



INTRODUCTION TO TRIATHLON



Agenda

- Background on TriClub Doha
- Introduction to Triathlon
- Getting started as a beginner
- TriClub Training Plan
- TriClub Races
- Building up to longer/international races

WHO ARE WE?

- TriClub Doha is a triathlon members club in Qatar, encouraging individuals of all ages and abilities to have fun participating and enjoying all what the sport of triathlon has to offer.
- We offer training and social events throughout the majority of the year.
- We operate a variety of races for members at Education City in cooperation with Qatar Foundation,
- We seeks to be a great way to improve fitness, build your confidence, learn new skills and meet new people just by training together or trying the races locally, regionally or internationally
- Registered under Qatar Financial Center (QFC) as TriDoha LLC(G), a not-for profit company limited by guarantee of its members.



OUR MISSION



- TriClub Doha mission is to provide a network of information, support services, training and racing, for all ages and abilities. Social activities in a friendly and supportive environment as well. Be the starting point for anybody's journey in Triathlon.

OUR VALUES

- **Inclusive:** To introduce new people to triathlon without intimidation
- **Guidance:** To help progress and train all members
- **Supportive:** To support one another in our goals
- **Encouragement:** To give back and encourage the local community to participate in the sport of triathlon
- **Positive Environment:** To create a positive training and race atmosphere



WHAT HAVE WE ACHIEVED

- **Growth:** TriClub Doha was formed in 2013 by a group of active triathlon enthusiasts, since then the club has grown, and is now the largest triathlon club in Qatar, with 400+ members.
- **Partnerships:** We have established partnerships for training, events and sponsorship. Our partners include Education City, Rayyan, Sharq Village, Qatar Triathlon Federation, Mazars
- **Training/Racing:** Members enjoy free coached weekly training sessions. They can also partake in FREE members races throughout the season. In addition to that, we put Paid Races of Triathlons, Aquathlons, and running events for all members of the Multi Sport Community in Qatar. These races take place in Education City.



What is a Triathlon ?

Triathlon is a multi-sport event comprising of 4 disciplines

- Swim
- Bike
- Run
- Transition – 4th discipline – being fast at moving between disciplines

Alternative Multisport Events

- Aquathlon : Swim & Run or Run/Swim/Run
- Duathlon : Run/Bike/Run
- AquaBike : Swim / Bike
- And we also enter swimming, cycling and running races too...

Distances of Triathlon

The distances of triathlons have evolved to some standard distances :

Name	Swim	Bike	Run
Sprint*	750m (.47 miles)	20k (12 miles)	5k (3.1 miles)
Olympic	1.5k (.93 miles)	40k (25 miles)	10k (6.2 miles)
Half Ironman (70.3)	1.9k (1.2 miles)	90k (56 miles)	21.1k (13.1 miles)
Ironman (140.6)	3.8k (2.4 miles)	180.2k (112 miles)	42.2k (26.2 miles)

*Sprint races can vary in swim distances

Below sprint distances there are beginners races in Doha; Try-A-Tri & Super Sprint (half of Sprint)

Start at short distance & progressively build up fitness, technique & confidence, rather than go too long too fast

Being Competitive at Olympic levels onwards usually requires assistance from a coach to reach your potential

What you need to get started

To begin you need at least:

- Goggles
- Any Bike & Helmet
- Running Shoes
- Kit: Swim Shorts & T Shirt

These are the basics and will get you through your first triathlon

When starting buy as little as you can and avoid buying brand new, be patient and pick up deals on the used equipment whatsapp group

... but to get faster and longer, you will likely want more kit (but let's leave that discussion for another day)

“More gear? No, I
have plenty.” Said
no triathlete ever



Tri-Suit

- It's possible to complete the triathlon in your swimsuit & putting on a t-shirt; add cycling shorts for longer bike races
- Invest in a one (or two) piece trisuit for longer races....sleeved & sleeveless options
- TriSuits typically have padding for the cycle



