



First Annual Indoor Triathlon

General Information:

- Waves will start on time. Be sure you are in the pool area and ready to go a few minutes early.

SWIM:

- The swim portion is 20 minutes. Two to three lap lanes will be reserved and there will be two participants per lane.
- Your total number of **complete** laps will be recorded.
- After the swim there is a 5 minute transition period to go into the locker room and change into dry clothes and make it out to the bikes on the wellness floor.

BIKE:

- The bike portion is 20 minutes. Four to six technogym upright bikes will be reserved.
- The effort level must stay at 5.
- Total distance will be recorded at the end of the ride.
- There is a 2 minute transition period after the bike to get to the treadmills for the run.

RUN:

- The run portion is 20 minutes. Four to six technogym treadmills will be reserved.
- The incline will be set at 2% but the speed is up to you.
- The total distance will be recorded at the end of the run.

The total distance for all 3 events will be calculated at the end. Results will be posted after the last wave has finished.

What to Bring

- Bathing suit/ tri suit
- Goggles
- Swim cap (if you use one)
- Dry clothes for the bike and run
- Tennis shoes
- Water Bottle