

15th Annual Reston Sprint Triathlon

Sunday, June 6th, 2021



RACE READY





Reston Sprint Triathlon
CORE FOUNDATION

Agenda

- Welcome
 - **Doug Bushée, CORE Foundation's Founder and Chair**
- Race Ready
 - **Sharon Adams, USA Triathlon Level 1 Coach**
- Race With Purpose
 - **Taralyn Kohler, CORE Foundation's Executive Director**

Sharon Adams

MEd., CSCS, CPT

USA Triathlon Level 1 Coach; USA
Cycling Coach, YogaFIT Instructor

RACE READY

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SILVER LININGS

- CLEAN SLATE CLUB!
- New triathletes and returning triathletes- all in this together!
- WHAT IS YOUR “WHY”

NEW RACERS:

- You won't be alone – everyone is “new” at this!
- Same beginning training practices.

RETURNING RACERS:

- NO EXPECTATIONS
- That doesn't mean no goals! SET NEW GOALS- they will be different!
- SENSE OF CURIOSITY



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SILVER LINING

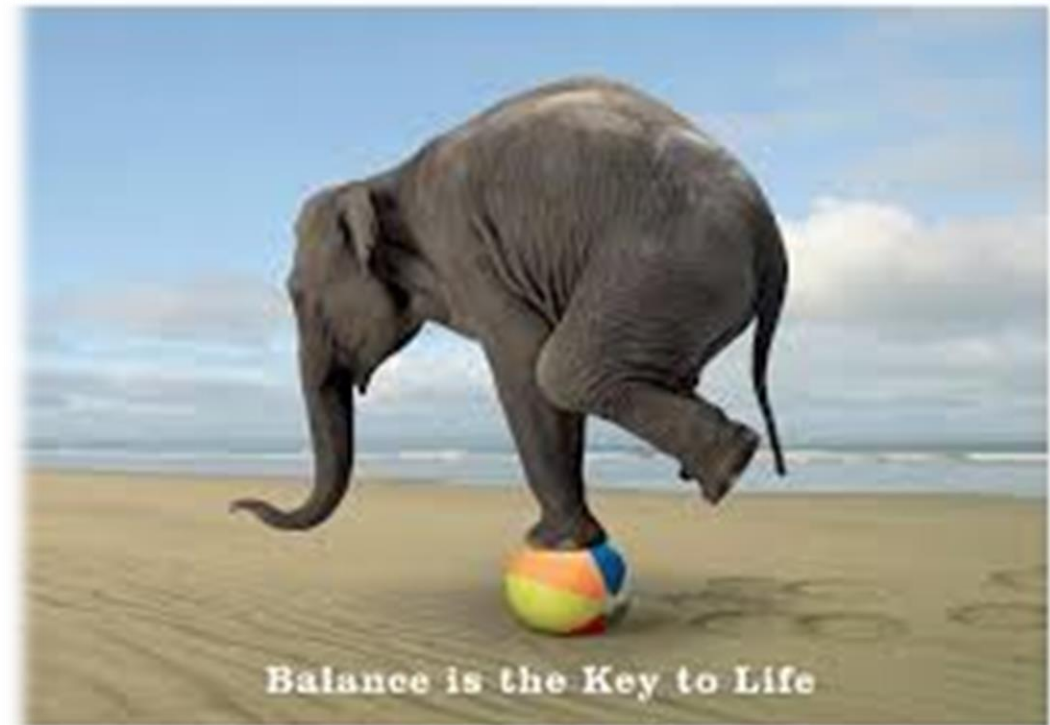
TIME TO GO BACK TO BASICS:

- STRONG CORE
- AEROBIC BASE
- MUSCLE IMBALANCES / INJURY PREVENTION WORK
- GET HEALTHY! (100%healthy, 80% fit rule)

TRAINING FOR A QUESTIONABLE SEASON

- Plan to race, but be adaptable
- Adjust training as needed
- Have backup plan (self goal, elevation gain bike weekend, time trial/power meter test/ repeatable benchmark workout)

USE YOUR ATHLETE MENTAL SKILLS!