Getting Started with Training

- Build up steadily; not too hard, or too much volume, or too fast
- Consider how much time available for training
- Choose a race and work backwards...start with Super Sprint/Sprint
- Identify your strengths and areas to improve
- Take advantage of TriClub Doha's training and race schedule
- Find a Triathlon Buddy as a Mentor (TriClub Doha program)
- Be prepared for some early mornings due to the Qatar heat
- Set a weekly plan / routine and stick to it
- Consider a coach ... when you are ready ... local and online options

Training with TriClub Doha

Friday Ride at the Olympic Track

Friday 5am-> 6am -> 6.30am

Fast and Newbie options

Saturday Swim and Run

Sharq hotel

Saturday 6am - > 7am in winter

All Levels catered for

Tuesday Swim Squad

Education City Pool

Tuesdays Evenings

Aimed at competent swimmers

Monday Duathlons & TT, Lusal

Train, Transition, Race Practice

1k run / 10k bike / 1k run

2k run / 20k bike / 2k run

Club Races at Weekends

Aquathlons

Long Duathlons

Oceanman

Beginner Specific Sessions

Intro to Open Water Swimming

Transition Techniques

Triathlon Simulation

Running with DBRC

Midweek runs and intervals

Tuesday & Wednesday

Cycling with QatarChainReaction

Long Friday rides in a large

group

Road bike needed

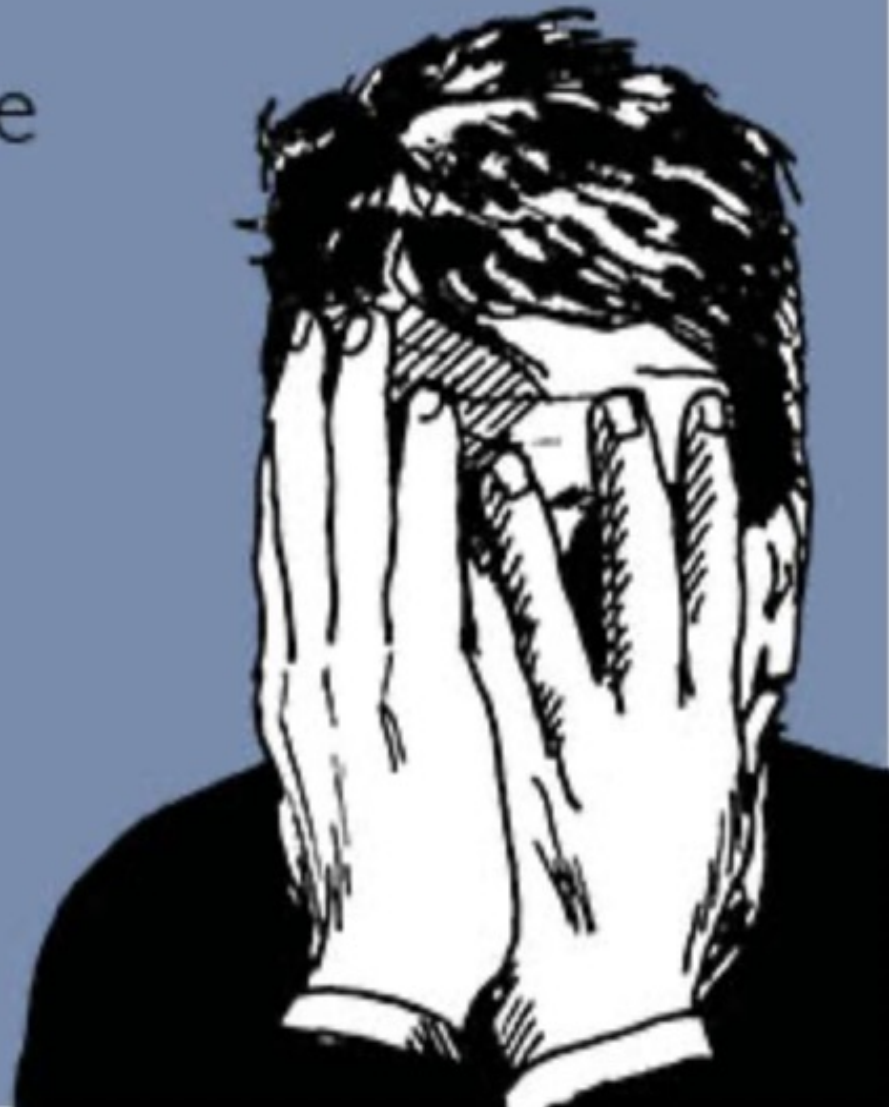
Learn to Swim

Hamilton Aquatics

Evolution Swimming

H2O at Education City

You must have
mistaken my silence
as interest in your
Triathlon training.



Beginner Specific Sessions – Autumn 2022

- | | |
|--|--|
| • Beginners Intro to Open Water Swimming | Saturday 10 th September at 6am |
| • Beginners Duathlon Basics | Friday 16 th September at 4pm |
| • Transition Basics Workshop | Saturday 24 th September 6am |
| • Seminar: Building to an International Race | Sunday 25 th September 7pm |
| • Triathlon Simulation | Saturday 8 th October 6am |
| • Beginners (& Junior) Duathlon | Friday 14 th October 4pm |
