

FIT2SPRINT

2018-19 PILOT SPRINT DISTANCE WOMENS TRIATHLON TRAINING PROGRAM



What is FIT2Sprint?

FIT2SPRINT is a new program developed by Females in Training (FIT) as a pilot -, aimed at preparing FIT members to achieve their best potential results in a sprint distance triathlon. The program will be conducted for a ten-week period from Monday 17 December, 2018 through to the Huskisson triathlon on the weekend of 22 – 24 February, 2019. The program is capped at 20 participants – please note that this program will continue throughout the holiday period, which should be considered if you are planning any long periods of absence during the program.

The training program will be delivered via Basecamp, access is provided to the app on registration.

The programs objectives are to:

1. The primary objective of the program is to deliver a training program which culminates in racing in the sprint distance triathlon in Huskisson, 22-24 February 2019. The program will commence at the conclusion of the WTP1 (Novice) currently underway.
2. A secondary objective of the program is to provide skills and coaching development to FIT's triathlon coaches along the way. Training will be provided by FIT triathlon training coaches under the stewardship of Triathlon ACT development coach, Megan Hall.

What equipment do I need?

A tri-suit, a bike (preferably a road or hybrid bike), swimming, running and cycling gear - items may be available to be loaned.

Who should register?

The program is targeted to FIT Members that have previously undertaken a Novice triathlon training program (either with FIT or another club), and are aiming to complete their first sprint distance, improve their performance or compete more seriously in a sprint distance triathlon.

Participants should be able to:

- Complete a 5km run
- Be able to swim 250m nonstop, tread water and have experience/confidence in open water swimming
- Cycle a 10km distance, be a regular cyclist and have undertaken a FIT rookie cycling course or novice triathlon course with skills (ie, drinking, braking and cornering)
- Be able to attend the majority of training sessions throughout the ten-week period (there is an expectation that training takes place between Christmas and New Year, although coaches will be away during this period).
- Register for, and participate in, the Huskisson triathlon

What is the commitment?

Training sessions will include three general coached training sessions (Tuesday running, Monday or Wednesday evening swimming, Wednesday or Friday morning cycling) as well as an additional three sessions with FIT triathlon specific coaches, including brick sessions. The program will commence at the conclusion of this year's WTTT.

Sessions that focus on transition, brick sessions, lake swimming and potentially an ocean swim will be incorporated.

What is the cost?

The program costs is \$50, and you must be a member of FIT to register ([membership info](#)). Participants will meet their own costs for entry into the event (15% discount has been negotiated for FIT members registering before 1 January 2019). Travel and accommodation costs are to be met by individuals (we would encourage booking accommodation as soon as possible as options fill quite early). FIT is subsidising the cost of this program.

- Registrations are open NOW and close on 16 December, 2018
- Registrations can be accessed [here](#)
- Got a question not covered here? Contact us at enquiries@fitact.org.au