

## You've finished your first triathlon and you want to go faster – now what?



**SKECHERS**  
PERFORMANCE  
**TRIATHLON SERIES**  
MultiSport Canada

**2017 MULTISPORT CANADA  
GRAVENHURST TRIATHLON**

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NUTRITION

You've done your first triathlon, you finished, and you're hooked. You want to do another, and you'd like to go faster. Great, where do you go from here?

- Do you need a coach?
- Should you upgrade your bike?
- Is a funny looking aero helmet and fancy wheels what you need?

I was in this position after my first year in triathlon in 2013. I did 3 triathlons that year, all at a very pedestrian pace near the back of the pack. I was very proud of my finishes that first year, but the next year I wanted to go a little bit faster. In doing research online I found hundreds of products that promised to save me time, and there were countless training programs and coaches. Ultimately I was able to progress after that first year, and I've continued to progress every year, and a big part of my progression can be credited to these 3 things:

1. **Find a group.** Training with a group provides many benefits. There's a wealth of knowledge and experience. There are also planned workouts for you to follow. Additionally, in a group you can push yourself harder than on your own. You don't need to do all of your workouts with a group, but it's a great way to make the training more enjoyable (which means you'll do more

- of it), and get a better understanding of what workouts you can do to go faster.
2. **Ditch the gadgets.** GPS watches, power meters, heart rate monitors, etc. can all be fantastic training tools, but they can also be limiters when you're first trying to grow in the sport. Using perceived effort is a much better way to push to get the most out of yourself. When you're new to the sport you have a lot of untapped potential, and relying on a GPS watch to determine your pace can hold you back from progressing. Perceived effort will allow you to explore your limits and continue to push them while you ride the initial wave of steady improvements.
  3. **Make it fun.** When some new athletes decide they want to focus on going faster they forget that this is supposed to be fun. Just because you've set new goals for yourself doesn't mean you should lose sight of that. If you have a competitive side this could be a friendly race up a local hill to get in some hill repeats. If you're not a competitive person it could be going for a run on a new trail and seeing how far your legs can take you.

Not everybody wants to get faster, and there is nothing wrong with that. But if you do decide that you want to see if you can go quicker then these are 3 tips I followed that helped take me from 3<sup>rd</sup> last overall in my first triathlon in 2013, to competing as a professional triathlete in 2017.

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