| • Seminar: Improving your bike leg | Sunday TBD |
| • Seminar: Improving your run leg | Sunday TBD |
| • Beginners (& Junior) Duathlon | Friday November TBD 4pm |

TRICLUB BUDDIES

MENTORING PROGRAM



NEW MEMBERS – REQUEST A TRIATHLON BUDDY

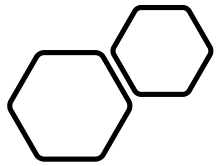
EXPERIENCED MEMBERS – BECOME A MENTOR

- Matching New triathletes with more experienced members at their buddy

Club Organised Race EVENTS

- **Education City Series**
 - Education City Triathlon Series
 - Education City Aquathlon Series
 - Education City Running Series
- **Swim for a Cause at Sharq Village**
- **Monday Club Duathlon & Time Trials**
- **Club Weekend Races**

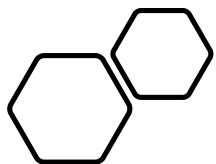




Education City Triathlon Series

- 250-300 participants
- Pool swim Triathlon
- Bike and Run-on Closed Roads in Education City
- Adults and Kids Distances
- Team Relay Distances

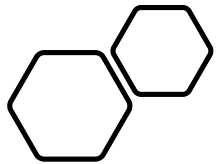




Education City Aquathlon Series

- 200-240 participants
- Pool Swim Aquathlon
- Run in Education City
- Adults and Kids Distances
- Team Relay Distances
- Usually Friday Afternoon

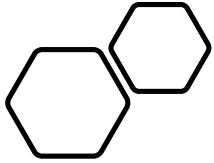




Education City Running Series

- 150-200 participants
- Adults and Kids Distances
- At Education City Closed Roads
- Usually on Saturday mornings





Swim for a Cause

- In Partnership with Sharq Resort
- 75-150 participants
- Combination of Open water Swim races and Aquathlons
- Profits go to charity
- Usually on Saturday mornings





Club Events and Trainings

- Friday Bike Rides
- Saturday Open Water Swims
- Club Duathlons
- Club Time Trials
- Club Aquathlons
- Club Off-Road Camping/Ocean-man
- Monthly Workshops and Talks

Junior Training

Current Regular Weekly Training

Weekly Training – Saturday Morning Swim and Run

Potential Training in future

Swim/Run and possible Bike/Run : 1 hour 2x per week : pending finding an afternoon swim lane

