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When Where And How To Train For A Triathlon

By Low Jeremy

Joining triathlon is one thing. Preparing for it is another. So, to avoid coming short on the finish line, you must prepare for it long before the competition starts.

When

Once you have the desire to join triathlon any time soon, the very first thing that should concern you is the right time of your training. Actually, there is no right or wrong time of training. Early in the morning, late in the afternoon or even on midnight would be okay as long as your body can adapt to your time schedule.

If you choose to train early in the morning the effect would be for your body to boost its metabolism. This is great if you want to maintain your body weight. You burn more calories while training and continue for several hours even you have already stopped.

The best time to train is in the afternoon. You are fully energized at this time of the day for your body has been nourished and hydrated since you wake up.

In case you want to train during midnight, you are free to do so. As was said, as long as your body adapts to your time schedule, anytime is okay.

Where

You have 3 disciplines to hone: running, swimming, and biking. Let us start with running. There are several places where you can improve your running. A treadmill would definitely let you monitor every detail you need. An open ground would keep your session just like the real competition. For you who would run outdoor, one tip that should be remembered is that you must change your route regularly. Doing so would keep you up and about every time.

Stationary bike or real triathlon bike are two ways where you can improve this particular discipline. Again, changing your outdoor route would keep you from tiring so fast.

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Unless you have swimming pool at your home, access to train on this discipline is limited. Have a particular time where you can hone this.

How

One thing that you must remember is that no matter how hard you train, it would be useless if you result yourself to over fatigue. To avoid this from happening, take a rest. Your body will improve while resting (untrue to the common notion that the body improves during each session). Make sure you have a good rest after every training to avoid not only over fatigue but also injury and lost of motivation.

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<http://triathlon.articlekeep.com>

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.

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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 work. 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 who 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 won't do good if you'll lose them all in your second shot.

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