



Dear Team Hoyt VB Inclusion Triathlete,

Thank you for showing interest in being a part of our official Team Hoyt VB Inclusion Triathlon Team. We have put together some brief thoughts for you to consider before taking on this challenge.

Our first priority is safety. There are no short cuts and no compromising – even if that means we must make a last-minute decision to forgo a race. If all safety precautions are not met, we do not race.

Our goal is to spread the message of inclusion through the Team Hoyt platform. That means that you are representing Team Hoyt and each event is bigger than you. Each event is about inclusion, your rider, and safety.

Your runner athlete/rider athlete/support team should communicate with each other well and display the team colors as much as possible for others to identify. Be ready to answer questions about what you do, how you became involved. Make sure you know phone numbers and websites when people ask how to find out more.

Thanks again for your interest!

Participation Requirements/Recommendations

Before participating in an inclusion triathlon for Team Hoyt VB, you must have either attended a practice session with the team or have completed an inclusion triathlon with another team – this is non-negotiable and is for the safety of our rider athletes. We will strive to hold monthly triathlon practices during the triathlon season.

Fitness level:

Swimming: In order to compete in an inclusion sprint triathlon, it is strongly recommended that you are comfortable swimming 1500 yards in open water. The sprint distance is only 750 yards, but you will want to swim with the confidence that you can complete the swim comfortably towing an athlete rider.

I also want to stress the importance of being comfortable swimming in open water, murky conditions with other swimmers in close proximity. If you do not have experience in those conditions, I would not recommend competing in an inclusion triathlon until you are completely comfortable.

Cycling: You should be comfortable riding for 2 hours or 30 miles on whatever bike you plan on riding during the triathlon. You will need to provide your own bike and helmet.

Running: Most, if not all, of you have already pushed for an inclusion 5k run; the only difference is that you will be running after you have towed an athlete rider in a boat for 750 yards, then pulled them for 12 miles on a bike. Your legs are not going to feel as fresh as they would for the start of a normal 5k race. For that reason, we recommend that you are comfortable pushing for a 10k before attempting a sprint inclusion triathlon.



Specialized Knowledge/Technique:

Swimming: The most important aspect of your swim experience is for you to be comfortable in low-visibility, open-water, crowded race conditions. Panic is the number one factor that keeps swimmers from finishing their swim leg. For that reason, breath control is extremely important. It is strongly recommended for you to be comfortable with bi-lateral breathing techniques. Even if you only breathe to one side during the race, it is very helpful, and comforting, to know that you are able to take breaths on either side if conditions prohibit you from breathing on your preferred side.

Cycling: There are two general types of cyclists, there are those who “mash” their pedals, and those who “spin” their pedals.

“Mashing” refers to slow, heavy revolutions of the pedals, anything below 80 RPMs. Pedaling slowly means you are pushing bigger gears and uses bigger muscle groups.

“Spinning” refers to fast, light revolutions of the pedals. Ideally, you will be between 88-92 RPMs. It can get very technical, but to keep it simple, you should practice pedaling at higher RPMs because it will conserve energy for the run.

Even on slight inclines you will have to downshift and pedal slowly. Do your best to stay in your saddle as long as you can. When you get out of your saddle (get off your seat) to push harder on the pedals, you will be increasing your heart rate and spending more energy that will eventually need for your run, so try to limit the amount of time you spend out of the saddle.

Running: You have done this before...you've totally got this! Crush it!

Specialized Gear:

Swimming: Technically, all you really need is a pair of good fitting goggles. If you are only going to get one pair of goggles, I would get a pair with tinted lenses so that you are not staring straight into the sun on your swim leg. You will have enough to worry about, and you don't want to be distracted by the sun.

You will also be required to wear a swim cap during the race so you may want to complete a few practice swims with a cap to get used to the feeling.

A good pair of tri shorts will get you through all three events without having to change. Tri shorts tend to have less padding than regular biking shorts, but enough to keep you protected and comfortable throughout the race.

At this time, Team Hoyt VB does not have triathlon clothing for sale, but depending on the interest, we'll have some designed for next season. In the meantime, a red, white, and/or black triathlon shirt/suit would be ideal as those are Team Hoyt VB colors.

Depending on the race conditions and water temperature, your race may be “Wetsuit Legal” in which case, you will want to consider wearing a wetsuit. There are some major advantages to wearing a wetsuit, but they also make transitions a little more complicated. To keep things simple if you are a beginner triathlete, I would hold off on



getting a wetsuit, they are not cheap, and they are not necessary to complete the event. If, by chance, you do choose to use a wetsuit, make sure you are comfortable with the fit and get in a couple of open water swim sessions completed before race day in it to get a feel for the fit and feel of it.

