

RUN GUIDE FOR NEW TRIATHLETES

Presented by Triathlon Today and Challenge Family



Everything you need to
know to enjoy running
THE BEST WAY POSSIBLE!

***WHAT YOUR'E LOOKING
AT RIGHT NOW IS A
BEGINNERS GUIDE FOR
RUNNING.***

In our previous starter guides (triathlon, swimming and cycling) we've provided the beginner triathlete an insight into the sometimes complex world of triathlon. Our first guide was mainly a global look at the sport, while in the swim- and bike guide we targeted the specific disciplines. The same we will do for the run guide: we will share some tips and tricks that you can use in training and during races. We will tell you all about the equipment that you need and what you should pay attention to when purchasing these things.

In short: we will tell you all that you need to know to make that final discipline – the run – into a great success.

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DISTANCES

In our previous guides you learned that there are triathlons over different distances. Consequently, the run distance varies per triathlon too.

LONG DISTANCE:

The Long Distance – also referred to as the Full Distance or Classic Distance – is the longest triathlon out there, it consists of a 3.8 km swim and a 180 km bike ride. The run that follows after that is a classic marathon, meaning 42.2 km.

03:

In a triathlon over the special O3 distance – quite a rare format – you run shorter than on the Long Distance: you will cross the finish line after 30 km of running. Before that you've swum 4 km and biked 120 km.

MIDDLE DISTANCE:

In a Middle Distance – also referred to as a Half Distance – all distances are exactly half of those in a Long Distance. That means you run a half marathon: 21.1 km.

OLYMPIC DISTANCE / STANDARD DISTANCE:

In the Olympic Distance / Standard Distance – the distance that is used during the Olympics and a favourite among beginner triathletes – you swim 1500 meters, bike 40 km and run 10 km.

SPRINT DISTANCE:

The Sprint Distance – even shorter than the Olympic Distance – is very suitable for beginner triathletes too. You swim 750 meters, bike 20 km and run 5 km.

KIDS TRIATHLON:

World wide there are different kinds of kids triathlons, all have different distances, but usually kids run no further than 5 km.

ULTRA TRIATHLONS:

There are athletes out there who don't even find a Long Distance long enough. For those athletes there are ultra triathlons. There are no specific and official distances for ultra triathlon, but basically everything longer than a Long Distance would fall into that category. It can be very extreme, in some cases athletes swim hundreds of km, bike thousands and then run a few hundred.



YOUR GEAR

What equipment do you use for running?

- **Running Shoes** Of course, there are many brands to choose from when it comes to running shoes. Finding the right shoe is important – for instance to prevent injuries – but it can be rather hard to figure out what shoe works well for you. Later in this guide we take a closer look at this.

- **Cap** While running, whether it's during training or racing, you will likely deal with the sun. A cap will not only protect you from the heat, it also helps keep the sun out of your eyes, and that can be very welcome



when you want to use all of your energy to run.

- **Sunglasses** In that regard sunglasses can be useful too. You could combine them with a cap and then you're sure you've done everything you can to protect yourself from the sunlight, but also flies and even your own sweat.

- **Tri suit** During a race it's best not to change your clothing, because it will save you time. Most athletes will wear a tri suit, which you can use during the swim – under your wetsuit in most cases – but also during the bike- and run part.

- **Sports watch** Use a sports watch to keep track of the distance and speed you're swimming, cycling or running at. The most luxurious kind will provide you with many options, for instance monitors that show you your heart rate, a map with a route, the weather conditions or you can even play music.

- **Run clothing** Depending on the season and location, you'll need to select from different sets of running equipment. A run tight is an item that you will need on cooler days; also when it rains it will dry quickly. You have thick and thin tights; what works well for you depends on the local weather conditions that you run in. Select a dry-fit shirt so that you don't feel soaked when you start to sweat and it's nice to have some thin and light rain / wind jackets for when you conquer a little storm. When it's really cold a hat and gloves will help you out.



- **Spikes** Do you plan to do some track running as well? You could consider running on 'spikes'; these are shoes with little spikes on the bottom that will give you a better grip, which will help you to run faster. You can also run on the track with 'normal' running shoes.

- **Elastic laces** During races you'll want to change your shoes as fast as possible. With elastic laces you don't need to tie shoe laces, which saves you some time. You can pull the elastics tight or a bit loose to find the right fit.



RUNNING SHOES

To save yourself from injuries, it is very important that you run with the right running shoes

What do you pay attention to when buying running shoes?

Obviously, as a triathlete and therefore runner there is no way you can do without running shoes. You will need them and you will need good ones, because the right shoe will help you stay clear of injuries. Our first recommendation is to not save money on your running shoes.

Pronation

With the big selection of brands and models to choose from; what do you need to pay attention to when you buy running shoes? Firstly: the type of pronation. You've probably heard of this before. You can choose from neutral running shoes and anti-pronation shoes. Depending on what kind of runner you are – something people in a specialised running shop can tell you – you select the right type of shoe.

