



What are the typical triathlon distances?

- Super Sprint Distance: : ~ 1/8 – 1/4 mile swim, ~ 5-8 mile bike, 1-2 mile run
(Usually about one half of an Olympic Distance race)
- Sprint Distance: ~ ¼ - ½ mile swim, ~ 12 – 20 mile bike, 5k run
(Usually about one half of an Olympic Distance race)
- Olympic Distance: 1500 meter (.93 mile) swim, 40k (24.8 mile) bike, 10k (6.2 mile) run
- Half Ironman: 1.2 mile swim, 56 mile bike, 13.1 mile run
- Ironman: 2.4 mile swim, 112 mile bike, 26.2 mile run

Can I do a Triathlon?

Most people can complete a triathlon with a little training. The swim is usually the biggest challenge for most people – mostly because the thought of open water swimming can be quite intimidating. However, the triathlon community is very supportive and most people are willing to give information to others that are new to the sport. The best way is to join your local club to get started. Beginners should pick a sprint race to get their feet wet. Once you complete a triathlon, you most likely will be hooked!

Do I need a specific Triathlon wetsuit?

Yes and no. If your goal is to complete a sprint race in the middle of the summer, you can get by without a wetsuit. On the other hand, if you want to do three or four races and will start early in the spring and race into the fall, you will enjoy having a wetsuit.

Do I need a Triathlon specific bike?

Triathlon specific bikes are great, but you can do your first race on a mountain bike or hybrid. You can buy a road bike or triathlon bike once you have done a few races and have a better idea of what bike would be the best for your goals and abilities.

What will I wear during the Triathlon?

One piece triathlon suits are available and they are specifically designed for maximum performance and comfort considering you will be wearing the same suit for all three sports (e.g., smaller chamois than biking shorts so that you still have padding on the bike, but it won't chafe on the run). That said, you could also wear bike shorts and a jersey, running shorts and singlet, or even a swim suit. You will see every combination at every race throughout the season.

How much do I need to train to complete a triathlon?

That is a tough question...It really depends upon the length of the race you picked and your current fitness level. Triathletes are normal people - they have families, jobs, children and sometimes even social lives. So just do what training you can, then sign up for a race and have fun!

[Coach Lee](#)

PRTriCoach.com