Adhoc Training & Events planned for Junior Members

Saturday 10th September : Introduction to Open Water Swimming

Friday 16th September : Duathlon Training at Olympic Track

Saturday 24th September : Transition Basics Workshop

Friday 14th October : Junior Club Duathlon

The Club Championship

- The Club Championship is TriClub Doha's "frequent flyer" program open to all members
- Results from all Race Series can count towards the Club Championship Leaderboard
- Earn up to 6 badges for each different series you participate in:
 - Autumn Race Series (Monday & Friday duathlons)
 - Spring Race Series (Monday & Friday duathlons)
 - Education City Aquathlon Series
 - Education City Triathlon Series
 - Education City Running Series
 - Swim for a Cause Series
- Points awarded at each event for all participants based on their placing in their age group; ie: 50 points for 1st place, 49 for 2nd etc, 48 for 3rd per age group (Masterss, Open, Junior Age Groups.) Points awarded will start at 50 points for Standard/Sprint distance events. Super Sprint distance start at 40 points, Maxi duathlon/aquathons and Olympic Triathlons start at 60 points, Enticer distance 40 points, Beginners Triathlon 30 points.
- Earn more points for Bronze/Silver/Gold Badges
- Complete 10 Events for Club Championship & Award at the end of the year

Seven Race Series Badges to Collect



Complete 10 races to earn a personalized trophy at the end of the season



Our Current Club Champion Daniela Sposi



International Participation by our Members during 21-22

- 70.3 Greece
- 70.3 Turkey
- 70.3 Egypt
- 70.3 Muscat
- 70.3 Dubai
- 70.3 World Champs in Utah
- ITU Abu Dhabi
- & many other races



Club Sponsors and Partners for 2022-2023





Thank You!

Appendix – Race Gear

Swim Gear

- For Longer Races and Colder Temperatures a Wetsuit may be optional or required. Highly recommended in from mid-December to mid-February in Doha
- Wetsuits allow you to swim faster due to improved buoyancy (sprint distance & longer)
- Triathlon Wetsuits have design features to aid swimming eg. Thin arms and thick legs. The right wetsuit can be a big investment
- Goggles : May need to be tinted to reduce glare at sunrise. Need to be anti-fogging
- Swimcap : many races will give you these are before you know it you'll have a collection
- Swim Training Aids : Pull Buoy, Flippers and Hand Paddles may be recommend by your swim coach to improve technique



The Bike ... Critical to reaching your best times

- 'Road' bikes or 'Time Trial' bike are the typical bikes you'll see in a triathlon
- Road bikes are more versatile; can be used for group rides, cycle races & everyday use
- Time Trial bikes are faster, only useful for training, triathlons and time trials
- Some shorter races overseas are "draft" legal do not allow Time Trial bikes for safety reasons
- Good idea to consider starting with a road bike; "Tri-Bars" can be added for races
- Aluminum bike cheaper than carbon, but heavier. In a flat country weight less of an issue
- No need to spend a lot to get started, better to wait 1-2 seasons before buying your perfect bike

Road Bike



Time Trial Bike



Aero Bars are cost effective way to turn a road bike into a triathlon bike



Other Bike Kit to consider with experience

- Detailed Bike Fit : most efficient position on the bike
- Bike Computer : real time stats
- Aero Helmet : go faster
- Clip-in Cycling Shoes : improve pedalling efficiency
- Carbon wheels (deep set, disks) : improve aerodynamics and speed
- Turbo Trainer for training indoors
- Puncture Repair Kit
- Power Meter : particularly if working with a coach to improve your FTP*

Run Kit

- Hat
- Sunglasses
- Race Belt
- Triathlon / GPS Watch
- Nutrition / Gels
- Towel and Water for transition
- Running Shoes
 - Tons of options; good to invest in quality shoes and replace every 500km-750km
 - Elastic Races / Lace Free
 - Comfort without socks
 - Weight vs. stability



A good triathlon watch is a must have

“I dreamt I raced a triathlon - without my garmin! The horror, the horror...”

