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Triathlon Ontario Launches First of a Series of Online Continuing Education Coaching Courses

Triathlon Ontario has partnered with [Dr. Greg Wells](#) of the Wells Group to develop and produce triathlon's premiere series of online continuing education courses targeting NCCP Community Level trained triathlon coaches.

The on-line courses will be comprised of a number of subjects such as Exercise Physiology, Psychology, Strength and Conditioning, Nutrition, Transitions and Sport Specific Technique (Swim, Bike and Run). Each subject heading will consist of 6-10 hours of content divided into approximately 45 minute segments. Coaches will be provided with access to watch the instructional videos and will be required to complete online quizzes. Upon successful completion of the entire course and corresponding quizzes, coaches will receive a certificate of completion from Triathlon Ontario which they can use to market to their skill sets to their clients.

[Read More](#)

[Register Now](#)

Click the picture for the video



INFINIT Recovery



Our sponsor, Infit Nutrition has put together an informative video called "[Recovery: Don't Waste Another Workout](#)"

The video covers the two phases of recovery:

[Program](#)

[Training Days](#)

[Provincial Development](#)

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Upcoming Events

PDP Training Days -
Guelph

LPC Winter Triathlon
Clinic - Windsor

PDP Training Days –
Peterborough

Provincial Official (PTO)
Level 1 Course – Windsor

PDP North American
Sarasota Prep Camp

LPC Florida Triathlon
Camp – Florida, USA

Provincial Official (PTO)
Level 1 Course – Ottawa

90 Minute Indoor Cycling
Class (23 weeks) -
Oshawa

Click to view event
calendars:

[Adult](#) / [KOS](#)

[Our History](#)

[Contact Us](#)

1. Recovery starts while you are working out. Fuelling your body consistently and throughout the entire workout ensures your body is primed with nutrients to support the repair of worked muscles. You can never completely keep up to the calories burned in a training session, however minimizing the calorie deficit supports best recovery.
2. Within 30 minutes post workout fuelling with a carbohydrate blend with a good amount of protein ensures full recovery.

Don't forget members, you get a free consultation to design your custom formula and when you use promo code **"TO2014"** , you get **20% off all Infinit Nutrition products!** [Click here](#) to place your order today.

Click the picture for the video



Triple Crown Challenge



The Triple Crown Challenge is a special competition for Age Groupers in recognition of Edmonton's hosting of the **2014 Age Group World Championship**. 2014 presents a rare opportunity to compete in all three (Provincials, Nationals and World's), making up the **"Triple Crown"** , on Canadian soil.

It is open to all non-Elite Age Groupers in the Sprint and Olympic disciplines. A **\$500 cash prize** will be awarded to the overall men's and women's winner in each distance (i.e. four winners). Points will be assigned to each person based on their age category finish in each race with the winner determined by whomever amasses the **LEAST** amount of points after all three races are completed. Points will be assigned based on the following system:

WCs	Nationals	Provincials
1 pt for winning age category	10 pts for winning age category	20 pts for winning age category
2 pts for 2nd place	11pts for 2nd place	21pts for 2nd place
3 pts for 3rd place	12pts for 3rd place	22pts for 3rd place
4 pts for 4th place	13 pts for 4th place	23 pts for 4th place
5 pts for 5th place	14 pts for 5th place	24 pts for 5th place
Continued on	Continued on	Continued on

[Click Here for Rules and Qualifying Races](#)

Provincial Development Xmas Camp

As part of our new Provincial Development Program and in partnership with a number of youth clubs, we are once again offering Provincial Development Camps in Ontario.

[Check out our 2013 Xmas Camp](#) which was hosted at Carleton University and the Liquid Gym in Ottawa, Ontario...

Click the picture for the video



Awake Chocolate Indoor Triathlon Ontario Championships



C3's Andrew Yorke and Guelph RTC's Amelie Kretz won the inaugural Awake Chocolate Indoor Provincial Triathlon Championships at McMaster University. The Triathlon Ontario Provincial Championships brought together many of the top triathletes in Canada for the first head to head indoor race of their careers. "A group of friends and I started the indoor racing over 2 decades ago, but this weekend's race was a re-invention of really bring this format of triathlon racing back in vogue" said race director Barrie Shepley.