Cycling: For a sprint triathlon, you can really use any bike that you can get your hands on. While you can use a beach cruiser (yes, some people use them) I do not recommend it. A lot of people use a mountain bike for their first few races just to get a feel for the distance. If that is all you have, you will be fine. Generally speaking, the narrower your tires, the faster you will roll. If you have a road bike of any sort, you will be in a better position to get through the race more efficiently.

For your first few races, use whatever pedals you have. You do not need to use sophisticated clip-in style pedals. In fact, if you are not used to those types of pedals, it could be more dangerous to use them in a race. If you do not have clip-in pedals, then ride your bike wearing your running shoes...It will speed up your transition time as well.

Tri shorts, cycling shorts or just tight-fitting clothing is your best bet for the riding portion of your triathlon. Be comfortable and make sure you have been fitted properly for your bike.

Get a good fitting helmet. Make sure that the straps are snug, close to your skin and not loose. Any brand will do, just remember that it is protecting your skull and brain... do not skimp.

If you feel the need, you can wear cycling gloves, the distance is not far enough to warrant the extra hassle, but if you need them, use them.

Sunglasses for safety. Bugs, debris, rocks, water, sun...all of these can be a distraction to a rider if you do not have some sort of eye protection.

Running: Over the years, you have established your preferences, stick with those and make modifications as you see fit.

Race Belt. Not mandatory, but extremely helpful in transition to put on your number on the run without having to change shirts or mess with safety pins.

Human Resources (Your Team):

Runner Athlete: The best thing that you can do is to be physically and mentally prepared for your event. Get plenty of rest. Have a hydration and nutrition plan and consider any extreme weather conditions (hot, cold, windy, choppy water, rain...) all of those will affect your hydration and nutrition plans so plan accordingly and adjust as necessary.

Rider Athlete: Make sure your rider is appropriately prepared for all the potential weather they will experience during the day. Please make sure they have had a training session or two in a raft, and a training session or two on the bike for short distances. Lastly, make sure they have a good music selection and a loud speaker so the rider can enjoy the good vibrations (optional of course – some races will not allow).



Support Crew: These are some of the most important people out there! It would be exceedingly difficult to accomplish what we do without their support. Your support crew should be familiar with the rider and any special medical needs. They should be able to assess the condition of the rider athlete at each transition.

T-1 Role: (Transition 1) Since your bike should already be set up and attached to a chair, the primary support role is to make sure the rider gets from the raft to the chair safely. Also, make sure the chair has all the hydration and nutrition that the rider will need for the duration of the cycling leg.

On the way out of transition 1, the athlete may need help getting the bike to the starting line.

T-2 Role: (Transition 2) The support crew will help receive the bike and help navigate to the transition site. Once there, the runner athlete will change into running gear, while the support crew begins the conversion of the chair from the bike to the running/pushing configuration. It will also be up to the support crew, rider guardian, and runner athlete to determine the physical readiness of the rider athlete to continue the race.

Nutrition/Hydration: Make sure that the team is on the same page for nutrition and hydration requirements at each transition. Make sure each person knows their role and has practiced their role in transitions.

12-Week (SAMPLE) Training Schedule:

This is a generic schedule and assumes that you can already swim 300 yards, ride 1 hour, and run a 5k. Consult a physician before undertaking any exercise program. Along with this training, you should have a couple of sessions towing a rider in the water and pulling a rider on a bike. If you can accomplish those tasks and complete the workouts on the chart below, you will be adequately prepared to FINISH an inclusion sprint triathlon. This workout is not designed for you to stand on the podium...it is designed for you to finish safely at a reasonable time.

Sun	Mon	Tues	Wed	Thu	Fri	Sat
Ride 30 Mins		Run 20 Mins		Swim 300 yards		Run 30 Mins
Ride 40 Mins		Run 20 Mins		Swim 350 yards		Run 30 Mins
Ride 50 Mins		10/10 BRICK		Swim 400 yards		Run 35 Mins
Ride 60 Mins		15/15 BRICK		Swim 450 yards		Run 40 Mins
Ride 30 Mins	Swim 100 OW	20/20 BRICK		Swim 300 yards		Run 40 Mins
Ride 70 Mins	Swim 200 OW	20/20 BRICK		Swim 550 yards		Run 30 Mins
Ride 80 Mins	Swim 400 OW	25/25 BRICK		Swim 600 yards		Run 45 Mins
Ride 90 Mins	Swim 800 OW	30/30 BRICK		Swim 650 yards		Run 50 Mins
Ride 60 Mins	Swim1200 OW	20/20 BRICK		Swim 700 yards		Run 55 Mins
Ride 110 Mins	Swim1400 OW	40/15 BRICK		Swim 750 yards		Run 60 Mins
Ride 120 Mins	Swim1500 OW	30/10 BRICK		Swim 300 yards		Run 30 Mins
Ride 30 Mins	Swim 750 OW	15/15 BRICK		Swim 300 yards		Race Day!!!!

10/10 Brick = 10 minutes on bike and 10 minute run OW= Open Water

Last updated: 5/14/2021