



TriLaVie® Triathlon Training  
**Training Safety Guidelines**

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**General:**

- Always wear or carry identification with you. Road ID, business card, necklace.
- Do not run in bike lanes. It is technically illegal. On narrow streets it is especially dangerous.
- Run facing traffic, especially in bike lanes (!). (I know you run in bike lanes.....)
- ALWAYS, ALWAYS assume that cars CANNOT SEE YOU! Be defensive.
- Program an emergency contact into your phone under the name ICE (In case of emergency).
- RUN: Keep music volume at a level where you can hear activity in your surroundings.
- BIKE: Never, ever wear ipods or listening devices on the bike.
- If you utilize inhalers or other medical equipment, don't leave home without them.
- Carry the water and nutrition you'll need, or plan a route that includes refills.

**Training Alone:**

- On long trainings, always tell someone where you are going and when you'll be back.
- Carry a whistle to alert someone of danger or scare animals away.
- Night running: wear reflective gear, a headlight/spotlight, keep away from traffic.
- You may want to carry a stick or some pepper spray for animals or unruly people.
- Pick a route that is as safe as possible, please.
- RUN: Definitely keep music volume low in secluded areas.

**Training with Partners and Groups:**

***If you don't stand for something, you'll fall for anything!***

- Choose training partners wisely. Your partners should enhance your training.
- Pick someone who has similar abilities and goals, or who understands your goals.
- If you invite others to your training, be sure they know exactly what the plan entails.
- Feel free to change partners or use multiple partners based on your goals. On days when you need to run fast vs. easy recovery days, different people fit the bill.
- Be sure you all understand safety guidelines and have an emergency contact for each other.
- Contingency plan: what happens if you are very different in your abilities? How will you keep track of each other? What is the "plan B" for the session if partner can't keep up?
- Please do not make a commitment to a partner or group if you have other obligations and issues that may interfere. Example: you are on-call, your child is sick, you are feeling "off."
- Know and share your group's medical issues. Seems rude, but it can be life-saving.

**Coach's Notes:**

Oh, how I wish I could just say, "Train Smart!" But safety issues and dangers are real, and we don't think anything could ever happen to us. Experience shows me that some of you take safety for granted. Plan well, train safe. What's more important in life than your health and safety? NOTHING!