

# WHAT IT TAKES

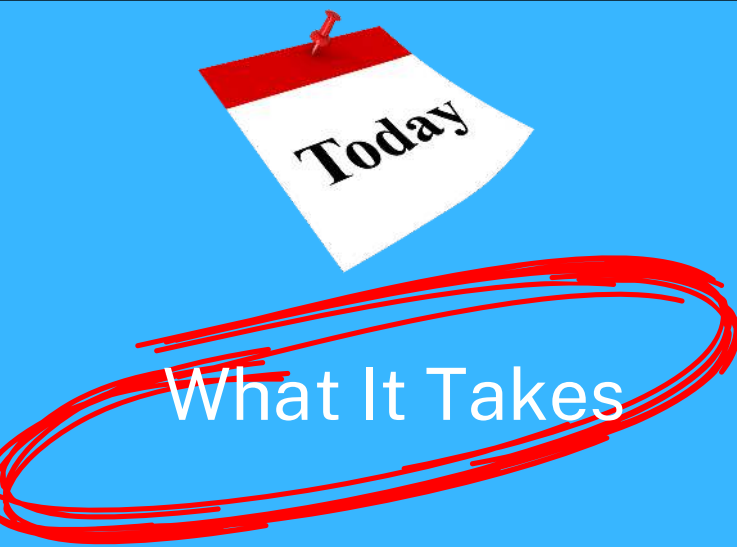
To Be Successful In Your Triathlon Journey



**Patrick Ash, MSc**  
CEO  
Endurance Journey  
Coaching

Our Learning Checklist

# WHAT WE'LL COVER IN THIS SERIES



Goal Setting



How To Train  
(Fit it all in)



All Things  
Swim, Bike, +  
Run



Health Vs.  
Fitness



Nutrition For  
Training and  
Events



Event Day  
Planning

Our Learning Checklist

# WHAT WE'LL COVER IN THIS SESSION



①

Seriously...

What are you getting yourself into?

②

Why A Triathlon?

③

What is the best challenge for you?

④

What is a realistic distance for you?

⑤

Pyramid Check  
Take Responsibility

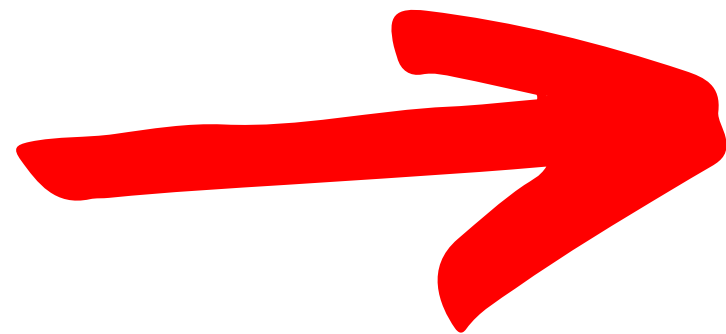
⑥

Making the Most of Your Experience

# COACH PATRICK

- First Triathlon 1996
- Endurance Coaching since 2001
- Adult Age Group focus
- MSc, Exercise Physiologist (CSEP)
- Nutrition Coach (PN, MEP)

Let's Begin With Your Pyramid Of Success



What will make this...

**FUN**

**PERFORMANCE**

**FITNESS**

**HEALTH**



# WHAT ARE YOU GETTING YOURSELF INTO?

Triathlon Basics

EVENT	SWIM	BIKE	RUN	AVG. FINISH TIME
SPRINT	350-750M	10-20KM	2-5KM	1HR 26MIN
STANDARD	1500M	40KM	10KM	3HR
70.3/HALF IRON	1900M	90KM	21.1KM	6HR 20MIN
IRONMAN	3800M	180KM	42.2KM	13 HOURS

**\*Average of all participants - finish times will vary based on age group, difficulty of course, and conditions**

2

# KNOW YOUR WHY

Having a clear understanding of why you want to make the commitment to complete a triathlon WILL ENHANCE your ENJOYMENT of the journey!



# IDENTIFY YOUR

# 5 WHYS



2

5 WHYS

# KNOW YOUR WHY

Having a clear understanding of why you want to make the commitment to complete a triathlon **WILL ENHANCE** your **ENJOYMENT** of the journey!



