



# ABSOLUTE BEGINNERS PLAN - SHORT & MED COURSE

Short: 100m Swim / 4km Bike / 1km Run • Medium: 200m Swim / 6km Bike / 2.5km Run - adjust times to suit your fitness.

| WEEK                        | Monday      | Tuesday                                         | Wednesday                                 | Thursday              | Friday                           | Saturday                                                               | Sunday                                            |
|-----------------------------|-------------|-------------------------------------------------|-------------------------------------------|-----------------------|----------------------------------|------------------------------------------------------------------------|---------------------------------------------------|
| <b>Week 1<br/>Build</b>     | <b>Rest</b> | <b>Swim</b> 3x50m easy<br><b>Run</b> 15min easy | <b>Rest</b><br>(or walk / other activity) | <b>Run</b> 15min easy | <b>Rest</b>                      | <b>Bike</b> 25min steady                                               | <b>Bike</b> 15min followed by<br><b>Run</b> 10min |
| <b>Week 2<br/>Build</b>     | <b>Rest</b> | <b>Swim</b> 3x50m+25m<br><b>Run</b> 18min       | <b>Rest</b><br>(or walk / other activity) | <b>Run</b> 15min      | <b>Rest</b>                      | <b>Bike</b> 30min followed by<br><b>Run</b> 10min                      | <b>Run</b> 20min easy                             |
| <b>Week 3<br/>Peak</b>      | <b>Rest</b> | <b>Swim</b> 4x50m<br><b>Run</b> 20min           | <b>Rest</b><br>(or walk / other activity) | <b>Run</b> 18min      | <b>Rest</b>                      | <b>Bike</b> 35min followed by<br><b>Run</b> 12min                      | <b>Run</b> 25min easy                             |
| <b>Week 4<br/>Race Week</b> | <b>Rest</b> | <b>Swim</b> 2x50m easy<br><b>Run</b> 10min easy | <b>Rest</b><br>(or walk / other activity) | <b>Run</b> 8min easy  | <b>Rest</b><br><b>Check gear</b> | <b>Swim</b> 50m+25m<br><b>Bike</b> 10min<br><b>Run</b> 5min (shakeout) | <b>RACE DAY!</b><br><b>Tri Pink!</b>              |

**Tips for the month ahead:** Rest days are part of training - don't skip them. Keep every session at an easy, conversational pace. Feel free to combine your swim with a walk or other activity, or add walking, yoga or stretching if you want to do more. If you miss a session, don't worry - just get to the next one you can. Lay out your kit the night before and have a great day!

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## FREQUENTLY ASKED QUESTIONS

### I've entered - what happens now?

Your race number (eKit) and event information email are sent out on the Thursday of race week. Read through it and keep an eye on our social media for updates.

### How do I collect my race pack?

Save a screenshot of your race number and bring it with you to Check-In. If you haven't received it, check the alphabetical list at the event site or ask at the Help Desk.

### What should I wear?

Whatever you're most comfortable and confident in! Most Pinkies wear a swimsuit in the pool (often with a supportive bra or extra top underneath), then add clothing like pants or a singlet for the bike and run.

### What do I need to bring?

Swim: goggles, swimsuit/tri-suit, sunscreen (swim cap & timing chip provided). Bike: bike, helmet, bike or running shoes, pump, spare tube/lever (optional), drink bottle. Run: running shoes, socks, hat/sunglasses (race bib provided; bring a race belt or pins).

### What should I leave at home?

Headphones. For safety you need to be able to hear marshals and volunteers at all times - headphones will be removed if seen on course.

### How does the swim work?

Enter the pool one at a time and swim around the buoys in a zig-zag. Line up with friends to start together, and slower swimmers can start toward the back. Raise a hand for a lifeguard if you need help - you can hold the wall to rest or swim with a pool noodle for buoyancy.

### How does transition work?

Transition is where you rack your bike and change between swim/bike/run. Set your gear up on the chain side of your bike. Only competitors are allowed in transition during the event (one parent per child for kids' events during setup/pack-down).

### How does the bike leg work?

After your swim, put your helmet on and walk your bike to the mount line - no riding in transition. Once past the mount line, ride your allocated laps, stay single file, keep left, and make sure your helmet's done up.

### How does the run work?

Walk your bike back to transition, rack it, remove your helmet, then head out for your run laps. Drink stations are on course - keep left at all times unless overtaking.

### Is there a cut-off time?

Yes - the bike leg has a cut-off time on the day. If you haven't finished biking by then, you'll be asked to head straight out onto the run. You'll still be eligible to finish and collect a medal.

### I'm new to triathlon - is there help available?

Yes! Come along to the optional Tips & Tricks Clinic at Check-In the day before your event. It walks you through everything step by step and gives you a chance to ask questions.

### Will there be event photos?

Yes, event photography is provided at every event. A link to your photos will be emailed to you after the race.

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