

TriLakes Winter Triathlon Series

Introduction

This is a fun, easy to do “Winter Triathlon Series” to keep us motivated, moving and engaged over the winter months.

Simply complete **one** timed swim, bike **or** run each week to earn points and “compete” against your club-mates. You can do your session any day in the week that suits you.

You can do the series as motivation to get out and exercising over the winter or as speed training as part of your winter base programme (e.g. for an Ironman in 2022). Less than half an hour per week to take part!

You can do the sessions on your own or with training partners / clubmates, and we will arrange some group sessions along the way for extra motivation.

The Weekly Sessions

Swim	400m Pool Swim
Bike	10k Outdoor Bike or 12k Zwift
Run	2k Run

Schedule

Round	Week Begin	Session
1	15-Nov	Swim
	22-Nov	Bike
	29-Nov	Run
2	06-Dec	Swim
	13-Dec	Bike
	20-Dec	Run
	27-Dec	BREAK
3	03-Jan	Swim
	10-Jan	Bike
	17-Jan	Run
4	24-Jan	Swim
	31-Jan	Bike
	07-Feb	Run
5	14-Feb	Swim
	21-Feb	Bike
	28-Feb	Run

Swim

- 400m TT in the pool

Bike

- 10k Outdoor Bike on course of your choice (think flat and safe, try start & finish in roughly the same place to make it a fair time)
 - OR
- 12k Zwift (you go faster on Zwift) on any route,
- No drafting other cyclists on either the road or Zwift
- For safety, do NOT complete this in a group if you are doing it as a TT on the road

Run

- 2k outdoor (or Treadmill) Run
- Try and start and finish in (roughly) the same place to make it a fair time

Rules

- There will be 5 rounds of 3 weeks, so 15 weeks in total, with a break for Christmas
- Each week you complete a timed session, which rotates between Swim, Bike and Run
- If you can't do one of the sessions (e.g. you're injured for running or you can't swim), you can pick one of the other sessions for that week. So if you aren't a swimmer, you can do a Bike or Run on swim week
- You can do the prescribed session more than once in the week if you want – if you're not happy with your first attempt – feel free to try again for a better time!
- There are no prizes; a leaderboard will be issued each week but this is just for fun and some friendly competition and bragging rights between us all
- Your Best 10 scores across the 15 weeks will count, so if you miss a couple of weeks along the way, no problem

League & Points

- You will get 5 points each week for registering a time for that week's session
- Round 1 : Points will be awarded 1st to Last based on each person's time for each event
- Rounds 2 – 5 : Points will be earned for improving your own time in each event from the previous round. The more you improve across the weeks, the more points you'll earn!