

Introduction To Multisport

Presented by



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Professional Endurance Coaching



Coach Pete

>20 Years Endurance Coaching

9 x Full Ironman Finisher

Dozens of Marathons

- Pikes Peak
- Dopey Challenge



Outline

- What Is Multisport
- What Equipment Is Needed
- What Nutrition Is Needed
- What Does Training Look Like
- Triathlon Rules
- Winter Training



Tri CLE Maximizes Access To The Sport With Many Approachable Options






What Is Multisport

One continuous event involving a combination of swimming, biking, and running.

Duathlon: Run & Bike Combination

Triathlon: Swim, Bike, & Run Combination

Aquabike: Swim & Run Combination

Super Sprint	Duathlon		Triathlon		Aquabike	
		1.75 Mile		250m		-
		8.8 Mile		8.8 Mile		-
		3K		3K		
Sprint	Duathlon		Triathlon		Aquabike	
		1.75 Mile		750m		750m
		12.1 Mile		12.1 Mile		12.1 Mile
		5K		5K		
Olympic	Duathlon		Triathlon		Aquabike	
		1.75 Mile		1,500m		1,500m
		22.2 Mile		22.2 Mile		22.2 Mile
		10K		10K		

How Much Equipment Will I Need?

- Swimsuit & Goggles
- Bike & Bike Helmet
- Running Clothes & Shoes

What Would Coach Buy Next?

- Things That Make Me Comfortable
- Water Bottles For Run/Bike
- Sweatshirt, Padded Cycling Pants, Sunglasses, Running Hats
- Skin Care: Sunscreen, Body Lubrication



How Much Nutrition Planning Is Needed?

- Eat A Normal, Healthy Diet
- Don't Eat A Big Meal Right Before Exercise
- Use Sports Drink, Not Water
- >45 Minutes, Use A Sports Gel
- **Don't Try Something New On Race Day!**



How Do I Train?

Create a training schedule (12 weeks is usually good):

- A minimum of two sessions per week for each activity (swim, bike, & run)
- Include brick sessions (ride and then immediately run)
- Include open water swimming each week
- Include transition practice
- Include core strength exercises

Gradually increase the distances by no more than 10% each week.

Aim to have your longest workouts at week 10 and around 10% more than the total race distance for each sport

Keep a training log/journal

Sample Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	Run	Swim	Bike	Swim	Brick or Long Bike/ Short Run	Open Water Swim
		Strength		Strength		Long Run



[Eight Commonly Violated USA Triathlon Rules \(PDF; Updated 2/8/23\)](#)

Helmets and Chinstraps: Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.

Unauthorized Assistance: No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.

Non-Draft Legal Bike Position Rules: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.

Entire Course: Athletes must complete the race course in its entirety and as prescribed including in segment order.

Headphones and Communication devices: Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distracting manner during the competition. A "distracting manner" includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two-way radio communication. Using any communication device in this manner during the competition may result in disqualification.

Glass Containers: Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.