1 Why do I want to do this triathlon?

Challenge myself

2 Why do I want to challenge myself?

I'll get fitter and stronger

3 Why do I want to get fitter and stronger?

When I am fitter and stronger I feel better about myself

4 Why do I want to feel better about myself?

When I feel better about myself, I am more assertive and confident

5 Why do I want to be more assertive and confident?

When I am more assertive and confident, I feel in control, make better decisions, and get what I want out of life!

# THE BEST CHALLENGE FOR YOU?

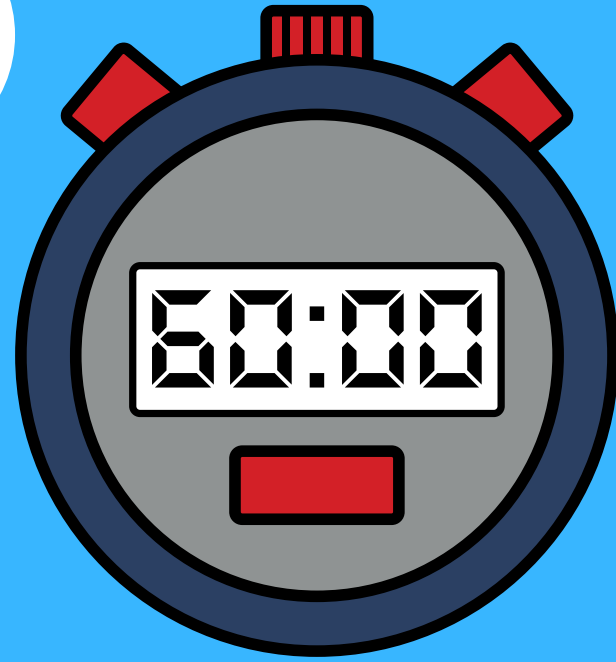
- 1 Understand your current level of experience, ability, and health/fitness
- 2 Do Your Research - venue, community, cost, support (e.g., be an event volunteer!)
- 3 Your Available Time and Equipment



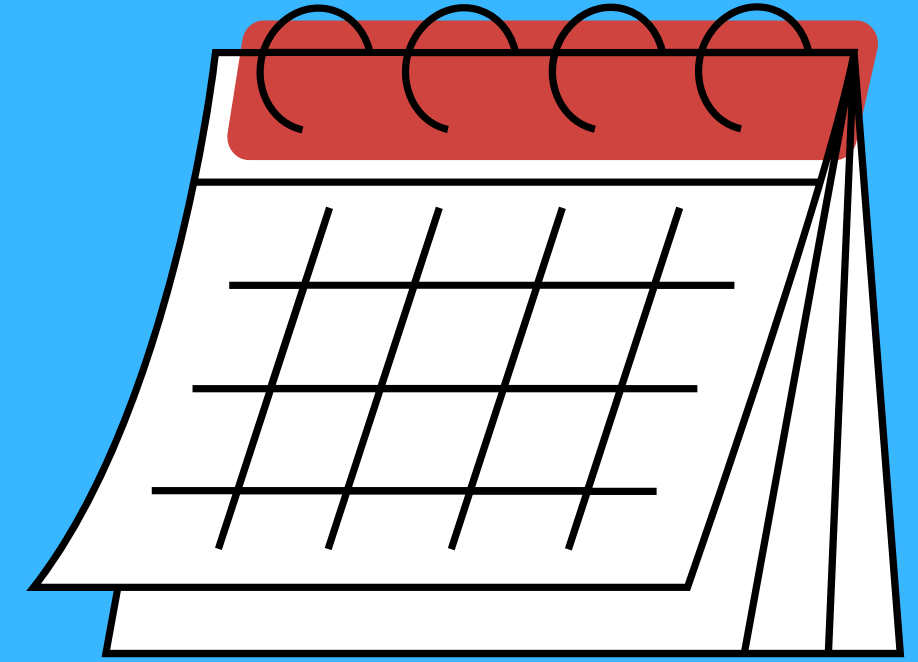
# WHAT IS A REALISTIC DISTANCE FOR YOU?

