

Get You In Shape for your first Sprint Triathlon

Why should I do this race?

- To establish a new fitness goal -- targeting a race to train for is a great motivator!
- To shake up your training - it's fun to do something different.
- To team with fellow boot campers toward a common goal (outside of boot camp).
- It is fun and very doable for anyone that has been working out for a while.
- [Insert your own reason here]

Race Information

Name: *Old College Tri*

COURSE INFORMATION

Distance classification: SPRINT
(*Adult Race Only*)

Swim – 250 yards | [View map \(PDF\)](#)

Bike – 12 miles | [View map \(PDF\)](#)

Run – 3 Miles | [View map \(PDF\)](#)

[View Transition Area Map \(PDF\)](#)
(*USAT sanctioned race*)

LOCATION

Denton Natatorium
2400 Long Rd.
Denton, TX 76207
Just north of Denton off of 288 and 428.

PRICING

Single Entry

\$59.00 (11/1/2011 – 7/31/2012)

\$69.00 (8/1/2012 – 8/28/2012)

\$79.00 (8/29/2012 – 9/4/2012)

3 Person Team Challenge (We will discuss teams during the kick off meetings)

\$160.00 (11/1/2011 – 7/31/2012)

\$170.00 (8/1/2012 – 8/28/2012)

\$180.00 (8/29/2011 – 9/04/2012)

Training Information:

Our goal is to provide you with the information you need to either training on your own, as a group or a combination of both. You will need to fit the training into your schedule, we will provide you with the guidance, tools and coaching where possible to help you in your training efforts.

I have put together a training schedule (separate document) to accommodate our 11 weeks of training. The good news is that most of you are not starting from scratch in your overall fitness. And many of you are part of the Cardio Club so you are already in good shape for the running.

We will tackle training as a team effort, so if you need additional coaching in certain areas (such as swimming!), we will make sure you get it. We are enlisting people that have experience in each area and we will talk about this in more detail at our kick off meeting.

Web Resources:

If you are eager to start learning about Sprint Triathlons, this website has just about everything you would want to know and can easily access.

<http://www.beginnertriathlete.com/>

This is a good article from this website.

50 Things I've Learned in Triathlon Races

<http://www.beginnertriathlete.com/cms/article-detail.asp?articleid=2413>

For the Beginning Swimmer... I know this is a week spot for many of us so I am including this article.

Bigfuzzydoug's Ten Points to Beginner Swimming

<http://www.beginnertriathlete.com/cms/article-detail.asp?articleid=2452>