Transitions

Transition exercise
Rio Maior Transition Zone
Transitions are unique to triathlon. Athletes transition between one discipline to the other.

T-1 is the swim to bike transition.

T-2 is the bike to run transition.
Preparation

• A good transition begins before the race starts.
• Bike placement.
• Less is more.
• Use the routine you have practiced.
• Helmet – shoes
• Racking and unracking the bike.
• Gear selection.
T-1 Swim to Bike
Exiting the Water

1. Pool swim
   1. Slippery
   2.
   3.

2. Lake swim
   1. Water depth and bottom
   2.
   3.

3. Ocean swim
   1. Surf – current
   2. Tide
   3. Running style

Wetsuit
   • Collar
   • Zipper
   • Removal
   • Legs
• Find the dismount line and dismount bike.
• Run with the bike using the seat.
• Go safely but quickly to your area.
• Rack bike then helmet off
• Change shoes, visor, belt?

**RUN......!**
One leg squats - Balance
Mounts

• The basic safe mount
  – Bike is stopped and you mount the bike safely

• Gliding mount
  – Place outside foot on pedal and step over while gliding forward.

• Flying mount
  – Run with the bike and jump into the air swinging the leg over the seat and landing on the seat! ;-)
Which way do I go?

- 5  Tea Milos  CRO
- 24  Melanie Santos  POR
- 30  Chia Chia Chang  TPE
- 33  Laurelle Brown  ZIM
- 50  Luisa Condeço  POR
- 65  Ana Ramos  POR
Transition Training

• You must practice, practice, practice
• Practice playing with transitions
• Wet feet in shoes
• Elastic laces
• Less is better
• Right gear
• Shoes on the bike
Transition Skills

- Removing goggles, cap and wetsuit
- Run to transition
- Putting on the helmet
- Unrack and navigate the bike
- Mount the bike safely

- Dismount the bike
- Running with the bike
- Navigating and racking the bike
- Putting on your running shoes
- Running out!