Picking the **right distance** is a key element to ensure you have a great experience

4



# HOW TO PICK THE RIGHT DISTANCE FOR YOU?



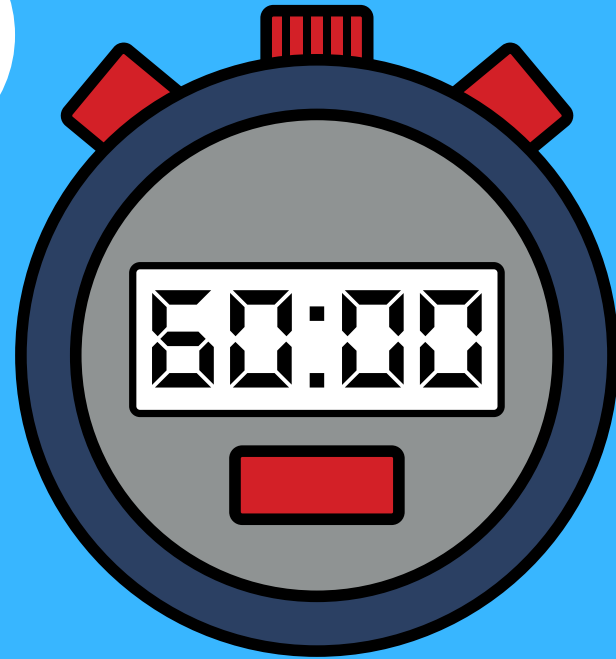
1

What is your realistic daily time available to train?

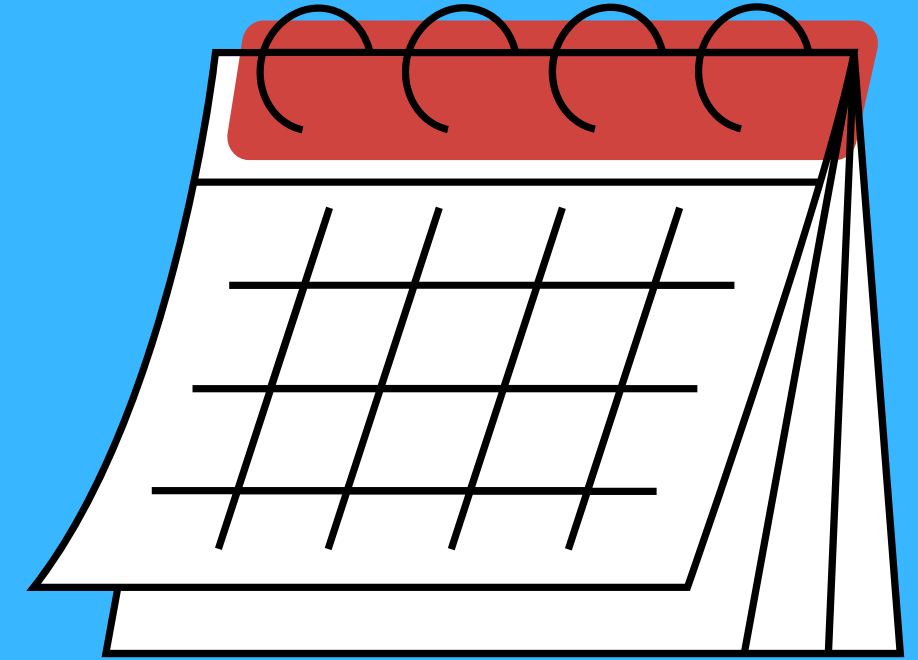
Consider all life commitments outside of training time that are non - negotiable (i.e., work, family time, social, volunteer, etc.)

