



## PIHC Triathlon Program 2010

### Introduction

Triathlon is a dynamic & exciting sport growing on a worldwide scale. Through the popular events and training locations it offers in WA, triathlon has become one of the most enjoyable ways to maintain your health & fitness.

Combining three primary sports; a swim, a cycle and a run, triathlon is easily accessible to the community. This allows many age groups & ability levels to become involved.

PIHC has constructed a well-balanced program to direct you on a pathway to enjoy the fantastic sport of triathlon as part of its overall philosophy towards health and wellness.



### Aims

- Improve fitness and skills to a level at which you can combine the 3 into a singular performance – Triathlon.
- Structured 10 week program to ensure all skills & competencies are covered.
- Innovative and fun way of achieving a life balance & improving your health & wellness.
- Coached and coordinated by elite triathlon experts in conjunction with leading edge clinical practitioners from PIHC.
- Incorporating clinical guidance across nutrition, feet care, neuro-muscular care and performance enhancement related specifically to triathlon.
- To encourage a supportive and fun group environment.

Unit 12, 8 Booth Place  
Balcatta (via Erindale Road)  
Tel: 9240 5266 Fax: 9240 1522

Melville Aquatic Fitness Centre  
Marmion St, Booragoon  
Tel: 9364 8626 Fax: 9316 3904

Email: [appointments@pihc.com.au](mailto:appointments@pihc.com.au)  
Mailing Address: P.O Box 1574, Applecross, 6953  
ABN: 73 069 383 900  
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## **Criteria**

- All welcome - Male or Female - Between the ages of 18 and 60 years. (Pregnancy excluded for medical reasons).
- Clinical clearance by PIHC practitioners to participate in this program.
- Appropriate equipment required as per equipment list. (Feel free to discuss with triathlon coordinator should you require advice on any equipment).
- Baseline competency requirements:
  - Pool Swim: 200m within 5 minutes.
  - Flat course Cycle: 10km within 30 minutes.
  - Run: 2 km within 12 minutes.

## **Program Outline**

The PIHC Triathlon Program will run over a ten-week period commencing on the 18<sup>th</sup> January 2010. It will offer three sessions per week in addition to 4 theory sessions throughout the program.

These three sessions per week will comprise of swimming, cycling, running and/or a combination of these disciplines. The sessions will commence with a 15-minute warm up and introduction followed by 1 hour of skill progression. There will be various meeting points for these sessions; which include McGillivray Oval, Claremont Pool, Floreat Surf Lifesaving Club, Perry Lakes & Nedlands Foreshore.

The course is structured to include a build, recovery, transition and taper phase. It has

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been planned to conclude with participants competing in the Pt Walter Triathlon on Sunday 28<sup>th</sup> March, however; this is not compulsory.

### Specific Program Time Table

The three days, times & activities that are scheduled include:

#### **Monday – Coaches: Ben & Katrina Mercer**

Cycling Session

5:45am – 7:00am

Location - Perry Lakes or Nedlands Foreshore

#### **Tuesday – Coach: Katrina Mercer**

Run/Transition/Ocean Swim Session

5:45pm – 7:00pm

Location – McGillivray Oval/ Perry Lakes/ Floreat Surf Club

#### **Thursday - Coach: Katrina Mercer**

Swim Session

6:45pm – 8:00pm

Location – Claremont Pool

### Program Details

Week 1: Monday 18<sup>th</sup> Jan  
Assessment/Introduction. (1 x pool swim + 1 x cycle + 1 x run)

Week 2: Monday 25<sup>th</sup> Jan  
Build Phase. (1 x pool swim + 1 x cycle + 1 x run)

Week 3: Monday 1<sup>st</sup> Feb  
Build Phase. (1 x pool swim + 1 x cycle + 1 x run)

Week 4: Monday 8<sup>th</sup> Feb  
Recovery Week. (1 x pool swim + 1 x cycle + 1 x run)



Week 5: Monday 15<sup>th</sup> Feb  
Transition Phase. (1 x pool swim + 1 x cycle/run + 1 x run)

