



Introduction to Triathlon

A 6-week guided course for adults at entry level

Commencing 26th February 2024

What is the Intro to Triathlon course about?

You may have been sitting on the sidelines watching triathlon and considered getting involved but not known where to start. You may have even dabbled a little in swimming, biking or running but still feel uncertain about your skill level, or other aspects of the sports. You may also be looking for people to join you on a training journey and to have a laugh with as you tackle new challenges.

The Intro to Triathlon Course is specifically tailored for people who want to develop entry level skills in swimming, biking, running, and putting these together, under the guidance of expert coaches. It is also designed to improve your knowledge on the accessory aspects of the sport e.g. bike maintenance.

What to expect from the course

- Between three to four coached triathlon sessions a week (Swim and/or open water swim, Bike, Run, Transition skills) run by Accredited Coaches.
- Four evening seminars with Q & A time, including; Nutrition, Prehab/ Strength & Conditioning, Triathlon rules & Race know how, and Bike Understanding and Maintenance (basic bike anatomy)
- A Hervey Bay Tri Club polo shirt
- A Club “Graduation Race” on the 7th of April
- Avenues for ongoing coached and group training sessions
- All this AND Club membership for a total of \$75 (Numbers limited to 10 per course).



It all starts with a Monday “Meet & Greet!”

Date: 26th Feb 2024

Time: 6-7am

Location: Hervey Bay Aquatic Centre, Tri Club Shed, Boundary Rd

At the start of the 6-week course we will have a meet and greet session. At this session you will meet all your coaches for the course, and will be given information on the main things you will learn in each sport, and any equipment you need to bring along to sessions. You will also be given any additional info on seminar session times and locations.

1. Swim Sessions:

Coached by Caleb Ryan & Kirra Seidel –

- Freestyle technique
- Basic stroke analysis & drills
- Fitness
- Open water specific training & skills

2. Bike Sessions:

Coached by Brian Harrington & David Trevorrow –

- Bike handling skills
- Cornering and U-turns
- Gear Selection
- Fitness

3. Running Sessions:

Coached by Karly Goss & Kirsty Sheehan –

- How to warm up and cool down
- Essential running sessions to include for fitness & strength
- Running technique pointers
- Some basic “dos” and “don’ts”

4. Transition Sessions:

Coached by Brian Harrington & Kirsty Sheehan

- Mounting & dismounting
- How to set up your transition
- Time saving



Evening Seminars

Triathlon continues to be one of the fastest growing participation sports in the country. Triathlon is a wonderful way to maintain a healthy lifestyle whilst meeting new people with similar interest. It's certainly not just about swimming, biking and running. Just ask some of our current clubbies!

Our course Seminars are designed to support you in all aspects of your triathlon journey so that you can safely make the most out of the sport. They will equip you with all the skills, knowledge and opportunities to get a leg up into the tri world.

1. Basic Nutrition Principles for Triathlon:

Kirsty Sheehan- Sports Dietitian & Nutritionist

- Basic foundations of good nutrition: What are Carbohydrate, Protein, Fat, Electrolytes?
- Maximising your training: Nutritional needs to manage your increased activity.
- Race nutrition: What should I be using before, during, after?
- Diets: Quashing Urban Myths.

2. Strength & Conditioning for Triathlon:

Caleb Ryan

- Basic foundations of strength and why you might consider including it.
- How to compliment your Tri training with strength.
- Simple strength and stability exercises most triathletes will benefit from.

3. Triathlon Rules and Race Know How:

Brian Harrington

- Rules you need to know to race in a sanctioned race.
 - Swim, bike and running rules.
 - Kit and equipment rules.
- Race preparation
 - Kit and equipment.
 - Mental preparation.
 - Physical prep and warm up.

4. Bike Understanding and Maintenance:

Adam Hawkins- Giant Cycles

- Basic bike anatomy.
- How to clean and maintain your bike.
- How to change a tube.
- Safety check before each ride.

Meet your coaches!