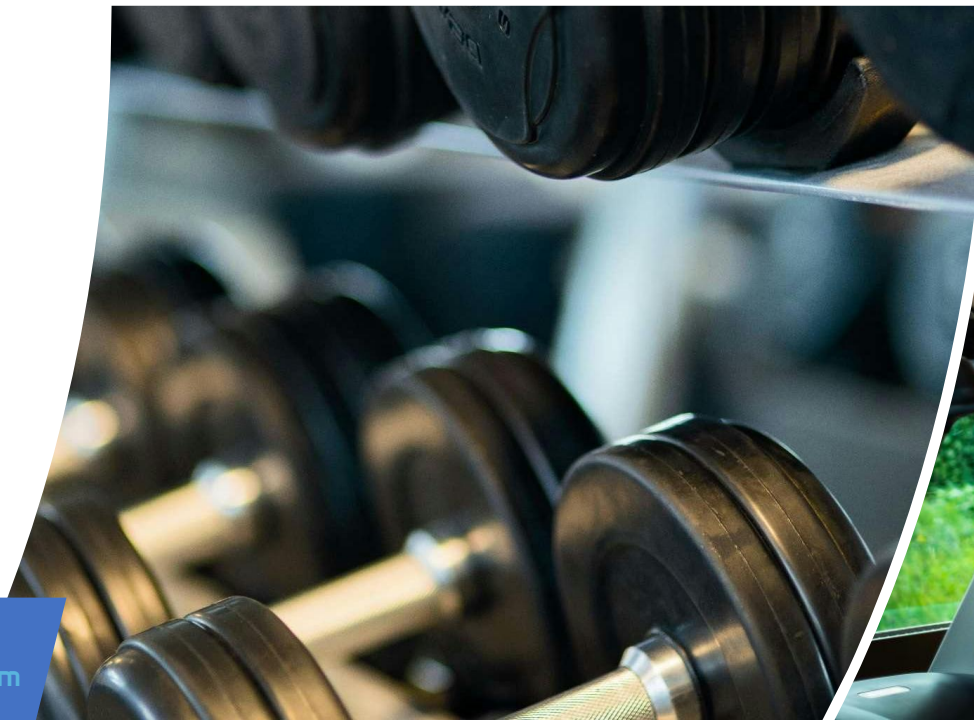
Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.

Race number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.



Winter Training

- What is the goal?
- Equipment
 - Gym Membership
 - Cycling Trainer
 - Treadmill
 - Layered and Warm Clothing



A photograph of two runners on a paved path with snow on the sides. The runner in the foreground is wearing a light blue jacket, black pants, and black sneakers with colorful accents. The runner behind is wearing a yellow jacket and tan pants. They are captured in mid-stride.

Key Winter Training Topics

Cycling Skills

- Isolated Leg and Spin Up Drills
- Clip In & Out of Pedals
- Take Water Bottle Out of Cage
- Food from Jersey Pocket
- Fix A Flat
- Mindfulness

Reverse Periodization

Vary The Intensity

Strength Stabilization

- Reverse Lunge, Bird Dog, Seated Row, Crab Walk, Plank with Abduction, Prone Cobra, Single Leg "V-Up"





Appendix

Cycling Skills

Never ride outside with headphones!

Always ride outside when possible. Ride on the same side of the road as the direction of traffic and use bike lanes when available.

Practice shifting. Shifting should be frequent and smooth between the different gears on your bike. When you encounter hills, shift proactively. Do not wait until it is too hard to pedal before shifting.

Find an empty parking lot or other safe space and practice stopping, starting, turning, slowing down, shifting gears, clipping in and out of your pedals (if applicable), and drinking from your water bottle.

If possible, practice group riding with local clubs like the Cleveland Triathlon Club or the Akron Bike Club.

When you can't ride outside, use an indoor trainer or stationary bike.



[2023 USA Triathlon Multisport Competition Rules \(PDF; Updated 3/16/23\)](#)

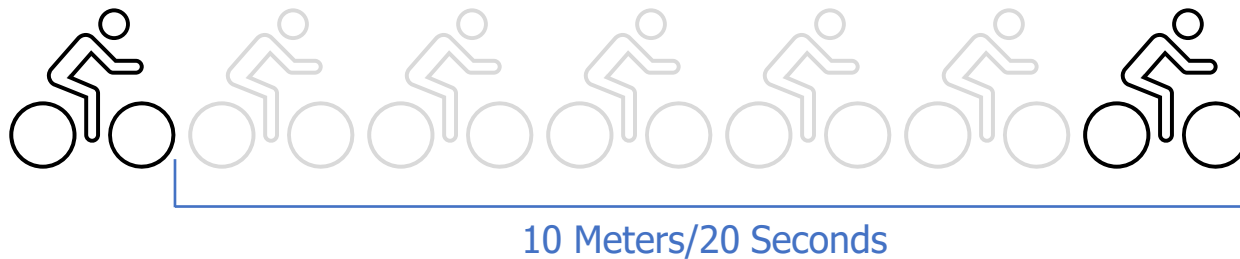
5.4 Bicycle Draft Zone Distances.

a.) For all events with a cycling distance up to and including the standard distance, the bicycle draft zone is 10 meters long extending backwards from the leading edge of the front wheel (5 bike lengths of clear space between bikes). Athletes have 20 seconds to pass through this zone.

