



**Category:** fitness and life style management



## **TRIATHLON TRAINING FOR LIFE STYLE MANAGEMENT AND FITNESS**

**PEDDINENI PARVATHI**

Lecturer in English

Government Degree College for Women, Guntur.

Cell No: 9000000602, mail: [peddineni.parvathi@gmail.com](mailto:peddineni.parvathi@gmail.com)

### **ABSTRACT**

Sports studies reveals there is a significant growth of Triathlon participants who are multisport athletes all over the world and especially in US. A new study initiated by USA Triathlon has revealed exciting new data on the demographics and spending habits of multisport athletes in the United States. The Mind of the triathlete study was conducted in October and November 2008 and is the first of its kind to provide a deep analysis and segmentation of the triathletes among new participants and long-time veterans. More than 15,000 triathletes gave an average of 20 minutes describing their experiences, lifestyle, habits and backgrounds. The remarkable observation is the incredible passion of triathletes no matter what the economy is doing. Participation is increasing both in the numbers of races and distance. But most people have little understanding of and are unaware of how tough it is, both mentally and physically.

Swimming, biking, and running complete a triathlon. But triathlon training will make a man, a real Ironman, with extraordinary physical as well as mental fitness and a better lifestyle. So it has become a drug to the people now. This paper tries to present information about Triathlon training which is now become a passion even for Indians.

**Key Words:** Ironman Triathlon, Lifestyle management, Dedication, obsession, building confidence

### **Triathlon Training for life style management and fitness**

#### **Introduction**

An Ironman Triathlon is a series of long distance triathlon races organized by the World Triathlon Corporation consisting of swimming, cycling and running with a stipulated distance and with a strict time limit. Participants of the race will come to have fun and finish the race but not to beat someone or see how fast they can go.

Triathlon is considered by some to have its beginnings in 1920s France. The first modern swim/bike/run event to be called a 'triathlon' was held at Mission Bay, San Diego, California on September 25, 1974. The first modern long-distance triathlon event was the Hawaiian Ironman Triathlon. The World Triathlon Corporation (WTC) is a private company that sanctions and organizes the Ironman and Ironman 70.3 races each year. These races serve as qualifying events for their own annual World Championships.

#### **Triathlon for Physical Fitness and enjoyment**

We usually feel that physical fitness is needed for Triathlon races. But in reality, Triathlon training enhances physical fitness of the participants because each sport is an endurance event. Training for Triathlon provides cardiovascular exercise benefits. Triathletes encounter fewer injuries than those who only use running as part of their exercise. Triathlon training improves endurance sports performance, aerobic capacity, lactate threshold and economy. Other cross training benefits are yoga, Pilates and weight management. Triathletes exercise regularly and will have a lower risk of heart disease, cancer and other diseases. They live



longer and better quality of life. Regular exercises reduce stress, promote clear thinking, looking better, increase creativity, reduce premature aging and build confidence.

Triathlon is an exciting adventure that will improve fitness, boosting the health and raising self esteem. It will make life richer and more enjoyable. It is a fun to alternate swimming, biking and running instead of being stuck with one sport. While triathlon is a fun, it is also challenging. This challenge has been attracting many people towards it.

### **Triathlon lifestyle**

Dedication to exercise is a focal point in Triathlon life style. Workouts everyday we do including exercise are eating, working, gardening, preparing meals, hobbies and all other interests. The successful triathlete decides when the next workout will be and then arranges the other details of life around it. This is also influenced by the measure of obsession or passion for exercise and a healthy lifestyle. If we can not enjoy swimming, biking and running, we can not start this adventure. Consistency in daily routine or workouts is the most important factor in Triathlon lifestyle.

### **Factors leading to Success**

#### **1. Level of Motivation**

Motivation and attitude are everything. If we believe in ourselves and reinforce positive thinking habits daily, we will succeed. A motivated and positive athlete sees two opportunities through which they can improve and develop endurance, strength and speed.

- Taking advantage of known strength
- Learning about the weaknesses

#### **2. Recovery from Exercise**

Speed recovery from workouts leads to success. Eating habits and motivation play a major role in recovery from exercises. After exercise our body has two primary needs-water and carbohydrates. To a lesser extent it also needs essential amino acids and electrolytes especially sodium. The sooner we consume these after exercise, the sooner we will be ready for the next workout. Within the first 30 minutes after exercise, the body will be better primed to accept and restock carbohydrates in the muscle and liver than at any other time in the day. Recovery drinks, gels and bars are available in the market. They also can be made a bit cheaper in our own kitchen.

