

FAQ

What equipment do you need for the Archway Health Harborough Triathlon?

- A swimming costume/trunks
- Goggles
- A well maintained bike
- Bike helmet
- Shorts and t-shirt or a tri-suit for the cycling and running legs
- Bike shoes and/or running shoes
- Safety pins to attach race number to your t-shirt (available on the day) or a race belt

As a proud supporter of the Harborough Triathlon, **MDH Sports & Leisure** can assist you with ensuring you have the correct equipment to train well and perform exceptionally on the day. Once you have successfully applied to be part of the event, you will receive a discount flyer that will entitle you to a wide range of in-store discount on leading brands such as Asics, 1000 Mile & Ultimate Performance. What are you waiting for!!

What is transition?

Transition is the area you use to get ready to change from one leg to another. After the swim you will go to the transition area and change ready for the bike leg. This may mean putting clothes on top of your swimming kit or just putting bike shoes on. You must put your helmet on before you touch your bike. After the cycle leg you will rack your bike and put on running trainers before removing your helmet. Your race number must be visible on the back during the cycle leg and on the front during the run. You will be provided with two numbers: one for the front and one for the back if you are not using a race belt. (A race belt is a thin stretchy belt that you can attach a number to which can be moved to the front and back as required.)

How does a relay team work?

You can enter as a team of two or three. Each leg can be done by someone different or one person can do two legs. After each leg, you will go to the transition area and pass the timing chip on to the next person.

Are all triathlons the same distance?

There is a triathlon to suit everyone. The common distances are listed below, but there are many variations on these.

Super sprint/Try a tri: 200m Swim / 10 km Bike / 2.5km Run

Sprint: 400m Swim / 20 km Bike / 5km Run

Olympic/Standard: 1500m Swim / 40 km Bike / 10km Run

Middle: 1.2 mile Swim / 56 km Bike / 13.1 mile Run

Long/Ironman: 2.4 mile Swim / 112 km Bike / 26.2 mile Run

For the 2015 Archway House Harborough Triathlon we are offering the first two of these types of triathlon.

Do you need to train for hours to be able to enter?

Some people will train for 20+ hours a week. If you have a basic level of fitness and the desire to succeed, then a triathlon can be completed with approximately 3 hours a week of training.

Where can I get some training advice?

Free training plans are available on the Race Harborough website or on the Archway House blog – go to **Try a Tri Training Plan** or **Sprint Training Plan**