



Tri Hard, Live Easy

Tri Zones



TRAINING

# We Need More Cowbell! *Tri Zones Newsletter*

## Training Tip: Triathlon — It's all about the Balance

**T**riathlon: three sports (swimming, biking, and running) combined in one event. Wow! Right now, you may be wondering "How do I put three sports together?" You may especially be wondering this if you feel you aren't good at one (or two, or even all three) of them. You may be doubting whether it's something you can do at all. We're here to tell you how you can. (In fact, there's a [free info session today](#) at 4:00pm called "Give it a Tri!")

Triathlon training is about **finding balance**, which is something we all do, everyday, at home. First, you break the big task down into manageable pieces. Then, you prioritize and plan. You may bring in help...or you may go it alone. The process can be daunting; it can be joyous. And when you've finished, you find satisfaction.

**Breaking down the task:** Triathletes work on three sports. Typically, you rotate each week which sport gets the most attention. At the beginning of training season, we start out easy and work our way up to longer, more challenging workouts. Baby steps!

**Prioritizing:** When you work three sports, you have to think about what you need to get done. Some things get more focus while other things may need to slide. Little things, like laying out your workout clothes, packing a swim bag the night before, planning a snack for after the work out, all help you manage. A little bit of planning goes a long way.

**Bringing in help:** A training program is a big plus. Joining a training program gives you tangible help, such as providing a coach (an expert to answer questions & show you the ropes), training plans (a list of workouts and when to do them), and work out buddies (people to inspire you to stick with it). It also provides intangibles, such as motivation—training partners counting on you to show and the desire to get the most for your money.

**Living through the process:** Sometimes, it'll be tough. There will be days when you'd rather not work out. There will be work outs you might find challenging because it's all new to you. But for every day that isn't quite the best there will be days that are better than you ever imagined. There's nothing quite like the feeling of doing something for the first time, whether it's a new skill, a faster time, or a longer distance. And with a training partner, there are folks to live it with you. Some of the best friends are made out on a training day.

**Finding satisfaction:** Whatever your motivation for taking on a triathlon (getting fit, experiencing the sport, competing, making new friends), you will find rewards. The Danskin Women's Triathlon has a saying: "The woman who starts the race is not the woman who finishes." The process, the journey, of preparing for your triathlon will enrich you in ways you may not ever imagine. There's a lot of joy in the finish line and getting that medal, but there are untold treasures in the trying.

Good luck to you on your triathlon adventure, and happy training!

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The famous Tri Zones cowbell  
Photo by Tom Marek

## Women's Training Program Starts March 27

**Tri Zones** is set to kick off our **Women's training teams**—wahoo!!! We'll help women get ready for Danskin, Skeese Greets, & any other spring race in a beginner-friendly atmosphere. Take a look at your options and [register for Women's teams here](#):

**North-Central team:** for those who live or work in downtown & central Austin. Most of the North-Central workouts will be south of 183 yet north of the river.

**NXNW team:** most workouts are in Cedar Park/Round Rock

**South team:** most workouts are south of the river

**Weekday morning team:** meets Mon/Wed mornings, mostly in central Austin

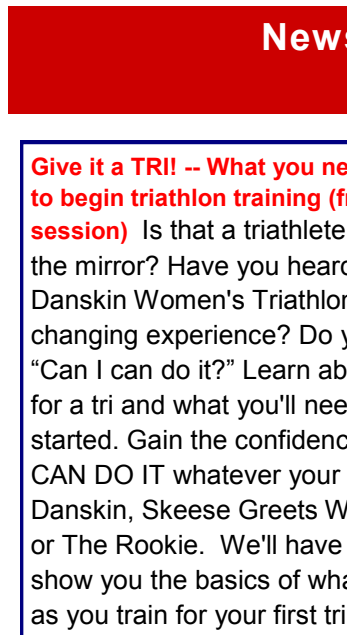
**Lakeway team:** Tue/Thu morning workouts in the Lakeway/Steiner area

**In addition to our Women's Teams, our Intermediate teams start the week of March 29.** North and South Intermediates meet Tuesday nights, starting March 30. Weekday Morning Intermediate team start Wednesday, March 31. Each group offers Sprint, Olympic, and Half Iron training. [Click here to register for Intermediate Teams](#)

Our **Peak Performance add-on**, led by distance expert Jennifer Reinhart, brings an even more aggressive training regimen for the experienced triathlete. Includes additional Thursday night workout & more challenging workout calendar. Perfect for those who want to step it up a notch, especially if you're training for a faster half Ironman. [Peak Performance add-on registration](#)

## Question of the week: "Help! Do I have the right kind of bike for Danskin?"

**Jack & Adams Bicycle Shop has great deals for newbies**— check out ["The Rookie Package"](#). Jack & Adams can help with all your triathlon needs...and Tri Zoners get a discount. We'll keep you posted as new deals become available throughout the season.



TriZoner in action!  
Photo by Tom Marek

**Y**es! If it's got two wheels and fits you, it'll work...and you'll probably see it on the course. You will find a lot of folks at beginner triathlons on mountain bikes or hybrids (bikes made for both road and trail). In fact, the majority of women at Danskin (or any other beginner-friendly triathlon) will be riding a hybrid or mountain bike! If you'd like to have a faster bike segment but don't wish to invest in a road bike, one way to add speed is to put "slicks" on your mountain bike. Slicks are slick tires that roll faster on the road, as opposed to the bumpy knobby tires that come on your mountain bike.

Some people have road bikes (they have skinnier tires and you sit less upright than on a mountain bike or hybrid). The benefit is a that a road bike is lighter. The gears work a bit differently. Still others may have a dedicated triathlon bike. It has a slightly different fit than a road bike and may be even lighter. No need to rush out and spend money right now. Work with what you've got—borrow a bike—and buy something new only if you really want to.

## News, Bargains, and Events

### Give it a TRI! -- What you need to know to begin triathlon training (free info session)

Is that a triathlete you see in the mirror? Have you heard that the Danskin Women's Triathlon is a life-changing experience? Do you wonder, "Can I can do it?" Learn about training for a tri and what you'll need to get started. Gain the confidence that YOU CAN DO IT whatever your goal, be it Danskin, Skeese Greets Women's Tri, or The Rookie. We'll have fun as we show you the basics of what to expect as you train for your first tri!

**Sunday, March 21, 4:00pm,** Jack & Adam's, 1210 Barton Springs Rd. (bring a towel or camp chair)

**Monday, March 22, 10:00am,** RunTex, 422 W. Riverside Drive

**Thursday, April 8, 7:00pm,** REI Round Rock, 201 University Oaks Blvd. (near IKEA)

We have [more free training clinics](#) coming up in April and May

### TRI better with the right gear Triathlon gear talk (free seminar)

We'll tell you about the gear you really need before getting started, and we'll help differentiate between the must-haves and the nice-to-haves. You don't have to be a gearhead, but you can be if you want to! We'll show you your options!

**Thursday, April 8, 7:00pm,** REI Round Rock, 201 University Oaks Blvd. (near IKEA)

**Thursday, April 15, 7:00pm,** REI Downtwn, 601 N. Lamar

### Danskin registration is now open!

Registration for the Danskin Women's Triathlon in Austin has opened. [Go here](#) for information about the race and registration details.

### Tri Zones will have a team discount PLUS team racking at Skeese Greets Women's Tri!

One of the many perks you get as part of the Tri Zones team—join now! [Learn about Tri Zones](#)

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We welcome your questions on our discussion forum at [www.trizones.com](http://www.trizones.com)