GOALS:

- Setting *race goals* in order to set *training goals*.
- Race goals: beginners and first-time racers
 - ~swim goal ~bike goal ~run goal
- Race goals: returning and seasoned triathletes
 - ~PR in overall time ~single sport
- You won't get there unless you know where there is!
- A goals, B goals, etc.



Prepare for RST

- Set race goals
- Evaluate training time
- Injuries/past injuries
- Train over winter



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TRAINING TIME

- Take an HONEST look at your schedule and set days/times that you can and will commit
- Examples
 - 2x45 min, 2x30 minutes per week, no weekend
 - No training on Fridays, but can do 90 minutes each weekend day, and 60 min Mon -Thurs for workouts
- Be Honest with yourself
- Plan, then commit to the plan

SPORT SPECIFIC TRAINING TIME BREAKDOWN

- **Swimming**
 - New swimmers
 - 2x/week
- **Cycling**
 - Big opportunity to decrease overall time
 - 1-2x/week
- **Running**
 - High intensity run workouts have greatest training transfer effect to cycling (compared to bike to run transfers)



SWIM SPECIFIC PREPARATION

- Where will you swim / lane availability
- Equipment: goggles, caps, fins, pull buoys, snorkel, kickboard
- Swim strokes
- Experience and goals determine time to dedicate to swim training.



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BIKE PREPARATION

- Cycling experience and race goals will determine how much of your ***training time*** should be dedicated to cycling
- Comfort level on your bike and outside on roads
- Do you have a bike trainer to set your bike on for indoor training on your specific bike?
- Does your bike need maintenance or need to be fit to you?
- Now is the time for maintenance! Do not wait until race week!
- Are you comfortable fixing a flat?
- Equipment: helmet, glasses, shoes, bike repair equipment, trainer, bike computer

RUN SPECIFIC PREPARATION:

- Run history
- Keep track of your weekly run mileage
- Injury prevention
- Equipment: running shoes, treadmill, gps, cold weather gear, triathlon specific run shoes/laces.





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RACEWITH PURPOSE

by CORE Foundation





Why Race with Purpose?

- CORE Foundation events are charity – over \$500,000 given back through BeAMYazing Reston Youth Triathlon, Tri 360 series and Superhero Splash and Dash
- Make your training miles count by becoming a VIP Fundraiser!
- Race with Purpose offers you the opportunity to help your community rebuild and extends your triathlon experience beyond your achievement.
- We offer great incentives!
- We will provide all of the tools and motivation that you need including a fundraising link and optional training calls to launch your campaign.

Tri Gear

Available for purchase or through FUNraising!



Incentives

Raise \$2000

- *Free guaranteed entry into Reston Sprint Triathlon*
- *VIP ticket to CORE Giving Gala*
- *CORE Foundation / RST Cycling Jersey or Tri Top*
- *CORE Foundation / RST Tri Shorts*
- *CORE Foundation 15-year special edition shirt*
- *Featured in the Reston Sprint Tri blog (optional)*

Raise \$1500

- *Free guaranteed entry into Reston Sprint Triathlon or CORE Giving Gala*
- *CORE Foundation / RST Cycling Jersey or Tri Top*
- *CORE Foundation 15-year special edition shirt*
- *CORE Foundation / RST Tri Shorts*
- *Featured in the Reston Sprint Tri blog (optional)*



Raise \$1000

- *Free guaranteed entry into Reston Sprint Triathlon or CORE Giving Gala*
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- *CORE Foundation 15-year special edition shirt*
- *Featured in the Reston Sprint Tri blog (optional)*

Raise \$500

- *Free guaranteed entry into Reston Sprint Triathlon or CORE Giving Gala*
- *CORE Foundation 15-year special edition shirt*
- *Featured in the Reston Sprint Tri blog (optional)*

Will you go the extra mile in 2021?

Add a comment in the chat if you would like more info on how to set up your fundraiser.



Calling all Community Partners

- 5 levels
- Variety of Incentives
- Marketing Visibility
- Community Service/Teambuilding Opportunities



Superhero Splash and Dash

- June 6 – July 4th
- Virtual Event for kids ages 5-15
- Kits will be mailed
- Registration:
 - \$35 through April 15th
 - \$40 after April 15th
 - Includes superhero swag!



