



## Triathlon Training Program YMCA Anthony Bowen 2024

The Capital YTri Team (“YTri”) is an all-volunteer activity organized and operated by YMCA members – this year at the Anthony Bowen YMCA, 1325 W St., NW. The team conducts an 18-week training program from February to June each year to prepare new and veteran triathletes for a June race. Members of the YTri team continue their training and racing throughout the year. Fees paid to participate in the training program are donated to the Y to help support the YMCA's youth programs. All participants in the YTri program must be members of the YMCA Anthony Bowen.

The Capital YTri Triathlon Training program (YTri) is designed to provide instruction and support for anyone who wants to improve performance, train with a group, or compete in their first competitive triathlon. We welcome members at all levels of fitness and athletic experience and aim for our program to be inclusive, supportive, and diverse.

### Training Options

There are three ways to participate in the YTri program:

- 1) **“Newby Training”** – for those who want to train for their first triathlon in a fully-coached triathlon training program. Newbies will be assigned to a swim coach and have first priority for coached spinning and running sessions. The Newbie program will include a number of additional training activities, including:
  - a mock triathlon,
  - weekend group bike rides,
  - open water swim practice
  - a bike maintenance session, and
  - clinics on equipment purchase, injury prevention, nutrition, hydration, bike skills, swim stroke, tapering, transition, and racing.

The training is designed to prepare athletes for an Olympic distance triathlon, but participants will have a choice of doing a Sprint or an Olympic triathlon to start. The group triathlon this year will be the 2024 Cal Tri Culpeper – 6.9.24, which will offer both an Olympic distance race and a Sprint distance race on Sunday, June 9th. Participants may also use the training to prepare for a different race of their own choosing. There is a one-time \$220 fee for the Newbie program (plus a \$20 activity fee). This program is limited to 50 participants.

- 2) **“YTri Club”** – for those who have competed in a triathlon in the past and are interested in refining their performance (or simply training with a group). YTri Club participants (aka “veterans”) will be able to participate in many of the same training activities as the Newby participants (other than coached swimming) -- but will develop their own program. There is an annual \$55 fee to join the YTri Club in 2024 (plus a \$20 activity fee). There is no limit on the number of participants in the YTri Club.
  
- 3) **“YTri Club With Coached Swim”** - for YTri Club members who want coached swimming. There are a limited number of coached swim slots that will be allocated on a first-come, first-serve basis. There is a one-time \$165 fee to join YTri Coached Swim through June 2024 - which includes the YTri Club membership fee. (plus a \$20 activity fee).

Training sessions will include a mix of all three kinds of YTri participants. All participating triathletes will communicate through our listserv and be invited to join in weekend workouts, attend the clinics, and socialize at our monthly happy hours.

### **Training Details**

**The YTri program will begin February 5, 2024 and end June 7, 2024** (the Friday before the Cal Tri Culpeper). The YTri training will take participants through 18 weeks of carefully designed training that will gradually build to a peak a month before the race.

Training details are similar for Newbies and YTri Club members. Newbies will have a scheduled program with full coaching and a range of additional training and preparation activities. YTri Club members will mix with Newbies in many of the same training activities, but will be responsible for planning and executing their own program.

The Newby Training program will include three coached workouts each week, covering each of the three triathlon disciplines of swimming, biking, and running. **Regular training sessions will be in the morning, between 6 and 8 a.m.** Training schedules for each participant will be determined after all participants have registered and completed the swim time trial.

The first 6 weeks of the training will focus on “base building,” providing conditioning and coaching in basic technique in each sport. The program will then enter the “build” phase as intensity and endurance are gradually increased. During this period, we will begin “brick” workouts (combining back-to-back cycling and running sessions) to work on transitioning from one sport to the other. Four weeks before the Cal Tri Culpeper, we will enter the “peak” training period and hold that for 3 weeks and then “taper” for the last week before the race.

