

Triathlon FAQ's for newcomers.

I'm interested in triathlons. Where do I start?

The fastest way to get started in triathlon is to join a local Club. Clubs provide coaching and training sessions along with lots of advice about getting started in triathlon. To find a club in your local area, visit the [Clubs Page](#) on the Triathlon Victoria website.

How do I become a member?

To become a member of Triathlon Australia you need to register online at the [Triathlon Australia website](#). Here you will be able to sign up to your club. Non-Club membership is also available for people who do not wish to affiliate with a club. There are many [benefits to being a member of Triathlon Australia](#), including insurance whilst you are training and competing.

Can I compete in two of the three legs?

Yes, if you enter the race as a team you can find a teammate to complete one of two legs for you. Two people can make up any of the three legs of the Triathlon.

Alternatively, you may enjoy competing in a Duathlon, which includes a Run-Bike-Run or an Aquathlon event which includes a Run-Swim-Run.

What fitness level is required?

Triathlons cater for varying levels of fitness and there are different types of events at different distances to suit all abilities. You do not need to have an elite sporting background, as long as you can train to a level where you are comfortable that you can complete around an hour of moderate exercise, then you are ready to take on a race! Race distances start at 150 metres swim, cycle 7km and 1.5km run.

Do Triathlon's have rules?

Yes, the rules of triathlon can be found on the [Triathlon Australia Race Competition Rules](#) document.

How do I train for my first triathlon?

Triathlon is a sport growing rapidly in popularity across the nation due to its versatility and accessibility for all ages and fitness levels. Visit the [Triathlon Australia website](#) for some tips about training for your first triathlon.

Remember to practice entering a 'Transition Area' from the swim. Put on your helmet, take off your wetsuit (if you are wearing one), put on your shoes (if not already attached to your bike), un-rack your bike and then run with your bike to the mount line. Practice dismounting at the dismount line, and finding your rack. Rack your bike and then put on running shoes, then take off your helmet.

What ages does Triathlon cater for?

Races have age categories from Under 19's to 65+, so as long as you're in good health and have regular medical check-ups with an all clear, then you can compete. Triathlon also caters for 7-12 year old in the [TRYstars programs](#) or club specific training sessions. Check out [TRYstars](#) or an individual [Clubs Page](#) to search for the program best suited to your needs. There are 'Kids Tryathlons' hosted by [Weetbix](#) and other events often offer a junior section. Also on the calendar are Women's triathlons at the [Triathlon Pink](#) event and again sometimes offered as a wave start at different events.

What basic equipment do I need for training/racing?

Swimming	<ul style="list-style-type: none"> Goggles, bathers, swim cap
Cycling	<ul style="list-style-type: none"> A bike (preferably a road bike), helmet (ANSI approved) Tyre repair kit – spare tube, levers (in case of the dreaded flat tyre!) Water bottle holder and bottle Mobile phone (training only) Sunscreen
Running	<ul style="list-style-type: none"> Good quality pair of running shoes that suit your foot stride Comfortable running clothing Sun hat/cap Sunscreen

What is a Duathlon?

A Duathlon is a multisport event that consists of a running leg, followed by a cycling leg and finishing with a final running leg.

What is an Aquathlon?

An Aquathlon is a multisport event that consists of a running leg, followed by a swimming leg and finishing with a final running leg.

National qualifying races

For information regarding qualifying races visit the [Triathlon Australia National Calendar](#). For information about selection policies visit the Age Group section on the [Triathlon Australia Website](#).