

An indoor triathlon takes place in a facility with a pool, running area, and space for stationary biking in close proximity. An athlete is required to have similar levels of physical and mental preparation for each segment of the race, but is not concerned about the weather, or the equipment and overhead of a regular outdoor triathlon event.

Register here: <https://ccnbikes.com/#!/events/indoor-triathlon-winter-challenge-2023>

(You can also register for the whole Starter Series, including the Spring Challenge and Mad Moto.)

The Race

An indoor triathlon consists of a 15 minute pool swim, a 15 minute spin on a stationary bike, and a 15 minute run on an indoor track. (*Junior Boys and Junior Girls – 10 minutes in each discipline. Elementary – 8 minutes.*)

The swim and bike segments are separated by a 12 minute “transition” during which the athlete will dry off and switch from swimming kit to running/biking kit (unless wearing a tri suit), and move to the bike location.

The bike and run segments are separated by a 3 minute transition during which the athlete gets ready for the run, and moves to the run start area.

The athlete earns points for the number of laps completed in the pool, the distance biked, and the number of laps completed on the track during each of the 15 minute segments. There is partial credit for completing half laps in the swim and run. Points earned in each segment are weighted according to the discipline (swim, bike, and run). The winner is the athlete who earns the highest number of points.

In order to fit with the availability of swim lanes and spin bikes, athletes compete in groups, called waves. Athletes in the same age and gender categories are compared across waves to determine the winner in each category; placing in a wave is not important. Athletes in the same age and gender category will be grouped together as much as is practical for efficient use of the facilities.

What To Expect

Before the event you will be advised in which wave you will compete, and the start time for that wave. Arrive at the facility with all your equipment at least 30 minutes before the start of your wave. You must begin check-in **no more than** 30 minutes before your wave start.

Check-In

At check-in you will receive your bib and/or body markings for the event. You will also have time to determine the bike settings you will need for proper seat height, etc. You will be issued your race “passport” which will be used during each race segment to count your laps and distance.

If you have brought an extra kit bag with non-race gear, and want to leave it with parents/friends, then do so before you check-in. Otherwise, you will bring it with you to the swim change rooms and lock it in a locker there (bring your own lock).

A wave leader will gather you together with the other participants in the wave, collect your passport, and you will move to the swim change rooms at the MUN pool. Whenever you are moving between segments you will move as a group with the rest of your wave, and the wave leader. Please be considerate of your fellow wave racers and do not delay the group movements.

The Swim

At the swim change rooms you will change into your swimming kit. You will bring all your race gear in your race kit bag out to the swim deck (do not bring your extra kit bag!). There will be two swimmers in each lane, one assigned to the right-hand side, and one to the left-hand side. There are five minutes between each swim wave segment, so once you are in the water, you should have a couple of minutes to do some warm up laps. Your swim must start on time so that the schedule of the other waves and segments is not compromised.

After the start signal, you will swim continuously on your side of the lane, using any stroke you want, for fifteen minutes. You can rest at either end of the pool whenever you want, but the time will not stop while you are resting. Once the signal to stop has sounded you should finish swimming when you reach either end of the pool, and immediately exit the pool. You have twelve minutes to get to the bike segment.

Transition 1

Pick up your race kit bag with your race gear as you leave the pool deck. Move quickly into the change room, dry off, and put on your kit for the bike segment (if you are not wearing a tri suit). You have only a couple of minutes to dry/change before you must assemble outside the change rooms with the wave leader to be escorted to the bike location with all your gear.

Once at the bike location, complete any kit preparations. As soon as you can access your assigned bike, our volunteers should have the settings already in place for you. You may have a few minutes to spin for warm up.

The Spin

Prior to the bike start, all bikes must stop so that the distance counters can be set to zero. Once that is done, you must not spin until the start signal. Once started, spin as much as you can for the fifteen minutes. Stop spinning and apply your brake as soon as the stop signal is sounded. Dismount your bike immediately, collect all your gear, and regroup with your wave leader.

Transition 2

The wave leader will move you to the run start position. Make any kit changes necessary.