Swim workouts. Swim workouts will be held in the YMCA Anthony Bowen pool. The swim training is designed to improve swim technique, speed and endurance. This is not a 'learn to swim' program -- participants are expected to know how to swim at least at a basic level. You will do a swim time trial in mid-January to calibrate your swim pace - swimming 300 yards (6 laps) without stopping. We recommend that you get in the pool in December and January and practice before the time trials. Based on the time trial times, participants will be assigned to one 60-minute, coached swim session each week starting at either 6:00 am or 7:00 am. Sessions will consist of technique and distance training, with some speed work mixed in. Anyone unable to swim 300 yards in 8 minutes or less should contact [larry.atkins.ytri@gmail.com](mailto:larry.atkins.ytri@gmail.com) as soon as possible so we can help arrange some individual instruction in January before the season starts.

Cycling workouts will be held in the group cycling studio at the YMCA Anthony Bowen. Cycling sessions will start at 6:00 am and last 45 minutes. These workouts will be designed to develop endurance, build cadence, and develop biking skills needed on the road. Organized weekend group rides will enable participants to get comfortable riding their bikes outdoors, develop hill strength and bike speed, and fine-tune their use of gearing. Outdoor rides will start once the weather begins to warm up in March.

Running workouts The run groups will meet in the YMCA lobby either on Tuesday or Thursday at 6:00 a.m. Runs will start at the YMCA Anthony Bowen and proceed outdoors over a variety of flat and hilly routes in Rock Creek Park, around the Logan Circle, Columbia Heights, U Street, Mount Pleasant, and Adams Morgan neighborhoods, as well as down to the Mall and around the Potomac River and Georgetown areas starting from and finishing at the YMCA Anthony Bowen. Coaches will conduct occasional track workouts featuring sprints, lunges, plyometrics, and other drills to work on running form and speed. Newbies will be assigned to one of two running groups based on their reported run pace, and may be re-assigned to a running group based on a running time trial administered at the beginning of the program. Time trials will be re-administered during the program to chart progress.

### **Coaches**

The program is coached by experienced triathletes who have coaching experience in swimming, group cycling/outdoor biking, or running. All coaches will be available for questions during the course of the program. Participants are encouraged to address sport-specific questions to the coaches for that sport.

The Head Coach and administrator for the 2024 program is Larry Atkins, a founding member of the YTri training program and veteran triathlete. Direct all program questions to him at [larry.atkins.ytri@gmail.com](mailto:larry.atkins.ytri@gmail.com). Other YTri veterans will be responsible for various activities and will also be available to answer triathlon training or program questions that you may have. YTri

is an all-volunteer program – your registration fees benefit the YMCA’s youth programs. Organizers and coaches volunteer their time and will be training and participating in races with you as well as coaching.

### **Swim Time Trial**

All Newbies and enrollees in the triathlon Coached Swim program are required to participate in a swimming time trial. **Time trials will be run between 6:00 am and 8:00 am from Monday, January 15<sup>th</sup> to Friday, January 19<sup>th</sup>.** When you register for the program, you will need to go to the YTri Website ([www.ytriynot.org](http://www.ytriynot.org)) and select your time preferences and we will assign you to a specific time for your time trial. The trial results will only be shared with the participant and the coaches. Your time in the time trial can be used as a baseline for you to measure your progress during the training.

### **Orientation**

Orientation for all registered participants will be held on **Wednesday, January 31<sup>st</sup> at 6:30 pm** at the YMCA Anthony Bowen to explain the program, announce training group assignments, answer questions, put names and faces together, and get psyched about training together. Please try to make the orientation – it is a good way to get introduced to everyone and to get prepared for the start of the program.

### **Communication**

The primary means of communication will be via e-mail. Therefore, it is important that you include an e-mail address on the registration form. We recommend you use a yahoo, g-mail, or other open access account rather than a work account, since the latter often block listserv messages. The program has a Google Group Website, which will be our main means for communicating with participants. It will also serve as a means for participants to ask questions or convey information to coaches and other participants. Schedules, workouts, training tips, and other information are posted on this site. Once you’ve registered for the YTri program, you will receive an e-mail invitation that will enable you to join the “ytri2024” Google Group. You will also be invited to join our Facebook and/or Instagram sites where we document team activities.

