



Junior Triathlon

HIGH SCHOOL ATHLETES... MAKE TRIATHLON YOUR OFF-SEASON SPORT!!

Four easy steps for getting involved in triathlon...

1. Contact us for coaching & group workouts.
2. With your new coach, make a training plan.
3. Find an event at www.usatriathlon.org
4. Organize your gear and go!

- First practice is free!
- Practices are held once a week in the evening for about 90 min.

Four more websites to learn more about triathlon...

www.wcecoaching.com/junior-team

www.teamusa.org/USA-Triathlon/Regions/West

www.usatjuniors.org

www.triathlon.org



www.WCEcoaching.com

Why triathlon?

- Triathlon combines three sports – swimming, cycling and running into one.
- You don't need to be an "Ironman" to do a triathlon. Appropriate race distances for teens include a ¼ to ½ mile swim, a 10 to 12 mile bike, and a 2 to 3 mile run.
- Races are held nearly every weekend between May and September.
- Triathlon won't slow you down when XC or Swim season arrives in the fall.
 - In 2012, junior triathletes won 8 state high school XC championships.
 - In 2010, the top junior triathlete in the world – a US athlete – broke the 4 minute mile on the track.
 - In 2013, the top ranked U.S. female junior triathlete finished 3rd overall in the 1000 free at USA Swimming Sectionals.
- Training for triathlon in the summer will make you faster in the fall and winter.