



City of Calgary Triathlon Training Programs

Welcome to the City of Calgary's Triathlon Training Programs! In order to help make your registered program a success we have a few tips to ensure that you are organized and prepared for the classes.

This program requires you to bring your own bike. The bike is set up on what is called a Trainer. The Trainer is a wonderful way to train indoors as it allows you to remain stationary. There are a few points to consider that will make your time on the Trainer enjoyable and safe. Please take into consideration the points below prior to attending your first class:

- Bring a road bike or mountain bike.
- Your bike should have a smooth/slick back tire (non-aggressive tread or slick). These tires can be purchased at your local bike shop and are relatively inexpensive.
- Toe cages for bike pedals are recommended.
- Have your bike tuned up prior to attending your first class. Tuning up your bike will save you time and eliminate challenges, and will avoid the possibility of missing out on an entire cycling session if your bike is not in good working condition.
- If your bike is an older model you may experience an incompatibility issue with the quick release on the Trainer. If in doubt please call 311 and ask to be connected to the facility where you are registered. You can ask to speak to the Recreation Program Specialist and they can set up a time for you to try the bike on the Trainer in order to make sure it is compatible prior to the start of your class.

We have a few other suggestions for you to consider.....

- Bring a water bottle or maybe even 2!
- Bring swim goggles and a swim cap.
- Wear padded cycle shorts to eliminate soreness in the saddle.
- Bring an extra towel for perspiration.
- Bring indoor and outdoor runners.
- Dress for the weather as a portion of the training may be conducted outdoors.

If you have any other questions or concerns please do not hesitate to call 311 and ask to speak to the Recreation Program Specialist at the facility your class is being held at. We hope you have a wonderful experience in your Triathlon Training Program and thank you for your patronage.