Additional Key Points:

Includes drafting behind cars, motorcycles, and basically anything moving on the road

Once passed, an athlete must **immediately** begin dropping back out of the draft zone of the forward athlete, **before** attempting to re-pass





Tri CLE Rock Roll Run Checklist

Clothing Items <ul style="list-style-type: none"><input type="checkbox"/> Post Race Clothing<input type="checkbox"/> Towel(s)<input type="checkbox"/> Race Shirt<input type="checkbox"/> Race Shorts<input type="checkbox"/> Running Socks<input type="checkbox"/> Cycling Socks<input type="checkbox"/> Cycling Gloves<input type="checkbox"/> Cycling Jacket (If Needed)<input type="checkbox"/> Arm/Leg Warmers (If Needed)	Swim Items <ul style="list-style-type: none"><input type="checkbox"/> Body Glide<input type="checkbox"/> Tri Glide<input type="checkbox"/> Swim Cap<input type="checkbox"/> Goggles<input type="checkbox"/> Spare Goggles<input type="checkbox"/> Spit/Anti Fog<input type="checkbox"/> Swimsuit<input type="checkbox"/> Wetsuit<input type="checkbox"/> Speed Suit	Bike Items <ul style="list-style-type: none"><input type="checkbox"/> Bicycle<input type="checkbox"/> Cycling Helmet<input type="checkbox"/> Cycling Shoes<input type="checkbox"/> Cycling Sunglasses<input type="checkbox"/> Water Bottles (check for Aero Straw)<input type="checkbox"/> CO2 Cartridge & Pump Head<input type="checkbox"/> Floor Pump<input type="checkbox"/> Race Wheels<input type="checkbox"/> Spare Tube(s)<input type="checkbox"/> Tire Levers<input type="checkbox"/> Multitool	Run Items <ul style="list-style-type: none"><input type="checkbox"/> Running Shoes<input type="checkbox"/> Running Visor/Hat<input type="checkbox"/> Running Sunglasses<input type="checkbox"/> Race Number Belt<input type="checkbox"/> Fuel Belt
Race Nutrition Items <ul style="list-style-type: none"><input type="checkbox"/> Energy Waffles<input type="checkbox"/> Energy Bars<input type="checkbox"/> Energy Gels<input type="checkbox"/> Energy Drink	Misc Items <ul style="list-style-type: none"><input type="checkbox"/> Face Mask (If Needed)<input type="checkbox"/> Registration Confirmation<input type="checkbox"/> USAT Card<input type="checkbox"/> Race Number<input type="checkbox"/> Timing Chip<input type="checkbox"/> Watch<input type="checkbox"/> Heart Rate Monitor	Misc Items <ul style="list-style-type: none"><input type="checkbox"/> Sun Block<input type="checkbox"/> Tri Glide/Butt'r/Vaseline<input type="checkbox"/> Safety Pins<input type="checkbox"/> Rubber Bands<input type="checkbox"/> Electrical Tape<input type="checkbox"/> Sharpie<input type="checkbox"/> Towel for Transition Area	Misc Items <ul style="list-style-type: none"><input type="checkbox"/> Athletic Bag/Spare Backpack<input type="checkbox"/> Compression Socks<input type="checkbox"/> Towel For Car<input type="checkbox"/> Garbage Bag<input type="checkbox"/> Bucket<input type="checkbox"/> Scissors<input type="checkbox"/> Wallet/Money

Additional Resources

<https://triiqcoaching.com/>

<https://rockrollrun.com/course-maps>

<https://www.usatriathlon.org/multisport/rules>