#### **3. Staying Healthy**

Staying healthy includes lack of bad habits like smoking, drinking alcohol or taking drugs. Regular exercises and nutritious food will enhance immunity power.

#### **4. Eating Nutritious food**

What we eat and when we eat it play a big role in fitness. High quality foods eaten in the proper amounts at the right times make workouts better, speed recovery from workouts and ultimately contribute to better fitness. This doesn't mean we never splurge and have pizza, a sugary soft drink or even some spicy oily food. When to eat certain foods is important. Decisions about what to eat must be based on the daily workouts. There are 4 phases in our day related to what we eat; right before exercise, during exercise, immediately after exercise and the rest of the day. Nutritious food includes essential amino acids from protein-rich foods, carbohydrates with lots of vitamins, micronutrients, minerals and healthy fats.

#### **5. Controlling Body Weight:**

This is more important for being fit for doing workouts regularly. Diabetes, heart disease and other deadly lifestyle diseases have been linked to obesity, which is officially defined as being 30 pounds or more over one's ideal body weight. Regular exercise helps to control and reduce body fat and improve long-term health.



## 6. Help and Support Received

Although Triathlon is ultimately an individual sport requiring self-sufficiency, it doesn't have to be a lonely sport. We will find that triathletes as a whole are fun loving gregarious people who love to be with others. Triathletes need the help of others-their supporters.

i. **Emotional support:** Training for a Triathlon is a great pleasure. Realizing that our fitness is improving, our waistline is trimming and we can handle more exercise is highly motivating. But there will be times when none of this seems to be happening and we are also weary and have too many responsibilities to manage. At these times we need the emotional support of family and friends who feign an interest in our obsession to keep going.

ii. **Motivational support:** It's a rare person who can do every workout alone and stay enthusiastic. But a study diet of solo exercise can be mind-numbing, or worse-it can contribute to loss of motivation. So, a training partner, or better yet, a group, is the best therapy for boredom and low motivation. Clubs in larger cities have groups of people and offer weekly workouts in one or more of the there disciplines. Some clubs even have coaches who can help to grow as a triathlete. If there is no club in our area, consider starting one. Having training partners will do wonders for our motivation. It is easier to get out of bed in the morning or go for an after-work training session it we know our training partner will be there, too. Getting together with a training partner for an indoor bike trainer ride or side-by-side treadmill run will boost not only the quality but also the enjoyment of such workouts. A local store frequented by triathletes may be just the ticket to find someone. Some shops provide a bulletin board where you can post a looking-for-a training partner note.

iii. **Technical support:**

a. **Shops:** Getting in shape, dealing with or preventing injuries and buying and maintaining the right equipment are all huge tasks. Each is so complex that it is impossible for an individual to keep up with even the most basic technical information. We used to go to the sports shops to buy anything needed for the sports. Mail-order and online catalogs have made it difficult for many of these specialty stores to stay in business. Those that have succeeded have made it by offering a lot more than just equipment. They also offer information, quality bicycle repair and maintenance and other specialized services.

b. **Medical examination:** Usually a poor spinal health, unstable knees, muscle imbalances, leg-length discrepancies, flat feet and poor posture are the health problems. The therapist, after medical examination, can suggest strength and flexibility exercises to alleviate the negative consequences of such conditions. Sports specialist doctors are a boon to the triathletes.

c. **Coach:** Triathlon coaching has become a career for many. A coach can design and refine a training plan for us. A good coach will provide advice on equipment purchases, diet, race strategy, and motivation.

iv. **Informational support:** Triathlon is one of the youngest sports in the world, having been around only since the 1970s. But due to recent rapid growth, information on the support is overwhelming.

a. **Cyberspace:** A Google search on 'Triathlon' will yield millions of results. News groups, bulletin boards, blogs, websites, chat rooms, online magazines and live talks by experts abound. The race calenders and training logs may prove helpful. General Triathlon information and coaching are also available in the cyberspace.

b. **Print media:** Triathlon sites on the web are prodigious, print media on this topic is limited. Two magazines dominate in the US named *Inside Triathlon* and *Triathlete*. But many regional publications focus on triathlon such as *Colombo Triathlete*, *SoCal Tri-Life*, *Rocky Mountain Sports*, *Windy City Sports*,



*Competitor, Oklahoma Runner & Triathlete.* These are usually available in sporting goods stores and health clubs and on newsstands.

