



Frequently Asked Questions - Triathlon Virtual Training Team

1. What do I get when I sign up?

An online support group. Daily workouts for all three disciplines and strength training customized for the group's abilities and needs. A newsletter sent directly to this group. Access to video and photo demonstrations. A 5-month program dedicated to your triathlon goal.

2. I don't get it. What is a virtual training team? Do we meet up?

No, we do not meet up as a team. You'll be training on your own or with your local training partners. We DO support each other online. I'll be here both on my blog and a Facebook group to help you along the way. If you sign up with a friend and training partner, all the better! Hopefully, through the Facebook group and my blog posts you can find some training partners in your area for the longer weekend ride/runs.

3. How do I sign up?

Go to my website at www.teamwildblue.com/coaching_services. Select the Triathlon Virtual Training Team. Pay via PayPal (either your previously established account or credit card). Contact me via email (do this immediately after) so that I can email you the necessary forms to get started. You cannot start the program until these steps have been taken and the forms have been returned to me.

4. What are the physical requirements to join?

Triathlon is a mentally and physically challenging sport. You must be cleared by a physician to exercise and to participate in a triathlon. You must be over the age of 18 and a competent swimmer if you are doing the swim portion of the triathlon. You must not have any major health issues. If you have ANY questions regarding your ability/competence to complete this program, please don't hesitate to contact me. All team members will fill out a questionnaire and waiver upon signing up, so I'll address any concerns when I review your questionnaire as well.

5. What distances are the Sprint and Olympic triathlons? Can I do a longer or shorter race?

Sprint: 750yd swim, 13-mi bike, 5k (3.1 mi) run—all are approximate, as a lot of races vary their distances according to course limitations. Many have a shorter swim if that is your concern.

Olympic: 1.5k swim, 40k (24.8 mi) bike, 10k (6.2 mi) run—again, approximate.

There are super sprints and try-a-tri races which are shorter, and you can do one of those and still participate in the program. I will not be coaching a longer race than Olympic for this

program; however, if you are doing a Half or Full Ironman race, I do individualized coaching programs. Please see my website under Coaching Services or contact me directly.

6. I can't swim. Can I still join the team?

YES!!! Most races have a duathlon (run-bike-run) or relay (3 people each do one leg as a team) or 5k or 10k run option at their races. Check the race website or contact the race director directly. Both are great options if you can't swim or just want to see what triathlon is about.

If you cannot swim, I highly recommend that you contact your local pool or masters group (www.usms.org) to find an instructor and give it a shot. I've instructed adults in their 40s and 50s to learn to swim (some who were afraid to put their faces in the water), and it has been one of the most enjoyable experiences I've ever had. Learning to swim can change your life, so don't rule it out!

If you are doing the entire triathlon, you must be comfortable in the water, able to swim across the pool, and be able to tread water. You must be safe in the water to start this program. If you haven't been in the water for a while, get started and take a refresher lesson if necessary before you start. If you have any concerns regarding your ability to complete the swim, please contact me directly. Safety is paramount.

7. I only want to run. Can I still join the team?

Yes. You can utilize the run and strength portions of this program and use the swim and/or bike workouts for cross-training. Most tri races have a duathlon or 5k/10k run associated with them, or you can participate w/friends in a relay and do the run portion of the tri.

8. My friend and I want to sign up, but we are at different fitness levels. Can we still sign up together?

Absolutely. Athletes will follow a program tailored to ability and fitness levels. Swim and bike workouts are done by minutes, not miles, so you can still do a lot of it together, especially anything you do indoors during the winter months.

9. I'm currently deployed in the military and won't be able to do a race. Can I still join the team and train?

YES. First, thank you for your service to our country, and keep yourself safe. You are more than welcome to train alongside us and keep us updated w/your progress. If you are deployed and limited to internet accessibility regarding the blog and Facebook group, contact me directly. I'll figure out a way to take care of you so you're not left out.

10. I don't want to race. Can I still join up and train?

Yes. If you cannot race or choose not to race, you can still follow along with us. However, I do recommend trying a race at some point, either in its entirety or as a part of a relay. Training is a lot more fun with the end goal of a race.

11. The program starts in approximately one month. What can I do before then to prepare myself?

Start moving...if you dropped that New Year's resolution, here's a great opportunity to pick back up. Work up to 30-40 mins of cardiovascular activity, 3-4 days/week. If you're already there, build no more than 10% per week, and start incorporating some strength training. If you haven't been in the pool, get back in! Take a lesson if necessary. Dial yourself into your fitness facility, your trails, your pool...whatever you need to set yourself up to succeed. You have plenty of time, so do it now!

12. What race should I do? What date is the race?

You can do any race (Olympic distance or shorter) at the end of July. It can be on Saturday or Sunday. It can be in any location. So pick something fun, challenging, local or destination.

Many of the athletes in the program are located in NY, WA, and CO. The NYC Triathlon, Chelanman (see #13), and Boulder Peak are races at the end of July that are well supported venues. These are not the only races available, but this should give you some ideas.

www.trifind.com is an excellent race calendar resource. Most races also have a duathlon option if you are not planning to swim.

Keep in mind that **races fill up very quickly**, especially on the east coast. See active.com for the OVER 200 races in that time period, or go to my website to see a small sample list. Sign up soon!

13. What race will you be doing and what day?

I will be at the Chelan Man Triathlon on 18-19 July in Chelan, WA. It is a beautiful venue and an entire weekend devoted to triathlon. See their website at www.chelanman.com

14. How can I find people to train with?

The easiest way is to grab a friend and sign up together! With my Facebook group, it is my hope that you can link up for the longer workouts with people in your area. I'll let you all know where everyone is from once the program starts to help you reach out to each other if you choose to give out this information.

15. How do I ask you training questions once the program gets started?

Address any questions you may have through use of the blog and Facebook group. Most information will be provided on the invite-only Facebook group, but the blog is available for those who do not have a FB account. Keep in mind that most of the video and photo feed will primarily be on the FB group, so please get an account before the program start before you plan on doing so (they are free). If you need help setting this up, please let me know. I will not email athletes individually in this program, but I will answer questions on the blog and the group. If you have something very private to ask me, you can email me directly; otherwise, please direct your questions to the blog and the group so everyone benefits from the answers. If you want something demonstrated (drill, swim skill, strength training, etc), post your request there, and I'll put it up for everyone. If you don't know how to view a

blog, please contact me directly. I'll provide instructions prior to the first week of training if this is an issue.

16. If I can't do this program because I have different needs, can you coach me individually?

Yes. Please see Coaching Services on my website or contact me directly. This is a great option if you a) have scheduling limitations, b) have a race longer than an Olympic, c) are not yet ready to train at this level but are setting your sights on a goal, or d) desire a more customized program with individualized attention.