



TriLaVie® Triathlon Equipment List

Compiled by Martha Szufnarowski – Founder and Head Coach – TriLaVie & Swim Velocity
www.TriLaVie.com

It can seem overwhelming to get all the equipment you need for triathlon training. Beware the triathlon enthusiasts who tell you to get the latest and greatest. That will come in time!! As beginners, stick to the basics and consult the coaches if you have questions. Use the shops we recommend for their discounts and their integrity. Be a GOOD CONSUMER. Research, ask questions, comparison shop, and don't buy what you don't understand.

Your teammates are your best resource. Ask around and use the team blog function for used equipment and to ask advice. We usually share when we score a good deal.

My motto: Borrow when you can, buy when you're ready!

Here's what you'll need each and every training session:

- 1. WATCH or TIME PIECE –MANDATORY! –water resistant and digital**
- 2. COMFORTABLE, ATHLETIC CLOTHING**
- 3. WATER AND TRAINING NUTRITION**
- 4. JOURNAL/NOTEBOOK/ONLINE APP –to document your amazing progress**

SWIM:

Swim Suit (any style that covers your private parts)

Swim Cap

Goggles (Fit is imperative. Try them on in the store and be sure they suction without the strap)

Pull Buoy for swimming (foam piece to eliminate kicking)

Wetsuit (open water swim only)

BIKE:

Bike (in decent condition with gears- doesn't have to be fancy!)

Bike helmet- MANDATORY

Bike bag to carry equipment (small bag strapped onto the bike)

Tire tube and pump or cartridge to change a flat (we'll learn how to do this!)

Cycling Gloves

Bike-specific water bottle mounted securely on the bike

Sunglasses

RUN:

Good pair of running shoes and socks

OPTIONAL ITEMS:

Triathlon Shorts with padding for protection and comfort (highly recommended)

Bike jersey with back pockets

Cycling specific shoes with clips

Heart rate monitor or Garmin GPS watch