

## ***Dartmouth Triathlon GOAL GROUPS: Explanation & How to Choose***

### **1) What are goal groups and why?**

By the end of the fall term, every teammate will solidify a triathlon-related personal goal.

Triathlon is a lifelong sport! Knowing how to train for a race is far more important in the bigger picture than any one specific race that we could do during our time at Dartmouth. Our team is hoping to not only work with our coaches to learn the skills needed to train with a specific race in mind, but also to accommodate the variety of interests in race types that our team has and to be able to train for these races together as teammates! **To be a part of the Dartmouth Tri team, each team member should have a specific goal that they are hoping to accomplish by the end of the school year. That goal can range from completing their first ever triathlon to improving their IronMan time.** While we will all use the same practice spaces and will remain **one team**, each goal group will have a specific training plan developed by our coaches that they follow throughout the winter & spring terms, on campus or off (if possible). The fall will continue to be our teambuilding and recruitment term with less structured practices.

Goal groups will be a fun way to develop stronger relationships with teammates and coaches and work towards a longer-term, race-oriented goal. You will not only improve your fitness, but you'll also learn things about yourself as an athlete, about training/nutrition/sleep, and about triathlon as a sport and community. **For this to work, the goal you make will have to be realistic given your current physical ability and other demands on your time (classes, labs, extracurriculars, internships, relationships, etc).** Academics should always come first, but for these groups to work we ask that all teammates be serious about achieving the triathlon-related goal they choose.

### **2) There are many different types of triathlons:**

#### *Standard triathlon distances:*

**Sprint Distances:** 750m swim, 12.4 mi bike, 3.2 mi run

**Olympic Distances:** 1.5km swim, 24.8 mi bike, 6.3 mi run

**IronMan 70.3 Distances (Half Ironman):** 1.2 mi swim, 56 mi bike, 13.1 mi run

**IronMan Distances:** 2.4mi swim, 112 mi bike, 26.2 mi run

#### *Injury compatible options:*

**Aquabike (swimming and running) distances:** long course- 1.2 mile swim, 56 mile bike

**Duathlon (running and biking) distances:** sprint - 2 mile run, 10 mile bike, 3.1 mile run

### **3) Training with Dartmouth Triathlon Team:**

ALL full members of the team (dues paying, fundraising, and coming to at least three practices a week) will have access to training plans created by the coaches for their specific goal. Team practices will have three workout options (one for each goal group). **Some goal groups will require additional time that is outside of team practices, but team practices should always be a priority.** The coaches will be available for additional help on how to track progress and personalize the training plans.

Some notes:

- Our team promises to offer financial and equipment support to dedicated team members who may have a barrier preventing them from being able to effectively follow a training plan. Arrangements can be made with the financial aid coordinator and/ or captains.
- Winterim: you will best be able to include training in your schedule at Dartmouth if you've become familiar with training using the goal group-specific training plans prior to the term. We therefore encourage everyone who is able to start training over the break!
- You will have the option of tracking your training to improve coach & athlete communication and to use data-driven training techniques. All teammates will have access to an excel sheet specific to this purpose.
- These workout plans are the **suggested schedules that we will be using as a team.** How closely you follow it will depend on what else is going on in your life--and that's okay!

#### **GROUP 1: Sprint I triathletes**

**Training with our team:** Six 1-1.5 hour practices a week that address each sport, strength building and build general fitness, extra instruction on sport specific skill development. Note that this is the most similar to our current practice schedule.

**\*If you have never done a triathlon before, this is almost definitely the group for you!**

#### **GROUP 2: Sprint II / Olympic triathletes**

**Training with our team:** Six 1-1.5 hour practices a week that address each sport, strength development, and building Zone 2 (aerobic) base fitness and higher intensity training, particular attention spent on transition times.

\*Doubles (working out 2x several days a week, in addition to regular practices) are an optional part of the training plan, but not vital to training.

#### **GROUP 3: Long course (IronMan 70.3 and IronMan 140.6) triathletes**

**Training with our team:** 10-15 hours of training a week, with team practices and doubles. Practices address each sport, Zone 2 (aerobic) fitness building, particular attention to race fueling and hydration strategies.

\*Doubles (and occasionally, triples) are an *essential* part of the training plan.

#### **4) Things to think about when deciding what goal to make:**

These goals are not permanent! The goal you set this year will not necessarily be the same for next year. Remember that triathlon is a lifelong sport and hopefully you will be able to train and race for several distances. Along the same lines, there is no one group that is better than another or a group that you “should” be in. **Longer does not mean more advanced. Do not choose a goal group based on what your friends want to choose. Rather, you should make this decision based on:**

- 1) Have you ever raced a triathlon before?
- 2) In general, do you prefer long and lower intensity work or higher intensity work for shorter periods of time?
- 3) **How much time do you actually have to train? Be realistic!**  
*\*Do you have a lot of demands on your time or generally feel pressed to get adequate sleep & spend enough time on academics? **Remember, a healthy lifestyle -- especially enough sleep! -- is vital to triathlon training!***
- 4) Do you have any physical injuries or other reasons that following a certain type of training plan might not be a good idea?

#### **5) Please talk to the captains, any upperclassmen, or coaches if you have any questions or need to talk through your thoughts!!**

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**The rest of us you can find on Blitz :)**