

Training for first Tri in St....



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May 10, 2008

I recently completed my first marathon and wanted to try something new....an Olympic Triathlon.

I know plenty of people who have ran marathons and were open to offering advice, however, I do not know anyone personally who has trained for an Olympic Triathlon. I am fairly daunted by the complexity of it (have always been a recreational runner and cyclist.)

I have an incredibly busy schedule, but would like to find others who are training, for I think that will help me mentally prepare for this.

So, I guess my question is, is there anyone from St. Louis on here who can point me to training groups or events? Or just some general advice on how to beign training for an Olympic Triathlon. I have started a training schedule based on some online searching, but any suggestions/resources (ie: good books) to assist would be helpful.

Thanks.

Rebecca

Attachments:

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Jul 9, 2007 1. **Re: Training for first Tri in St. Louis...advice?** May 11, 2008 1:05 PM

check usatriathlon.org for tri clubs in your area they are usually filled with cool folks happy to pass on good info about how to train and what races are good.

www.trifind.com has a good calendar of events as well as active.com

if you got a plan you're pretty set one workout I think is incredibly important is a BRICK (Bike Run ICK) a bike ride followed immediately by a run. sounds easier than it is. do this once a week and your body will get used to the sudden transition of blood flow from cycling muscles to running muscles. good luck and have fun!