Neutral pronation

- The foot lands on the outside of the heel and then rolls forward to absorb the shock and body weight.

Over pronation

The foot lands on the outside of the heel and then moves inwards, which gives a lot of pressure on the inside of the foot sole.

Under pronation

The foot lands on the outside of the heel and then moves outwards, which gives pressure on the outside of the foot.



The right size, length and width

Besides selecting the right shoe, you will also need to find the right size. And it's not all about the length, but definitely also the width, when it comes to running shoes. In general we can say that a running shoe usually fits slightly smaller than a normal shoe and when running your feet swell up a bit. That means you should generally buy running shoes one size up. However, it really depends on the model so there is not just one tip. Regarding the width: try out different brands and models to see which shoe give you enough – but not too much – space on the side of your feet. When you're not sure, ask for advice in a running shop.

The right shock absorption

You shouldn't only find a sole outline that matches your running style, also the thickness and material of the sole and therefore the amount of shock absorption a shoe has are important. How much absorption is recommended depends on the mid sole and the amount of absorption you need with your body weight. In general we can say that the less experienced and heavier you are, the more you will benefit from absorption.

When you run on shoes with less absorption you are more injury prone, but more responsive and faster. The absorption in a shoe will also weaken after running a lot on them; after 600 to 800 km running shoes are usually worn out.



TIPS TO BECOME A BETTER RUNNER

This will make it easier.

The run in a triathlon is quite something; after swimming and cycling it's not easy to have to run. We selected a few tips for you so that you're sure you have enough energy left to do well on the run part and smile when you cross the finish line.

- A) Make sure that you have explored the course before a race. You can do this once you're on site, but also online through route maps that the organisation usually provides you with. That way you know what to expect, how many meters of elevation a course has, and which parts are extra tough.



- B) Make an estimation of your running level. Don't take off too fast: because after cycling it can be tempting to fly onto the run course, but you will usually start to struggle a few kilometers ahead. So come up with a smart and consistent run plan.
- C) Eat and drink enough during the run. During the race you will walk past aid stations; make good use of those. You will need the energy to make it across the finish line.

- D) Don't push the pace because of the crowd, stick to your own plan and pace. A triathlon is long and hard enough.
- E) Enjoy it! It's a unique experience. Especially the last kilometers, you will never forget. Finish with a smile and be proud of your performance!



- F) To improve your running, core training is of not inconsiderable value. By training your core stability - which means strengthening your torso, back and basically your full body - you reduce the chance of (running) injuries and your body will be ready for the most intensive runs.
- G) Don't forget about brick training; try to go for a run sometimes directly after a bike ride. A brick training approaches the feel of a triathlon and is highly recommended once in a while..

SPECIFIC TRAINING

'Combine multiple type of workouts for maximum results'

There's a lot of different run training that you can do. It will keep you entertained, but of course it also helps you to become a better runner and therefore a better triathlete. We've summed up some types of run training that you can do.

- **An easy endurance run** In an easy endurance run you run below your anaerobic threshold or race pace. The idea is to run with a low heart rate, which makes the impact rather low. During an endurance run you're meant to run the complete distance in one go, which will help you increase that distance over time. By running a constant pace, you improve your endurance capabilities. How do you make sure that you don't run too fast? Simply pay attention to your breathing and heart rate.

- **Tempo run** A tempo run – an endurance run at a higher speed – helps to improve your performance. During a tempo run, you stick to a speed of about 80 to 90 percent of your race pace. The pace – or intensity – remains the same all throughout the training. For a tempo run it's particularly important that you don't drop the pace towards the end of the run. With a tempo run you can move up your anaerobic threshold; the turning point where you start to cramp up and are no longer able to maintain your pace.

- **Interval training** Interval training can be categorised in three different types.

- **Intensive interval training** During intensive interval training you aim to improve your base speed. It's important to have a good base to work on before you start running intervals. During an intensive interval run you run efforts at 80 or 90 percent of the maximum pace that you can stick to for the time of that effort. In between efforts you have relatively short moments of rest. Because of the high impact intensity you work both on your overall running shape, speed as well as endurance. You can run efforts based on time or distance.

- **Fartlek interval** Fartlek is a Swedish word for speed game and that's exactly what it is: in a playful way you change your speed throughout a fartlek training. You can decide during the training which parts you run at a higher speed and when you run easy. You can decide what speed you want to run and how long you want to stick to that speed. This gives your muscles some extra stimulus. What makes fartlek training so nice is that you can decide it in an instant, which makes it fun, but also boosts your motivation. You could even make fartlek part of your endurance run.

- **Extensive interval** In extensive interval training you're meant to hold onto a certain challenging pace for a longer period. You can recognise an extensive interval training from the blocks that are rather long and have barely any breaks in between. The intensity of the different tempo blocks is a bit lower: you run at 70 to 80 percent of your maximum pace. The intensity is therefore lower than for intensive interval training, but the efforts take longer.





**TRIATHLON
TODAY**

**CHALLENGE
FAMILY**
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Enjoy Triathlon,
#SeeYouAtTheFinishLine!