The format was very simple. Every athlete swam for 15minutes to see the maximal distance they could cover. Then each athlete rode as far as they could on the indoor bikes (scoring total wattage they could average for 15minutes) and then finished off with a 15min distance run on the indoor 200m track. The McMaster University hosted event had grade school, high school, university, age group and top pros all racing the same format.



Indoor Track Meet Hosted by Toronto Triathlon Club (TTC)



The TTC is hosting a track meet on Feb 22nd. There are a variety of fun distances to choose- from 100m dash, to the 400m to the mile trial and a 3000m for those who like it longer. There is also do a 400m relay.

Find out more at
[Click Here.](#)

\$20 for TriOnt members and \$25 for non-members.



Draft Legal Certification Series



Who: teens looking to race in draft legal triathlons in the near future

Location: Max Ward Park 2380 Matheson Rd. Etobicoke.

Cost: \$60 for the series

Rationale for a series: In order to cover the full set of skills required to safely race in draft legal events, **Fit 2 Tri** has developed this training series. Our “coach’s guide” for the “Draft Legal” certification program has 8 lessons of approximately 2 - 3 hours each. We are going to compact these lessons into 2 sessions of approximately 6 hours plus a final evaluation day in order to reduce the travelling (for you and your child) and maximize the time on task.

As you can see from the descriptions below, each session is jammed with important information and skills following a logical progression and building from one session to the next. It is very important that the athlete be able to attend all 3 sessions [unless approved by the coach] for any chance to be certified.

Session 1: April 26, 9 am to 3 pm

Introduction
Bike position
Bike handling skills and signals
Safety checks (bike maintenance)
Bumping and wheel rubs

Gear changing
Braking safely
High speed cornering
Basic bike communication
Paceline riding [single, rotating and double]

[For Registration or More Details Click Here](#)

Special Offer To All Triathlon Ontario Clubs



MultiSport Canada

MultiSport Canada is introducing the inaugural Niagara Falls Half Iron Triathlon on September 21, 2014. As many of you know this race will cap off the 2014 season and will be the [Provincial Long Course Championship](#). We are happy to announce that MultiSport Canada is extending a special offer to all Triathlon Ontario clubs for registration in the Niagara Falls Half Iron races.

For every 10 members of your club who register for the Niagara Falls Half Iron, MultiSport Canada will donate a free entry to your club. You can give this entry to a member who wants to race a Half Iron, use it as a fundraising prize, raffle it off, it's up to you.

[Read More](#)

Triathlon Ontario is offering New Coaching and Officiating Courses



Officiating:

Whether you:

- Want to become an official
- Are interested in learning more about the rules and the technical side of the sport
- Wanted to try something new OR
- Just want a **FREE** TriOnt membership ([TriOnt Benefits](#))

We are offering a Level 1 Official's Training (PTO) Course in Windsor & Ottawa on March 1 & March 22, 2014. Details and sign up form located [here](#). (Scroll down to the Official's section)

How To:

1. [Register Now](#)
2. Complete the course
3. Purchase a Triathlon Ontario [membership](#)
4. Officiate one or more races
5. Receive a [refund](#) for your TriOnt Membership
6. [Race for Free](#) for the rest of the season :)
7. **It's just that Easy!!**



[Stay Tuned](#) for more courses.

Coaching:



There is a new NCCP Community Level coaching course in Toronto coming very soon

Featured Clinics



The 2014 LPC Winter Triathlon Clinics will take place on Jan 11th and Feb 22nd at the new Windsor International Aquatic and Training Centre. Triathletes of all abilities will enjoy a full day featuring five triathlon-specific sessions: stroke-correction swim with open water simulations, motivating indoor bike,

outdoor run along the Windsor Riverfront, triathlon performance & injury prevention exercises, and a nutrition and hydration Q and A.

[Read More and Register Now](#)

Provincial Development Team Training Days



As part of our Provincial Development Program Triathlon Ontario will be running a series of Training Days. The goal of these Training Days is to bring together talented young triathletes in order to further their technical, tactical and physical development.

