

So you finished your first
triathlon

Now what?

Sprint Triathlon

- Swim 500 m
- Transition to the MAC court
- Bike for 30 minutes (8-10 miles)
- Transition to the run
- Run 3.4 miles

Before the Tri

- Did you adequately fuel yourself? (how could you tell?)
- Were you properly hydrated before the swim?

Swim

- When you swam, what muscles did you use?
- Where you adequately prepared for the swim?
- What could you have done differently?

Swim

- How did we prevent drafting?
- How do you think a swim in open water would be different than a swim in the pool?

Swim

Use of wetsuits:

- For triathletes improved a 400 m swim by 22 seconds, whereas competitive swimmers completing a 400 m swim did not improve
- Improvement due to changes in hydrostatic lift and buoyancy
- Also reduction in energy cost due to reduction in drag

One way to improve your swim time:

See article: Chatard, JC, D. Chollet, and G. Millet.
“[Performance and Drag During Drafting Swimming in Highly Trained Triathletes.](#)” *Medicine & Science in Sports and Exercise* 30, no. 8 (1998): 1276-1280.0

One way to improve your swim time:

Thus, proper drafting technique should be emphasized in training to optimize the advantages afforded by drafting. Also, racing strategy could be developed by triathletes either to conserve energy for the swimming or for the cycling and running part of the triathlon. As suggested by Bilodeau et al. (2) for cross-country skiers, triathletes should try to draft behind another swimmer when the pace is adequately fast or in the presence of an upstream current.

See article: Chatard, JC, D. Chollet, and G. Millet. "[Performance and Drag During Drafting Swimming in Highly Trained Triathletes.](#)"
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One way to improve your swim time:

CONCLUSION

The present study indicates that the benefit of drafting is important for the triathletes.

Drafting corresponds to a large reduction of passive drag and is related to the ability of swimming and body shape, with faster and leaner subjects having a higher gain in performance. These results show that swimming behind another swimmer in a race is advantageous.

See article: Chatard, JC, D. Chollet, and G. Millet. "[Performance and Drag During Drafting Swimming in Highly Trained Triathletes.](#)"
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Swimming ability

- Drafting during swimming:
 - Reduces the blood lactate levels
 - Rating of perceived exertion
 - Decrease in oxygen uptake
- For the Varsity swimmers – do you draft during races?

Transition to the MAC court

- You got out of the pool and then what did you do?

Spin event

- If you were going to use a real bike instead of a spin bike, what would be different
- What muscle groups did you mostly use for the bike event?
- Did you go for a leisurely bike ride to campus or did you do a time trial?

Spin event

What would you change about the spin event?

Transition to running

- How did you feel when you got off the bike?
- Were your legs sore? Butt?

Run around the river

- How did your run go?
- What muscles did you use?
- Did you have sufficient fuel and hydration to run the best that you could?

Run around the river

- Did you run as fast as you normally run or did the swimming and biking before the run affect your ability to run?
- How could you deal with this?

The Physiological Responses to Running After Cycling in Elite Junior and Senior Triathletes

The SD triathlon results show that in female athletes the cycling stage is more important than the running stage for the overall triathlon performance. This demonstrates firstly that the analysis of race results and the implications of such results should be approached differently in male and female events. Furthermore, it is of interest to examine the long term adaptive responses of running after cycling in junior as compared with senior triathletes. There is very little data reporting the physiological characteristics of elite junior triathletes [6]. Both the senior and junior athletes participating in this study were similar in terms of $\dot{V}O_2$ max in cycle ergometry. However, the cycling performance time was better in the senior athletes. The overall performance in a SD triathlon was also significantly better in the senior athletes (both male and female). These data indicate that

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The correlation between overall triathlon performance and individual times of the three disciplines confirm that cycling and running are more important for overall SD triathlon performance than swimming. The relationship between $\dot{V}O_2\text{max}$ measured in one of the three exercise modes and overall performance is different among studies with no significant correlations found (11) or only when measured in cycling and running [20, 34, 39]. In the present study, $\dot{V}O_2\text{max}$ and PPO in cycling were correlated to performance in each of the three disciplines. However, the strength of the correlation was lower with swimming than with cycling or running. Nevertheless, the swimming stage of an elite SD triathlon is probably more important mainly for tactical reasons in the subsequent draft legal cycle stage [3]. That aside, it is possible that a single incremental exercise test can be used to correlate with performance in an elite SD triathlon.

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In conclusion, elite senior triathletes can be distinguished from their younger (junior) counterparts, mainly by a higher PPO in cycling and a lower increase in the whole body energy cost of running after cycling in female and by a higher ventilatory threshold in male triathletes.

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Post race recovery

- Why was it important to have chocolate milk and a banana after the race?
- Were you sore after the race? Where were you sore?

Would you do it again?

- Now that you have completed your first sprint distance, would you think about doing it again?

Based on your knowledge of science and sports

- If you could build an athlete from scratch, what would you include?
- How would you fuel this athlete

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