**What is your 10/10 schedule?**

4



# HOW TO PICK THE RIGHT DISTANCE FOR YOU?



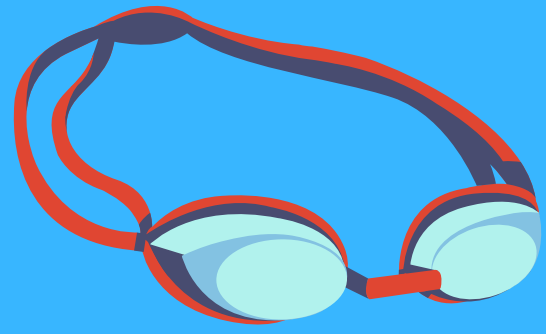
2

Give yourself a comfortable amount of time to prepare for the event

- **Sprint** - 3 to 4 months @ 4-5 hours/week
- **Standard** - 6 months @ 5 - 7 hours/week
- **Half Ironman/70.3** - 9 months @ 8 - 11 hours/week
- **Ironman** - 12 months @ 10-14 hours/week

\*Average weekly training hours

4



# HOW TO PICK THE RIGHT DISTANCE FOR YOU?



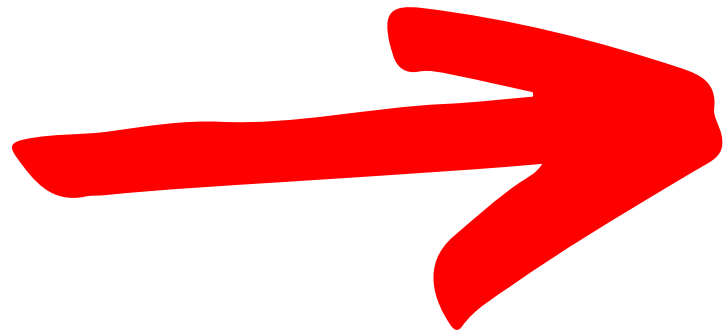
## 3 Type of Equipment You Have Available

- **Swim** - goggles, swim suit, wetsuit, cap (pool vs open water)
- **Bike** - mountain, hybrid, road, tri-bike, shoes, helmet, wheels, gearing
- **Run** - proper running shoes and gear
- **Training facilities available** - home vs. facility, indoor vs. outdoor (consider travel time required to train)