Training Days are open to any athlete between the ages of 12 and 25. Younger athlete's workout will be no longer than 1 hour. The Training Days will be held at various locations across Ontario.

There are varying participant limits at each training day so pre-registration is mandatory. Any athlete who arrives but has not pre-registered will not be allowed to participate.

DATE	LOCATION	COST	APPLICATION
GUELPH			
Sunday, February 16, 2014	Guelph University	\$40.00	REGISTER NOW!
Sunday, March 30, 2014	Guelph University	\$40.00	REGISTER NOW!
PETERBOROUGH			
Saturday, February 22, 2014	Trent University	\$40.00	REGISTER NOW!
Saturday April 26, 2014	Trent University	\$40.00	TBD

Featured Camps



Triathlon Ontario Partners with Lisa Bentley to Offer Additional Age Group Training Camps

In an effort to build additional membership value, Triathlon Ontario has partnered with recently announced **Triathlon Canada Hall of Fame inductee Lisa Bentley**, to offer a series of training camps for age groupers.

All Triathlon Ontario members will receive a 15% discount off the cost of the camps.

The series of camps and details are as follows:

March Break Camp - March 8/9 - 15/16 - \$699 CND plus HST or \$699 USD - a longer camp with more technique - includes all coaching, training and technique sessions, Friday night dinner, entry into the National Training Centre (pool time, gym, track), PowerBar Nutrition welcome kit - further details can be found at <http://lisabentley.com/success-camps/clermont-success-camps-2013/>.

[Read More](#)

[Download PDF](#)



New to the sport or know someone that wants to train for a short distance race? The Triathlon Club of Burlington, along with Pace Performance have put together a coached training and support programs commencing March 24, 2014, specifically for the Welland Sprint and Give-it-a-Try on June 15 and the Women's only Iron Girl Sprint on August 10th.

Information sessions are being held on January 31 at 10:30am & 7:00pm and February 26 at 6:30 pm, all located at Newworld Runners - 564 Plains Rd. East, Burlington.

Triathlon Ontario members receive a 10-15% discount depending on duration of the program.

For more information and to register go to www.triburlington.ca

[Download PDF](#)

Muskoka Trisummit

The Muskoka TriSummit is Canada's **only** endurance sports conference put on **by** endurance athletes **for** endurance athletes.

What the TriSummit is

The Muskoka TriSummit is an educational opportunity to make endurance athletes, from try-a-triers to experienced, to:

- Become smarter about their training, their racing, and nutrition strategies
- Train better with improved technique to improve your efficiency and power, and
- To learn from some of the best in the sport including our keynote speaker Matt Fitzgerald

Attend hands on technique clinics with low instructor to attendee ratio so you can get some personal tips on how to improve your technique

[Read More](#)

Q&A with Coach Greg and Tara's Nutrition Analysis

It's a New triathlon season. Why not grab some free gear while you're training. Ask Tara to look at your Nutrition or Ask Ontario's Development Coach Greg a training question by contacting

developmentprog@triathlonontario.com and if you are featured in our monthly e-newsletter you will receive some **FREE** triathlon swag.



Q & A with Coach Greg

Greg Kealey is based out of Ottawa and is Triathlon Ontario's Provincial Development Coach and Ontario's Canada Summer Games coach for Triathlon. If you have a training or racing question you'd like answered in an upcoming newsletter, send them to developmentprog@triathlonontario.com.

Hey Coach Greg,

I'm thinking about buying a rowing machine for the winter months. I hate stationary bikes and treadmills. It's not the same as being outside but I remember loving the row machine in High School. Do you think that would be a good cross training piece of equipment?

Thanks Daniel

COACH GREG

Hi Daniel,

Rowing is a great cross training for the off season. It will help with aerobic conditioning, upper body muscle endurance and I use rowing machines regularly during the winter with our junior teams to add variety and get different muscle groups firing.



Personally I think its a great addition to winter training equipment. Add some variety and keeps winter training fresh.

Thanks

Provincial Development Coach Greg



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