



Triathlon season is about to start

As the weather begins to warm up and triathlon season approaches, it's time to start preparing for the exciting races ahead. Whether you're a seasoned athlete or new to the sport, now is the perfect time to kickstart your training regimen and gear up for success.

Start by ensuring your bicycle is in top condition and invest in a new pair of running shoes to support your feet during those long training sessions. Working with a coach can provide valuable guidance and support as you navigate your training plan and prepare for race day.

Don't forget to incorporate open water swims into your routine and practice your transitions from bike to run for seamless race day performance. And of course, remember to include swim-runs in your training program to build endurance and strength across disciplines.

It's important to train smart and avoid overdoing it to prevent injuries and burnout. Enjoy the journey and surround yourself with friends who will uplift and motivate you along the way. And if you ever need extra support or guidance, don't hesitate to reach out to Coach Leo Briceno at owsleo11@gmail.com.

With dedication, determination, and a supportive community by your side, you'll be well on your way to achieving your triathlon goals and crossing that finish line with pride. Embrace the journey, stay motivated, and get ready to conquer the challenges that lie ahead.

Written by Leo Briceno