The Run

Assemble on the track for the start signal. Do as many laps as you can for the fifteen minutes of the segment. Once the stop signal has been given, immediately go to the original start line, exit the track, and retrieve your gear. Your race is over! Return to the MUN change rooms, if needed, to change out of your racing kit before departing the facility.

Equipment

The following items are required for your participation:

- Racing Kit:
 - Triathlon suit, or
 - Swim suit, running shorts, running shirt
- Running shoes
- Towel
- Small kit bag (small backpack or string bag or similar)

Optional items which you may find useful to bring:

- Swim goggles
- Swim cap
- Flip-flops for pool deck
- SPD-compatible cycling shoes
- Wristwatch
- Socks
- Second Towel
- Water bottle

All of the above items must be **on you, or must fit in the small kit bag** which you will bring around the facility during your race. Once the race has started you may not access other equipment or supplies, or receive assistance from anyone, except as may be provided by the race organizer (such as at water stations).

You may also want to wear or bring things such as a warm up suit, change of clothes, and personal items for changing after the competition. These should be in a separate kit bag from your competition kit bag. You may leave this kit bag and its contents with parents or friends before you check-in. Or, bring it with you and lock it in one of the lockers at the MUN pool change rooms (bring your own lock) after check-in when your wave is brought to the change room.

Parents, Friends, Spectators, Coaches

Athletes are not permitted to receive any assistance during the actual competition. As well, there is no space or availability to allow for anyone but competitors and organizers to access the areas of the facility where the competition is taking place. Parents, friends, spectators, and coaches are therefore not permitted to stay with athletes once check-in has begun. They must move to the upper level of the Field House from which they can view all three segments of the competition.

Training Tips

Triathlon is an **endurance race** spread across (usually) three sports. Our indoor triathlon consists of a pool swim, cycling on a spin bike, and running on an indoor track. Each segment is 8 minutes long (elementary) 10 minutes long (junior high) or 15 minutes long (senior high/open).

Athletes need to develop basic **cardiovascular fitness** – the ability to exercise for a period of time without becoming overly tired because your heart, lungs, and blood vessels are healthy. This can be accomplished by walking, jogging, running, swimming, cycling, dancing or any combination of these and similar activities conducted on a regular basis.

The frequency and duration of such activities depends on the level of fitness already achieved. Workouts might be as short as 15 – 30 minutes of light activity daily starting out, and build to an hour or more of intense exercise after many weeks. A combination of different activities is ideal for overall fitness as different activities will condition different parts of the body.

In an endurance event athletes need to maintain a high level of activity for a significant length of time. Our race will last between 24 minutes and 45 minutes depending on your category. The breaks are not sufficiently long to allow you to fully recover between segments. **Pacing** is of vital importance to a successful performance and feeling good at the end of your race.

Athletes who rush off at full speed at the start of a segment (racing anaerobically – faster than your breathing can maintain) will quickly run out of breath and slow, and may have difficulty completing the full segment.

To ensure this doesn't happen to you, work on understanding your pace in each segment. As part of working on your cardiovascular fitness do pool swims, spin bike sessions, and runs that are at least as long as the segments in your race, and gain an understanding of just how long you need to maintain your race speed – learn what pace you can maintain. This will also allow you to become comfortable with the equipment and arrangements for each sport.

Once you have developed good cardiovascular fitness and become comfortable with the distances to be raced in each sport, you can consider more advanced training. Such training would work on improving technique and efficiency, and improving your body's ability to race at higher speeds. This level of training usually requires coaching assistance.

Lane swims in local pools can be used for swim training. Similarly, many community and commercial gym facilities provide access to spin bikes and spin classes. Indoor running can be accomplished in school gyms, and as spring progresses, can be moved outdoors.

Good luck in your preparations!

When & Where

(Times to be confirmed when Wave Schedule issued on Friday, February 3rd)

Saturday, February 4, 2023

Check-in Opens: 9:15 AM

First Wave Starts: 10:00 AM

Last Wave Finishes: 1:00 PM

MUN Pool & Field House, Westerland Road

Check-In located at Box Office Entrance (Seahawk's Games Entrance - southwest corner by parking lot)

Parking at the Field House or Aquarena

Version Dated: December 13, 2022