5

# BEFORE YOU START...

Understand Your Own Pyramid Of Success



Take **Ownership** Over Your Journey



5

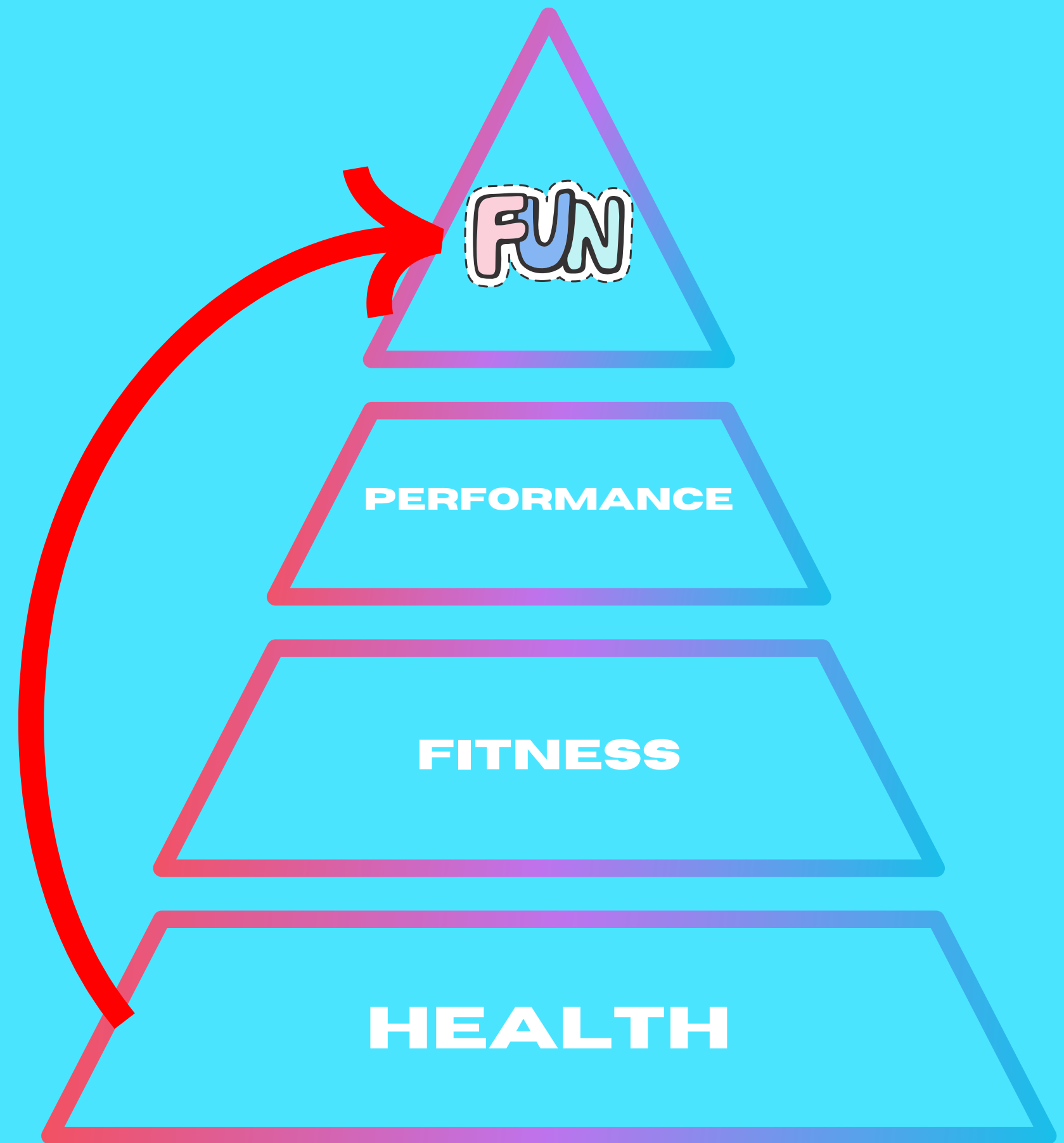
# HEALTH

1

Annual Physical and Comprehensive Blood Work

2

Current Stressors, Time Sucks, and Things You Can Start Saying "NO" to.



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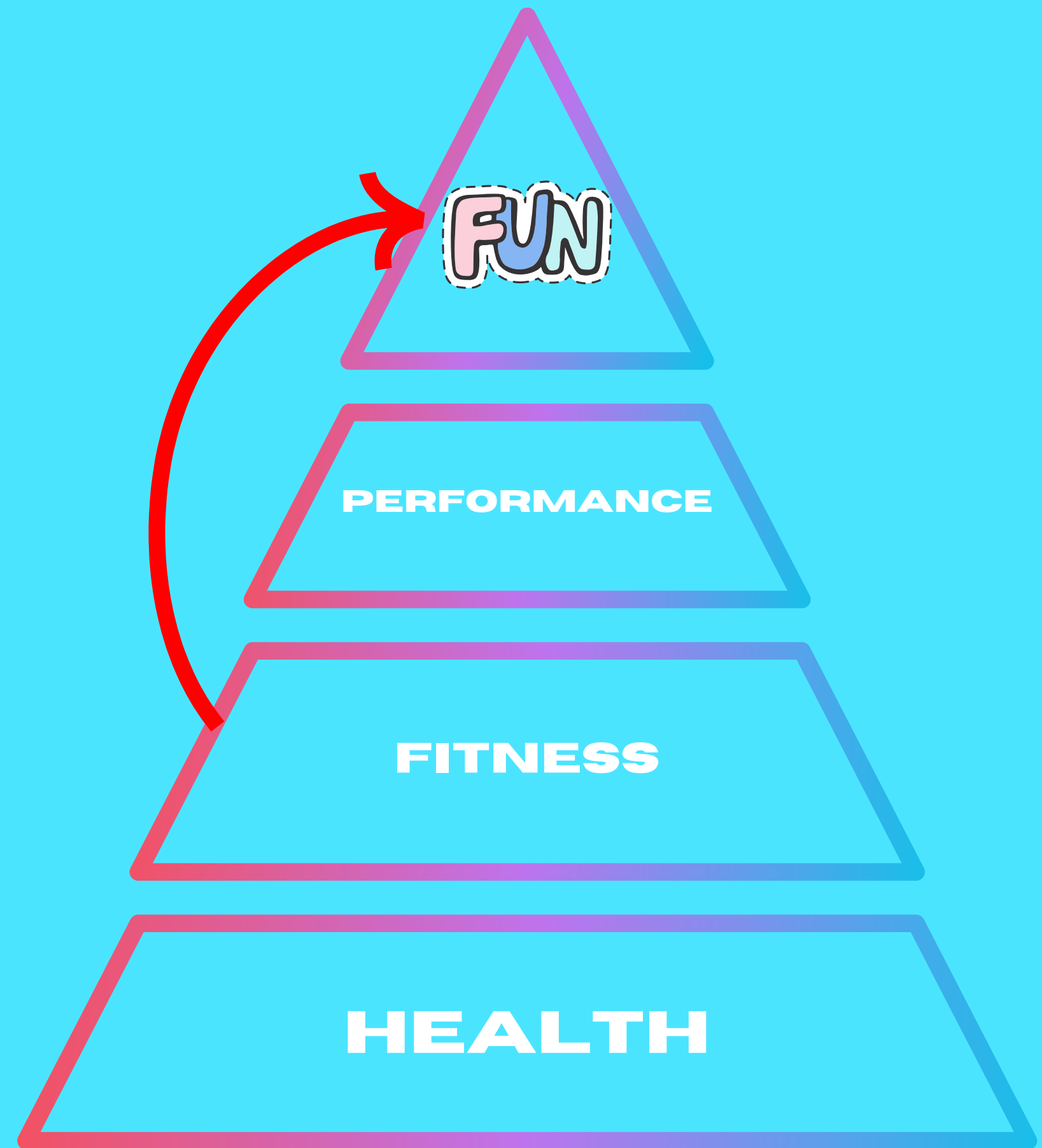
# FITNESS

