the YTri program. We encourage it, as the program will focus on training for a group race and the race is great fun to do as a group. However, some people may be training for another race or may not want to compete, but still want to complete the training for their own individual goals.



## Important Dates

### Registration:

- for Newbies opens THURSDAY, JANUARY 7 at 8:00 am and closes when we reach 50.
- for YTri Club opens FRIDAY, JANUARY 8 at 8:00 am and will remain open.
- for Tri Masters Swim (for YTRI Club members), opens FRIDAY, JANUARY 8 at 8:00 am and closes when lanes are full. There will be a waiting list if space becomes available.

### Start and End Dates:

- Start: MONDAY, FEBRUARY 15 (If the Y is closed for the holiday, we will start on Tuesday the 16<sup>th</sup>)
- End: FRIDAY, JUNE 18 (18 weeks)

### Orientation:

TUESDAY, FEBRUARY 2 at 6:30 pm – YMCA National Capital 7<sup>th</sup> Floor

### Swim Time Trial:

Assigned time between MONDAY, JANUARY 20 and FRIDAY, JANUARY 29.

### Triathlon:

DC Triathlon: Sprint or Olympic SUNDAY, JUNE 20<sup>th</sup>.

