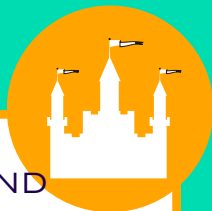


CASTLE RACE SERIES

Top Tips For First Time Triathletes

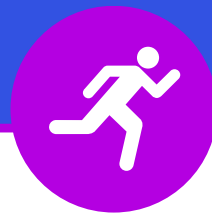
Ideal for our Starter Tri Athletes!

FAMILIARISE YOURSELF WITH THE DISTANCES AND COURSE



For our starter tri, our race starts with a 200m swim (thats 8 lengths of your average local swimming pool), an out and back, a quick run up the hill to your first transition in your wetsuit, followed by a quick change and then out onto the cycle course (around 12km). Its then a 2km run to the finish! There will be lots of marshals on the course to help you!

RUN TRAINING



Avoid distance-based training. Two people of different abilities could take two very different times to complete a 5-mile run. Focus on time training and not the distance. Most of our run courses are cross country/mixed terrain, so we recommend a trail running shoe if possible!

PREP FOR YOUR SWIM



Train frequently in open water to get comfortable with the different elements. Don't eat too much right before. Loosen up your shoulders and upper body ready to get into the water. Cover any cuts before your race. Any issues during the swim, breath, take your time, ask for help if needed.

EQUIPMENT

Recommended Kit: Wetsuit, goggles, tri suit (or good gym top and shorts), trainers and bike (mountain or road). We will provide you with a swim cap. We have [bike](#) and [wetsuit hire](#) available to buy months before the race. Maybe even borrow kit from a friend!



DON'T BE AFRAID TO ASK QUESTIONS!

If you are unsure about our courses, competitor information or anything in the triathlon world, please do not hesitate to contact [Castle Race Series](#) or [Tri Training Harder](#). Tri Training offer amazing packages for first time triathletes, tailored already to our courses.



COMPLETE YOUR RACE ADMIN BEFORE YOU THE BIG DAY

Read our competitor guides (they will have lots of information!) Every triathlete needs a race licence to take part. This is from British Triathlon, Triathlon Ireland (for Lough Cutra) and F.F.Tri (for Chantilly). Make sure you buy yours before race day. Each licence is available on our event pages.