1

Movement and  
Fitness Assessment

2

Begin at a level (i.e., intensity  
and duration) you can  
consistently complete every  
day



5

# PERFORMANCE

1

You Versus You

2

Set Targets For Your Own  
Accountability To Your Training

3

Be Ok With A Distance That  
Works For You



6



# MAKING THE MOST OF YOUR TRIATHLON JOURNEY



# SEEK FUN!

## 01.

### Join a local club/team

Structured sessions with a group of like minded people offers an opportunity to learn from and be accountable to others.



# SEEK FUN!

## 02.

### Get Support

Take advantage of coaching to help you improve your skills. Your improvement competence will only add to your enjoyment in training and on race day!



# SEEK FUN!

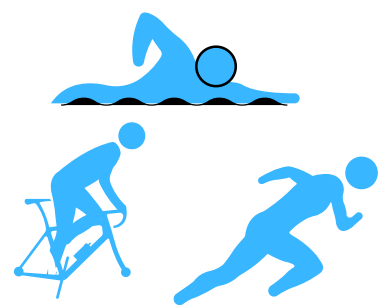
## 03.

### **Keep Showing Up With An Attitude of Gratitude**

Consistency over the long term is what will lead to your improvement and enjoyment over time. Remember, each day that you get an opportunity to train and race is a blessing. Seize it



