



How it works

The Ingatestone Rotary Club Indoor Triathlon is an opportunity for all to take part in a fun event, whether you are committing to your first triathlon, or you're an experienced competitor doing the race as a tune-up or benchmark for the upcoming season. This Indoor Triathlon has something for everyone!

. Spread over one Sunday, entrants will work in waves of 12 on indoor cycles, rowers and treadmills for 15 minutes each, and the individual distances will be recorded. There will be a transition period of 5 minutes between each activity in order to record distances, and set up for the next participants

Although you will compete against the clock and have a total distance achieved in the 3 Triathlon disciplines, final positions will be based on your positions in each discipline and within the category you are in (under and over 40, male and female) All completed distances will be recorded and prizes awarded for the winners and runners up in each category.

The Ingatestone Rotary Club Indoor Triathlon is open to all and is designed to suit all ages [minimum age is 18] and abilities. It is advisable to have used the three types of machines before (treadmill, rower and cycle-see triathlon tips).

All machines will be set up to the same resistance when you begin each discipline and must not be altered apart from the speed of the treadmills. Instruction and help on their use will be available.

Cycle : Upright bikes Level 4 minimum gear

Row: Resistance - set to Level 7

Run: Treadmills gradient - 1 %

Moreover, trial memberships are available at The Gym, so that fitness levels can be improved, and familiarity with the machines achieved. Please go to [The Gym website](#)

When: 8th April 2018

Where: The Gym, New London Road, Chelmsford CM2 0ND

Who: For all registered entrants only

How much: £15.00

For Application; Go to www.rcoiindoortriathlon.co.uk

Anyone who wants to participate will need to sign up to their age category and registration will be based on a first come first served basis.

You can enter the triathlon either as an individual, as well as a member of a team/group of friends (3 maximum). Please confirm this when booking your place(s).

When booking, you may request a time between the hours of 10:30 a.m. and 3.30 p.m. If you are entering a team, we will place you in the same session

Booking is subject to applicant numbers /staff & equipment availability and you will be contacted ASAP to confirm a timeslot based on this availability.

Individual Categories

Men over 40 Women over 40

Men 18 - 40 Women 18 - 40

One Team Category

3 Men in team or 3 Women in team or 3 in Mixed team

If you are unable to attend this event, please inform the organiser as soon as possible so that your place can be offered to another participant. Refunds can only be offered up to 7 days prior to the event.

On Arrival

Competitors must complete a health form at registration.

In order to compete:-

Please ensure that you arrive at least 15 minutes prior to your start time to register.

There will be the facility to warm up before your slot. Please leave time for this

Wear appropriate footwear and clothing

Tips on how to train for an Indoor Triathlon

It is very important to prepare before this type of event, not only to do well but to be able to set yourself achievable goals.

Training for the Ingatestone Rotary Indoor Triathlon will improve your physical fitness, as well as motivate you to

come to The Gym [or another one] and work out more. Sometimes having a goal to work towards gives you the added motivation we all occasionally lack at times. Think of the great sense of achievement you will feel when you complete the Ingatestone Rotary Indoor Triathlon

This Rotary Indoor Triathlon offers a unique experience for beginners wanting to try a triathlon for the first time all the way to experienced triathletes to prepare for their triathlon season. For beginners and experienced triathletes, there are specific training schedules on line under indoor triathlon and sprint triathlon

It would be ideal if you can use the necessary gym machines, in order to gain experience and good technique using a treadmill and a rowing machine. Failing that outdoor cycling, walking/jogging/running on flat surfaces, preferably soft, will suffice. If you do not have access to a stretch of water to row, one substitute is to have bands anchored to the wall or door, and used from a seated position. These are available on line

A good warm-up is imperative to a training session. A recommendation is to start with a 5 min walk, and /or, slow jog, or cycling using a low gear, followed by light dynamic stretching. THEN start your routine. Doing this will get some blood flowing to your muscles before stretching. Similarly, finish with 5 minutes cool down walking/jogging/easy cycling for five minutes, followed by some static stretching

Starting Volume: For the first week or two of training, do the number of training sessions and the length of each that you feel able to do, but aim towards 5-6 x 30 minutes per week. Practice all three disciplines of this triathlon, especially your weaker discipline. This will be steady state training if unfit. Gradually build on this over the next few weeks, introducing an increasing number of sprints/increased efforts-say for 1-2 minutes at a time. During this build-up of training leading up to the final week, it is important to learn to train within your capabilities, that is, learn to PACE YOURSELF!

Also introduce some back to back sessions that is, training in two, or all three disciplines in one training period e.g. walking/jogging/running and then cycling, and vice versa These will help to 'acclimatise' your muscles when changing from one discipline to another.

As you progress and get fitter, ensure you can complete the time required on event day, on each machine. If you haven't been able to meet the minutes running required of a program at the end, it's ok to walk/jog during it. Don't feel you have to run the whole thing.

Make the final week a period of lighter training (tapering), both in time and effort.

Don't do anything crazy with your diet before the race. Have a healthy/normal dinner, light breakfast,. And don't worry about nutrition during the event. Put some water /sports drink on your machine if you really want to, and have a small towel handy!

On the day of the event, get there early, 30 minutes or more before your start time, in order to register and receive any briefing, change if you need to and warm up

And finally, ENJOY and have FUN!

The Gym's staff will always be available to offer individual support throughout your training and can coach you on how to use the equipment, especially the rowing machine. Feel free to approach them when you see them in the gym and see how they can help you with your Triathlon training.

Further advice is available on line, such as you tube, and Indoor Triathlon web-sites

Once again, Things to remember

- You must take part in ALL three disciplines
- There is a 5 minute transition between each station
- Your distance achieved on each machine per 15 minute session will be recorded by a Monitor.
Please book your slot early to avoid disappointment