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**What To Do With Your Triathlon Wetsuits During The Race**

**By Low Jeremy**

Due to time pressure, majority of racers often forget that one of the central things in a race is for your gears to fit properly. When its too tight, then it must have the proper fit, right? Yes.

There are no standard measures that can help us in choosing our wetsuits. We only have to trust on our best judgement and trust on the luck that you have the perfect wet suit.

Triathlon races allow absolute personal choices for gears and equipments. However if you were joined in a racing team, it would be possible that you get to follow the prescribed uniform.

Wetsuits are critical during the race. If they aren't perfectly donned, they can create true differences. In most cases, they restrict your from moving freely just because the lower suit pulls the top from its proper place.

Wetsuits are designed to be pulled easily into and out from your body, especially when you and the suit are wet.

It is best to leave your socks on if you are to wear the wetsuit. This will prevent the material from stretching due to pulling from your toes. Pull the bottom of the pants further until the crotch is snugly fit. This junction is critical so please do it carefully.

If you are using a full-length wetsuit, you have to ensure that the dividing section between the lower and upper parts are placed on their respective positions.

Afterwhich, drive your arms into the armholes. Secure to it that the space between your armpit and the suit is just enough to let you move if you are using full suits. If however, you prefer to use Long Johns, you would no longer be bothered with the sleeves.

Now the question arises, which works better, Full Suits or Long Johns?

## What To Do With Your Triathlon Wetsuits During The Race

If it is the advantage of speed that you like, you can turn to full suits. These work well for more experienced swimmers who can produce long but lesser strokes since full suits help conserve energy by cutting the water easier.

Long Johns however, leave your arms free which can better help facilitate higher stroke counts. These also provide the feel of water.

If you have practiced enough, it is possible for you to wear or remove your wetsuit in less than 10 seconds during the race. After all, triathlon wet suits are designed to be taken in and off quickly. But whatever you do, never sit down while taking it off. This will add 5 seconds or more on your transition time.

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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 prize 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, your 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

## What To Do With Your Triathlon Wetsuits During The Race

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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