# 6 TAKEAWAYS



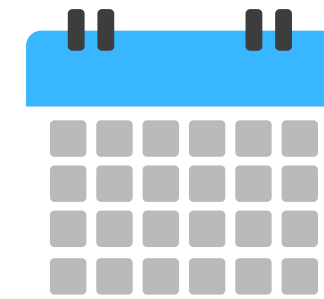
Different  
Triathlon  
Distances



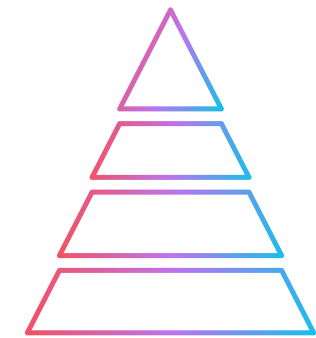
Know Your Why



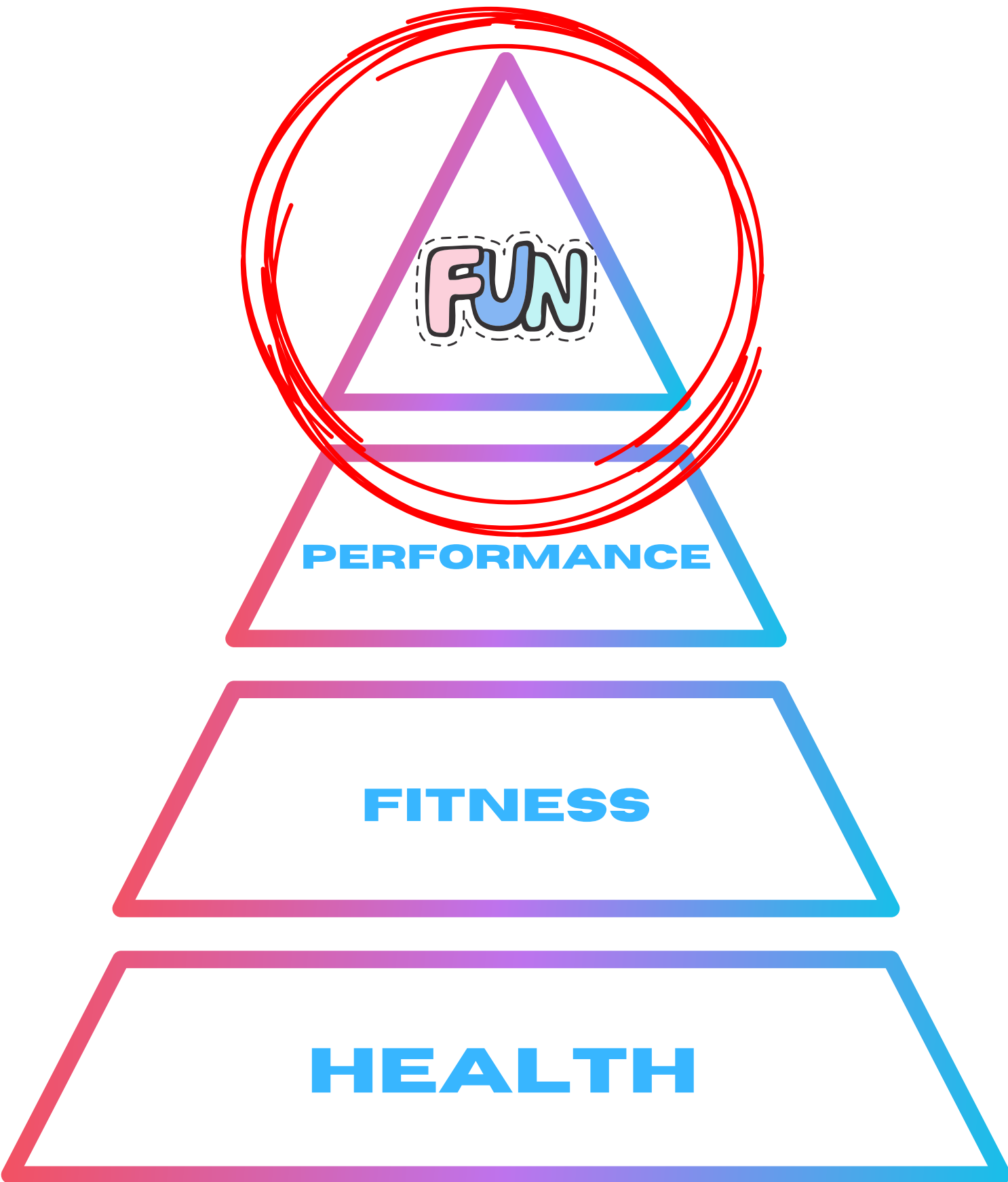
How to Select  
Your Challenge



Understand The  
Time Commitment  
And Equipment To  
Be Prepared



Set Up Your  
Success Pyramid  
(Health, Fitness,  
Performance,  
and FUN!)



**ANY QUESTIONS?**



# THANK YOU!



**NEED SOME HELP?  
CONTACT ME HERE...**



[patrick@endurancejourney.com](mailto:patrick@endurancejourney.com)



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