

Tris bring health into tough fitness regimen

THE stigma of triathlons being exclusive to fit people is no longer, with the Australian Crawl Triathlon Club encouraging all shapes, sizes and abilities to give it a go.

Triathlons are based on the three disciplines swim, ride and run and if you cannot participate in all three, you can join a team.

Luckily there is relatively little expense as all you will need is a swimsuit, swim cap, goggles, towel, safe push bike, a helmet and a pair of runners with good support and a water bottle.

Accredited level one triathlon coach Virginia Colbran said triathlon was a special sport which encompassed all health related variables.

"Triathlon is an endurance activity which uses nearly all the muscles of the human body.

"Cardio-respiratory endurance is developed as well as strength and endurance in all muscle groups," she said.

"The three disciplines break the monotony of regular exercise and can have less impact on the body than other forms of exercise."

Ms Colbran said for people concerned about their fitness level, the key was to start out short and slow.

"Starting out with swimming a few metres, riding around the block and running a slow shuffle will ensure you don't become disheartened because it seems too hard," she said.

"A common mistake people make is to go fast and far. It is surprising how fast your fitness improves with building on from the slower and shor-



BEGINNERS: Sporting family Michelle, Lauren and Matt Lederhose will train for the Bribie Triathlon with Australian Crawl coach Virginia Colbran.

Photo: Vicki Wood

ter efforts each time...consistency is the key"

Ms Colbran said joining a triathlon club was not a requirement but there were benefits.

"Support, motivation, advice, friendship, coaching and knowing others understand what you are doing and why."

Race 1 of the Bribie Triathlon, 300m swim, 13km bike and 3km run, will be on October 21 so start training.

For further information please call Virginia Colbran on 0418 886 045 or email virginia@ybs.com.au.