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**Training Plan For Triathlon 2006**

**By Low Jeremy**

Our body, being a perfect engine is designed specifically for training or non-training. If you test its

limits then you get what you expect- you become better. If you remain in the same pace over the duration of your training, the body will adopt to that pace. Therefore, you must never allow your body to get used to similar workouts. Put challenges into it.

Always do things that will help create an interesting training for you. Sometimes it is not fatigue that stops someone from training, it is the lack of reason to enjoy the activities. Device variations. Say take on a new train partner or train somewhere else other than your usual training grounds. This way, your motivation will be kept high.

Training for sprint triathlon is easier than with all other triathlon categories. Here is a sample sprint triathlon training schedule for you.

**Swimming**

For amateurs, an ideal distance to start sprint swimming is 400 meters. This is within range even for those with really poor swimming background. If you feel that swimming would give you troubles, give it much of the discipline and stay on waters longer. This usually takes the longest to master since it is nearly pure technical work.

If you want to simplify your training, it would be best to watch strong swimmers do their things and follow their techniques if you can. It is always good to stay with larger training groups since they can provide you with advises and tips on training. You can do solo swimming yet crowd swimming will prepare you with the real feel during the race.

**Cycling**

The bike part normally consumes the most time in a sprint triathlon. And this is actually when you can earn some rest since your body does not do much of the works. You can ride any bikes if you like so long as they provide you the ideal speed that you require plus the aerodynamics to help maximize

each pedal cycle.

Run...Run...Run

These might be the simplest part for anyone has the natural ability to run. But to run good after an energy–draining swim and leg–tiring bike is a different story.

Everyone has his or her weak sport, one only needs to know where it is and work on it well. Never bargain on the thought that you are good at one part and trust on it. The miles you have earned in your forte wont do good if you'll lose them all in your second shot.

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## **What Does It Take To Join A Mini Triathlon For Kids**

**By Low Jeremy**

At some points in our lives, we all have wondered if mini triathlon would work for us. Or if mini triathlon lifestyle would suit us best. But as we all understand, the best junction to start with is in our kid stage.

Many people agree that triathlon is a sport for the uncontented. For those who would want to venture into other competitions that they believe, would help them to get better. And those who would want to push their mental and physical capacities into the limits. It is after all, a game of endurance. Somehow, after the competition and being able to finish a mini triathlon, the sense of achievement would be enough to create a better sense of yourself. While kid's may not actually understand the full meaning of their actions, triathlon would still prove good in honing their capacities to compete.

In fact, the majority of kid racers are not solely after the title or the price that's waiting at the end of the line. They enter because they have a personal race to win, a battle for and within themselves.

It surely must take some hard work, pain and dedication to your vision before you become fit for a mini triathlon. Aside from training, you mind and your body must have undergone some preparation and adaptation to the risks involved in a mini–triathlon.

If you are seriously considering joining your kid in a mini–triathlon race, here are some aspects you must work with.

Know your fortes and pitfalls.

Central to this is to improve both of your child's weak points and strong points. Many can swim well but haven't tried cycling or are great runners yet terrible swimmers. There are lots of possibilities. Only you and his trainer would be able to spot that. Thus, the advantage of taking formal training.

Visualize a plan.

A workable plan is always the ideal since this allows room for mistakes and improvements. A well-planned training schedule will let you become more realistic. That way, you'll get the motivation to stick with your plan since you are seeing improvements. Training requires you to take each lesson in their bite size. Don't try beyond your capacity, unless you have the full conviction that you actually can surpass the hurdles.

Master the basic workouts first. Then gather your strength and work on more difficult routines. Work at your body's pace and take pleasure from each experience.

Stick with your visualized plan.

There would always be a junction when you would stop believing that your plan will work. This arises from a number of possibilities. One good way of keeping your child from training blues is to make each session as varied as possible so as the height of his motivation will always be kept at different paces.

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