

THE **BEGINNER'S** ISSUE

triathlete

THE WORLD'S #1 TRIATHLON MAGAZINE

ULTIMATE GET-STARTED GUIDE


- ▶ GEAR ESSENTIALS
- ▶ FUELING BASICS
- ▶ TRAINING STRATEGIES
- ▶ RECOVERY RULES

"TRIATHLON HAS BEEN MY RESET BUTTON."
CNN chief medical correspondent and neurosurgeon
SANJAY GUPTA

STAY MOTIVATED

How to be consistent with pool training

YOUR BEST WIFE

READY TO OPTIMIZE YOURSELF? START HERE. 

PICK UP THE PACE!

NAIL YOUR TREADMILL SESSIONS

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FEBRUARY 2015 TRIATHLETE.COM \$6.99



HYDRATE FOR A CAUSE



Nuun, known for its line of great-tasting electrolyte tablets, is contributing to a worthy (and triathlete-friendly) cause with its People for Bikes Multi-pack (\$24, Nuun.com). For every multi-pack sold, \$1 will go directly to People for Bikes, a Boulder, Colo.-based organization that is working to build bike lanes and paths and make cycling safer in the U.S. The four-pack includes two tubes of electrolyte-packed Active Hydration flavors (citrus and watermelon) and two tubes of Energy flavors, which have added caffeine and B vitamins (lemon lime and wildberry). To order, go to Nuun.com or Peopleforbikes.org. —BETHANY LEACH MAVIS

NEWBIE TIP

BE THE SLOW GUY/GIRL

The easiest way to increase your speed on the bike is to ride with people faster than you. Show up to a Saturday shop ride and try to keep up with the group. You'll learn bike etiquette and handling skills while increasing your fitness in a sociable setting.



STAY FIT ON THE ROAD

There's no need to skip workouts while traveling, thanks to a new program at Radisson Blu hotels. Located in U.S. cities such as Minneapolis, Chicago and Philadelphia as well as countries such as the United Kingdom and Germany, Radisson Blu hotels now help guests stay in shape while traveling with the Blu Routes program, which identifies running and cycling routes starting and ending at the hotel and showcasing the best of the local area. Participating hotels will offer one more route of varying length and degree of difficulty, which can be accessed via the Radisson Blu One Touch app (*Free, iTunes.com*), the hotel's website or guests can request a printed map from the hotel's reception desk. Visit Radissonblu.com/bluroutes for more information. —B.M.

DREAM WEEKEND

Delight in all things triathlon and meet the top names in the sport at the first ever Tri-Palooza in San Diego. The two-day, action-packed event (Feb. 20-21) will feature an expo with top products and retailers as well as appearances from elite runners, triathletes and cyclists; supported bike rides and runs hosted by the Triathlon Club of San Diego; open-water swim and stand-up paddle clinics; and presentations by the best coaches and biggest names in endurance sports. The weekend will end with the 2015 Endurance Awards, which honors the best endurance athletes and performances of 2014. Visit Tri-palooza.com for more information and to register.