### **Sign-Up!**

**Registration opens for Newbies and for Club Members on Tuesday, January 2<sup>nd</sup>. Instructions for completing online registration can be found on our website ([ytriynot.org](http://ytriynot.org)).** People who are not currently YMCA members will need to join the Y at Anthony Bowen first before registering for the YTri program online (please contact us if you are unable to afford a YMCA membership). **Registration for Newbies will close on January 12<sup>th</sup>** (please contact us if you need to register after this date). Club memberships are not limited, but registration for club members’ coached swim will close once all available swim slots have been filled.

### **Program Activity Fee**

There is a \$20 program fee for 2024 to cover the costs of many of our group activities. This will enable us to have additional group training and social activity and a more prominent team presence at races – with a YTri tent, refreshments, and race support. We ask that you pay this fee separately – through PayPal or Venmo (using [larry.atkins.ytri@gmail.com](mailto:larry.atkins.ytri@gmail.com)); in cash; or by check payable to “Larry Atkins” -- either when you register or at Orientation.

### **Uniforms**

YTri has its own distinctive racing uniforms produced by a leading triathlon gear manufacturer. We will provide more information on the uniforms, prices, and the method for ordering them at Orientation. We will place uniform orders early to have uniforms delivered in time for your June race.

### **Race Sign-Up for 2024**

**The training program will prepare you to race in the Cal Tri Culpeper in Culpeper, Virginia. This race offers a choice of Olympic (International) or Sprint distance on Sunday, June 9.** The Sprint distance is a 400 yard swim, 12.4 mile bike, and 5K run. The Olympic distance is a 1.5K swim, 24 mile bike and 10K run. **The cost of races is not included in the cost of the YTri program.**

To register, go to: <https://culpeper.californiatriathlon.org>. Registration for this race is open. You do not have to sign up for either of these races to participate in the YTri program. We encourage you to do the race, though, as the program will focus on training for a group race and the race is great fun to do as a group. Some people may be training for another race or may not want to compete, but still want to complete the training for their own individual goals.

In addition, this year, we are encouraging YTri members to do one of the **Kinetic races at Lake Anna, May 11 and 12**. The Sprint distance race is a great prep race for Newbies who are training for the Cal Tri Culpeper Olympic. Olympic and “Long Course” (Half-Ironman) distance races are also available for those who want an early start for the racing season. You can register for the Kinetic Long Course, Olympic, or Sprint races at: <https://kineticmultisports.com/races/kinetic/>

We anticipate organizing another team race for the Fall. In addition, YTri members will compete in many other local, national, and international running and triathlon events during the racing season, which runs locally from May to October. We will post a schedule with links to the most popular events. Members are encouraged to join with other YTri members in signing up for some of these other events.



## Important Dates - 2024

### Registration:

- Online registration for everyone opens JANUARY 2<sup>nd</sup>.
  - **Newby** registration will close on January 12th. Newby registration includes coached swimming.
  - **YTri Club** registration will remain open throughout the triathlon season.
  - **YTri Club With Swim** closes when swim slots are full. Once the swim is full, registrants will have club membership and be placed on a waiting list for swim space that may become available.

### Swim Time Trial:

Assigned time between 6 and 8 AM and between MONDAY, JANUARY 15 and FRIDAY, JANUARY 19.

### Orientation:

WEDNESDAY, JANUARY 31 at 6:30 pm – YMCA Anthony Bowen

### Training Start and End Dates:

- Start: MONDAY, FEBRUARY 5<sup>th</sup>
- End: FRIDAY, JUNE 7<sup>th</sup> (18 weeks)

### Triathlons:

Kinetic Triathlon, Lake Anna, VA: Long Distance and Olympic: SATURDAY, MAY 11  
Sprint: SUNDAY, MAY 12

Cal Tri Culpeper, Culpeper, VA: Olympic and Sprint: SUNDAY, JUNE 9

