

# 'Triathlon for dummies' or training triathlon

Training yourself for the three disciplines of triathlon is the main objective of this event. It is not a race! It's cool and open training during which you have the possibility to test yourself for the distances you decide to do...

## Principle:

- At 10:00AM, start of cycling part, just in front of the swimming pool. New from this year, there will be 2 groups:
- **GROUP A**, for good bikers will use the same path as the other year (about 20 kms around Nivelles).
- **GROUP B**, for young (and no so young people ;o) will use similar but shorter path around +/- 18 Kms. The speed will be adapted.

Staying together for each group at the first turn, is the objective for each group. Starting from the second turn, the speed and the distance (number of turns) are free (;o)...

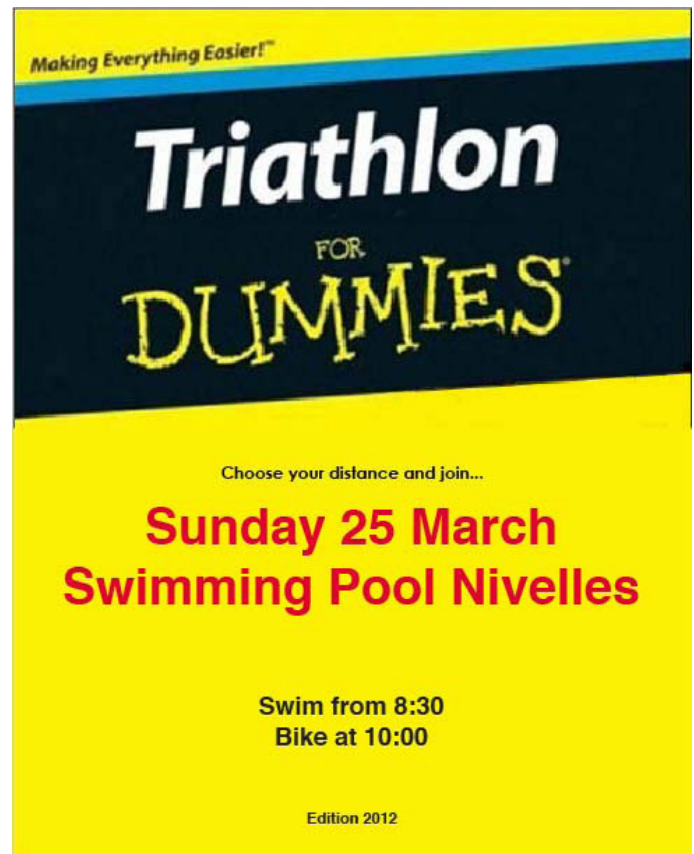
- Before biking, you can swim in the swimming pool (opened at 8:30 AM). One line should be set in the swimming pool for us.
- After biking, you can run on a pre-ravel path (start at 1.5 km from the swimming pool). Here again you choice the distance. At the end, a shower should be available for us.

It is free (except the Swimming Pool fee); it is only for the pleasure to train together!

Enjoy!

## Timing:

Start Bike 10:00  
End of Bike 20 Kms +/- 1:00 => 11h 00  
End of Bike 40 Kms +/- 2:00 => 12h00  
End of Bike 80 Kms +/- 3:00 => 13h00  
Transition: +/- 15 Min => 13:15  
Run 20 Kms in 2h00 => End of tri 15:30  
Shower: +/- 30 Min => End of the event around 16:00



## Warnings:

1. Changing rooms will be available in the swimming pool for the swimming part only. Please take your stuff from this room before biking – it will be closed after the swimming part.
2. Another changing room (outside the swimming pool) will be available for your ending shower in another building.
3. There is no biking park – keep it in/on your car and before/after the biking.
4. New from this year, the 'taverne L'Impact' will be at our disposal since 11:30.
5. We ask participants to be in order with their triathlon licence (for the insurance).



