



## MEDIA RELEASE

### TAKING PART IN TRIATHLON PINK? TRY THESE TRAINING TIPS FOR PINKIES TRIATHLON PINK PERTH 8 NOVEMBER 2009

If you're planning to take part in the Triathlon Pink Perth event on Sunday 8 November and are new to triathlons, Fitness First has some tips to help you prepare for the event and achieve your best on race day.

Triathlon Pink is a women-only event focused on having a go with friends and family, getting active and raising funds for the National Breast Cancer Foundation. You can compete as an individual or get together with a group of friends and compete as team where each person completes one of the three disciplines, much like a relay. You can even choose a course length to suit the fitness level of you and your team.

Fitness First Fitness Advisor Michael Cunico said the most important part of training for your first triathlon was to train within your fitness level and to set realistic goals that allow you to enjoy the experience and have fun.

Fitness First's top training tips for beginners and novice entrants are:

- Start training as soon as you decide to take part – the more you can prepare, the easier you'll find the event and the more you'll enjoy the day.
- Make sure you have the appropriate training gear and equipment for your training and for the event – it doesn't have to be expensive but it does have to work properly and be safe. Shoes with the right cushioning, goggles that fit and a bike that's safe and in full working order. Get the right gear from the start and train with it so you're comfortable with it on race day.
- If you're in a team, focus the majority of your training time on the discipline you are competing in, but also add in other activities to keep yourself motivated and to ensure you're exercising all your body. Cross-training with your other team mates in their disciplines is a great way to bond as a team and motivate each other.
- Triathlons are all about cardio and endurance, but doing some basic weights training in your preparation will improve your strength which is great for swimming (think strong strokes) and cycling (pump those pedals more effectively!).
- Remember to warm up and cool down and stretch your muscles – both in training and on race day. It will help you get the most from your body on the day and also assists with a faster recovery.
- Build up your training over time – don't go full tilt at the beginning. You'll only burn yourself out or perhaps injure yourself. The same can be said during the event – don't let nerves and the atmosphere of the day affect your pace or you'll tire faster.
  - Swimmers : Join a swim squad or take a lesson to finetune your technique and learn the skills of breathing and efficient kicking. Practice different strokes so you use different muscles and can vary your stroke during the race to reduce muscle group burnout and allow you to see the course and keep moving.
- Runners: If you're just starting to run, begin with a few minutes of walking mixed with a few minutes of running and build up the interval times over a period of weeks so you eventually run the whole way. Don't try to run too fast - find a comfortable pace and stick with it. Run the course at least once before event day so you're familiar with the ups and downs involved.

- Cyclists: You need to spend time riding on the course as much as possible so you're used to the changing landscape and how to use your gears, but if you're not confident on the roads, spend some time on a bike in the gym to get your heart rate going and strengthen your leg muscles.
- And if you're doing the entire triathlon yourself, allow time to train in all three disciplines, especially the one you are weakest at or least experienced in. Also incorporate transition training into your program, particularly moving between swimming and running as this can be a difficult adjustment for your legs from kicking to running.
- Remember that everyone had to start a training program once in their lives and even the most experienced triathletes once waited nervously to start their first event. You are not alone in doing this for the first time. You won't be the only one to make a mistake and you won't be the only person wondering what to do next. Embrace the experience, have a laugh and reward yourself at the end to celebrate your achievement.

Triathlon Pink Sydney starts 7:00am Sunday 8 November 2009 at Challenge Stadium, McGilvray Road, Mount Claremont.

To enter Triathlon Pink or for more event information visit [www.triathlonpink.com.au](http://www.triathlonpink.com.au)

Fitness First - the official health and fitness provider for the Ramsay Health Triathlon Pink Series - will have a team of qualified Fitness Trainers on hand to help Pinkies recover after the race. Whether you compete in the long, medium, short or kids' course, the Fitness First team will be there to take you through a series of stretches to help reduce muscle soreness and fatigue so you can recover comfortably after your race.

Triathlon Pink entrants can also take advantage of a free Fitness First two week trial pass to help prepare for the event.

**Ends.**

**Further media information or interviews re Fitness First Training Tips contact:**

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### **About Fitness First**

Fitness First is the largest privately owned health club group in the world with over 540 Fitness First clubs worldwide reaching over 1.4 million members in 19 countries. In Australia there are 91 Fitness First clubs with over 350,000 members. Every month there are more than 2 million visits to a Fitness First club in Australia, with over 200,000 personal training sessions and more than 20,000 Group Exercise classes. Our mission is simple. We want to make the World a **fitter** place.

[www.fitnessfirst.com.au](http://www.fitnessfirst.com.au)