## **7. Opinions on Age**

Nearly all of us were born to be fit and healthy. But most of the degeneration we accept as normal with aging actually results from lack of use. We let our bodies rust out instead of wearing them out. Weak muscles, getting fatter every year, low capacity for physical work and life threatening health issues such as heart disease, some cancers and high blood pressure can be avoided simply by being active. The problem is that we expect these changes to occur as we get older. When they occur, we see them as inevitable. But they are not. Low fitness, poor health, obesity and disease are not normal. A study of 80 and 90 years olds showed that strength and fitness gains can be made at any age given an appropriate program. Hundreds of senior citizens complete marathons, triathlons and other athletic feats that most young people consider impossible.

### **Helping Strategies to stay on track**

- Doing exercise every morning and with fewer interruptions.
- Scheduled workouts in a weekly calendar the same as other appointments.
- Exercise with a friend because peer support encourages participation.
- Lay out exercise clothes and equipment the night before workout.
- Ride a wind trainer or stationary bike while watching TV or reading.

## **Better Fitness Tips**

1. **Sleep and Rest:** A well-rested triathlete looks forward to the next workout, enjoys training, is powerful, has good endurance and progressively grows stronger. Need for sleep should not be underestimated. Hours of sleep are not the only issue here. The quality of sleep is important. There is a need to place as much importance on sleep as on exercise.
2. **Loss of excess weight:** It has been estimated that each pound of additional body fat causes a runner to slow by two seconds per mile and requires an additional three watts of power when climbing a hill on a bike. A novice triathlete who is 25 pounds overweight will take 7 to 8 percent longer to finish a race, or about 8 to 10 minutes longer in a sprint-distance event. A person this much overweight will probably end up walking most of the run portion because his or her aerobic fitness will be inadequate to move that much mass at a running pace. Regular exercise helps to control and reduce body fat. Exercise burns between 5 and 20 calories per minute depending on the type of exercise and its intensity. By exercising several times a week we will be using calories and working our way toward a slimmer body, better triathlon performance, and improved long term health. The process of losing excess weight can be accelerated by controlling your eating.
3. **Daily eating strategies:** Following strategies should be followed to keep our 'calories in' less than our 'calories out'.
  - Buy groceries with a plan in mind.
  - Keep a record of your daily calories in and out.
  - Eat a lot of high fiber, low calorie foods.
  - Reduce the variety of foods at a meal.
  - Stop when you are satisfied, not stuffed.
  - Choose smaller portions for eating.
  - Monitor weight daily.
  - Don't skip meals.

### **Some other benefits of combining exercise with healthy eating**

- Improved cardiovascular health



- Lower stress levels
- Stronger immune power
- More energy and more options in daily life
- Stronger bones

**4. Consistency and Moderation:** Exercise is an end in itself. It is not a way of getting faster or going farther. These things will happen if we let them and are consistent. Missing a workout does not mean you are no longer a triathlete. Frequently missing lots of workouts does. Consistency is the key to fulfillment in Triathlon. The other key to fulfillment is moderation. We do not seek our physical limits on a daily basis. With small steps, we have to progress gently towards our goal. Doing otherwise results in injury, overtraining, illness or burnout.

## Conclusion

We are completely responsible for our achievement in Triathlon. We have to get out of bed to do workouts while others sleep. We have to change the way we eat. We should dedicate our several hours a week to swimming, biking and running. Our entire lifestyle will get a remarkable change. Our friends will change their attitude towards us. In many ways we are now new persons- triathletes. We can conclude that Triathlon training will help us for lifestyle management and fitness for ever.

## Bibliography

- [1]. Joe Friel, Your First Triathlon, Published by Velo Press, Colorado, USA, 2006, ISBN 978-1-931382-85-4
- [2]. Sam Murphy, Triathlon-Start to Finish, Published by Firefly Books, August 1, 2009, ISBN 978-1554074976
- [3]. George M.Dallam, Steven Jonas, Championship Triathlon Training, Published by Human Kinetics; 1 edition (May 20, 2008), ISBN-13: 978-0736069199
- [4]. Suzanne Girard Eberle, Endurance Sports Nutrition, Published by Human Kinetics, October 28, 2013, ISBN-13: 978-1450432153.
- [5]. Patric Hagerman, Strength Training for Triathletes, Published by Velo Press, January 15, 2015, ISBN-13: 978-1937715311.
- [6]. Matt Dixon MSC, The Well Built Triathlete, Published by Velo Press, May 29, 2014, ISBN-13: 978-1937715113
- [7]. <http://www.triathlonindia.com/abttriathlon.asp>
- [8]. <https://en.wikipedia.org/wiki/Triathlon>