Week 6: Monday 22<sup>nd</sup> Feb  
Transition Phase. (1 x pool swim + 1 x cycle/run + 1 x ocean swim/run)

Week 7: Monday 1<sup>st</sup> March  
Transition Phase. (1 x pool swim + 1 x cycle/run + 1 x ocean swim/run)

Week 8: Monday 8<sup>th</sup> March (Optional Race: Trievents Champion Lakes)  
Recovery Week. (1 x pool swim + 1 x cycle + 1 x run)

Week 9: Monday 15<sup>th</sup> March (Optional Race: Sports Performance & Mgt Corporate Teams)  
Taper/Race Phase. (1 x pool swim + 1 x cycle/swim/run + 1 x run)

Week 10: Monday 22<sup>nd</sup> March (Optional Race: Sports Performance & Mgt OD Triathlon)  
Taper/Race Phase. (1 x pool swim + 1 x cycle/transition practice + 1 x run)

(A detailed version will be provided upon registration)

Each session will be structured to suit differing ability and fitness levels. The program volume & intensity will progress over the 10-week period as fitness levels are increasing.

The various components and training methods covered in the program are outlined below:

### **Swim Specific**

- Technique
- Endurance & Sprint Components
- Pool Sessions
- Open Water Skills
- Mass swim starts



## **Cycle Specific**

- Technique
- Bike Handling Skills
- Cornering/turning
- Group Riding
- Interval sessions
- Hill Climbing
- Time Trialing

## **Run Specific**

- Technique
- Aerobic & Anaerobic Fitness
- Interval sessions
- Hill Running
- Tempo Running

## **Transition**

- Gear preparation & set up
- T1 Practice Sessions – swim exit, bike & gear handling, bike mounting.
- T2 Practice Sessions – bike dismounting, moving with bike, racking bike, run progression.

## **Orientation Session**

All participants will be invited to attend a orientation workshop prior to the commencement of the course where detailed information will be provided. The time and date of the orientation workshop will also be provided to participants via email and will be conducted at the PIHC Northern Districts Centre in Balcatta at 730 pm on a prescribed time and date for one hour. This orientation workshop will be conducted by the Triathlon Coordinator and your coaches as well as members of the PIHC Clinical Team.



## **Clinical Workshops**

The following workshops will be conducted in the course of the 10 week program by health professionals from the Perth Integrated Health Clinic:

1. Biomechanics and Neuromuscular Systems for Tri Athletes;
2. Feet Care for Triathlons
3. Exercise Physiology
4. Performance Enhancement, Nutrition & Hydration.

Specific workshops dates and times will be provided to participants of the course at the orientation session.

## **Cost- Payment via Register Now**

The cost for the whole program is **\$480 per person**. Payment is to be made either via Master Card or Visa with Register Now at:

<https://www.registernow.com.au/secure/Register.aspx?ID=2330>

Closing date for the sign up is the 10 Jan 2010. This course is limited to 20 participants only. The cost above includes all training sessions, workshops

## **PIHC Triathlon Team**

Triathlon Coordinator: Ian Wee – Managing Director

Triathlon Coaches: Katrina Mercer & Ben Mercer

Clinical Assessor: Inez Ngiau

Theory Presenters: Julian Mancini – Exercise Physiologist

Lucy Liongue – Principal Occupational Therapist, Clinical Director

Jill Hunter – Senior Biomechanical Podiatrist.

## **Profile of Coaches**

Our PIHC Triathlon coaches are non other than Ben Mercer and Katrina (Kat) Mercer, the husband and wife team of elite athletes. Ben hails from a WAIS elite paddling background and is a all rounded sportsman who is also at present Cycling WA's High Performance Manager.

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Kat Mercer who is a Triathlon champion in her own right– who is ranked #1 nationally in her age group and ranked #4 in the World for the same. Kat has her degree in Sports Science and is therefore well qualified in this arena of sports and also a teacher at Iona College at Mosman Park.

**Further Information**

PIHC Director Sportif – Ian Wee at: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au) or 92405266.

Last Entry

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