Brian Harrington

It doesn't get much better than Harro in terms of experience. Over thirty years as a triathlon coach. Current QLD and QLD schools coach. Under Harro's watch a National Schools Championship has never been lost.



Caleb Ryan

Caleb has been swim coaching for over ten years. He is the current HBTC swimming coach. Caleb also holds strength and conditioning qualifications.



David Trevorrow

Dave has far more years cycle coaching than you can count on two hands and feet. He's coached such champions as Jay McCarthy from the pro peloton. A current avid cyclist he knows what he's doing around a bike. Dave also lays claim to having taught Harro all he knows!!



Kirsty Sheehan

Kirsty has over twenty years experience as a Dietitian and Aus Tri Acc coach. She is a regularly racing AG triathlete herself and brings this wealth of knowledge with her.



Karly Goss

Karly is a Phys Ed teacher and an embodiment of enthusiasm for triathlon. She recently added Aus Tri Foundation coaching to her list of qualifications.



Kirra Seidel

Kirra is a current professional triathlete and Aus Tri Acc coach. She has an amazing string of racing achievements in both short and long course. She coaches triathletes on both an individual and group level.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WK 1	26 th FEB	27 th	28 th	29 th	1 st MARCH	2 nd	3 rd
	Meet & Greet 6am Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed	Intro to Biking 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Intro to Running 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Intro to Swim 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Rest & Recovery	Intro to Open Water Swimming 3pm Hervey Bay SLSC <i>Coach Kirra Seidel</i>	Rest & Recovery
WK 2	4 th MARCH	5 th	6 th	7 th	8 th	9 th	10 th
	Seminar: Intro to Triathlon Nutrition 6-7pm Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Rest & Recovery	Rest & Recovery	Rest & Recovery
WK 3	11 th MARCH	12 th	13 th	14 th	15 th	16 th	17 th
	Seminar: Bike Maintenance 6-7pm Giant Hervey Bay, 1B/101 Beach Rd, Pialba	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Kirsty Sheehan</i>	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Transition skills 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coaches Brian Harrington & Kirsty Sheehan</i>	Open Water Swimming Skills 3pm Hervey Bay SLSC <i>Coach Kirra Seidel</i>	Rest & Recovery
WK 4	18 th MARCH	19 th	20 th	21 st	22 nd	23 rd	24 th
	Rest & Recovery	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade)	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay	Rest & Recovery	Open Water Swimming Skills & Race Prep 3pm Hervey Bay SLSC	Rest & Recovery

		<i>Coach David Trevorrow & Kirsty Sheehan</i> Seminar: Intro to Strength for Triathlon 6-7pm Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed	<i>Coach Karly Goss & Kirsty Sheehan</i>	<i>Coach Caleb Ryan</i>		<i>Coach Kirra Seidel</i>	
WK 5	25 th MARCH	26 th	27 th	28 th	29 th	30 th	31 st
	Seminar: Triathlon Rules & Race Know How 6-7pm Hervey Bay Aquatic Centre Boundary Rd, Torquay Tri Club Shed	Bike skills & Fitness 5.30-6.30am Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Running Skills & Fitness 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Karly Goss & Kirsty Sheehan</i>	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Rest & Recovery	Rest & Recovery	Rest & Recovery
WK 6	1 st APRIL	2 nd	3 rd	4 th	5 th	6 th	7 th
	Rest & Recovery	Bike skills & Fitness & Race Prep Astro- Access from John Duigan Drive <i>Coach Brian Harrington & David Trevorrow</i>	Running Skills & Fitness & Race Prep 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coach Karly Goss & Kirsty Sheehan</i>	Swimming Skills & Fitness 5.30-6.30am Hervey Bay Aquatic Centre Boundary Rd, Torquay <i>Coach Caleb Ryan</i>	Transition skills 5.30-6.30am Seafront Oval, (Junction of Main Street & HB Esplanade) <i>Coaches Brian Harrington & Kirsty Sheehan</i>	Rest & Recovery	Graduation Race: HBTC Race 4