



NTP 2022 Info Session Q&A
February 9, 2022

1. **I noticed that the Diamond in the Rough race describes the Olympic bike course as “technical” and “not good for beginners.” This... makes it sound like it might not be a good choice for beginners. How should we think about that if we are interested in the Olympic distance?**
 - a. Answered live in Q&A: We had this race as a goal race in the past, and I got very good feedback about the race, which played a role in deciding this race for the goal race. This is also one reason we ask the DC Tri Club (the club) to host a training camp near the goal race so that athletes can try out the course beforehand and see how you feel. All I can say is don't be afraid, we will help you as much as we can. At the end of the day, it's a personal choice to do the Sprint or the Olympic. You can decide up until very close to the race to choose/switch between distances. There is also never going to be a perfectly easy course; previous NTPers did not find the Diamond in the Rough course too challenging, aside from having a few hills. New NTPers can add in some hill work when they are training. We believe in everyone and think they can complete it.
2. **Will there be an open water clinic and help figuring out how to buy a wetsuit if needed?**
 - a. Answered live in Q&A: Open water clinics will be done outside of NTP by a third party, either by Wave One or other swim coaches. It's usually basic: How to get started with open water swim, how to sight, how to pace yourself, drills you can learn and technical things you need to learn. We will probably also include some of the open water swim tips in our weekly newsletter. **Added answers:** The NTP leaders and mentor will help you understand where you can rent or buy a wet suit. Having a wetsuit is not required but can be helpful for more open water swim training, but you will not need a wetsuit for the goal race. It's also helpful to remember that you don't need to buy too much gear too fast.
3. **How have Covid protocols played a role? Will clinics be in person or is that all TBD?**
 - a. Answered live in Q&A: At this point, the club is really hoping to do everything in person. It depends on if we can rent places. We do most of our clinics at Catholic University; they have us as a placeholder to do our clinics, but obviously, with the pandemic being what it is, there are no guarantees at this point. The good thing about our sport is that it is mostly outside, and it is easy to gather outside and do some of the clinics. Swimming would be the biggest challenge since it requires being indoors at a pool, but everything else - from practicing transitions, running, biking, talking about injury prevention - as the weather warms up, we can do that easily.
4. **We will be out of town for the Orientation weekend at the end of February. Will the Orientation be recorded and made available to NTP participants?**
 - a. Answered live in the Q&A: Yes.
5. **I did a couple sprint triathlons last year in a pool but they were only 400 yards. I'm training now though and am up to 1300 yards. I believe I am capable of doing the Olympic distance swim athletically but am wondering if I should sign up for sprint as I haven't done an open water swim race before? Also, if the water is warm do you recommend a wetsuit anyway for safety reasons?**

- a. It's easier to train for a harder/longer race and then bump down in distance than it is to train for a shorter distance and bump up. You will also make a lot of improvement in the several months of the NTP program, and there will be several opportunities to practice open water swimming before the race. For what you described, we would recommend you register and train for the Olympic and see how you progress/how the OWS training goes. Remember, you can switch which race you complete up until packet pick at the race venue on race day.
 - b. USA Triathlon (USAT) has very specific rules regarding use of wetsuits based on water temperature. If your race is "wetsuit legal," you can wear one if you want to, but it's up to you. You will not need one for the NTP goal race based on water temp.
- 6. If someone will teach me how to cleat into bike pedals I am sold. I'm freaked out about that.**
- a. Answered in chat: Yes, the program leads will help with that. **Added answer:** There is also no requirement to clip in on your bike.
- 7. How fit should we be to start either the Olympic or the Sprint program?**
- a. If you have any health concerns, it is always good to check with your doctor first before you start training/racing for triathlon. But, if you are healthy, it does not matter as much how fit you are now, but how consistently you can follow the training plan. It's better to judge your progress once the program starts and give yourself flexibility to pick a later race if needed. Most people are amazed at how much progress they make with even short but consistent training.
- 8. Is it possible to participate in the open water swim clinics without being an NTP member?**
- a. Answered in the chat: That will depend on the clinics. If they're general public clinics that NTP members are going to, then yes. But if it's one specific to NTP, then it would be only NTP members.
- 9. Do you think there will there be carpools to the goal race?**
- a. Answered in chat: Yes, athletes generally self-organize carpools. Many of us have met some of our closest friends by offering them rides. In addition to self-organizing carpools, in the past the club has used spreadsheets to help pair up drivers and riders. Not have a car is not a show-stopper.
- 10. Is there a vaccine / booster requirement for all participants?**
- a. No. But, the club encourages all to be vaccinated/boosted. Also please note that the club will follow the Covid vaccination requirements of local jurisdictions where the NTP events take place.
- 11. I am signed up for a half Ironman. Will it be easy to adapt NTP training to longer race? Similar to earlier question on training for different race date.**
- a. This depends on when your longer race is. For example, NTP can set a good foundation for a longer race later in the season. However, if you are training for a Half Ironman that overlaps with the NTP session, you may consider using a HIM-specific training plan. There are lots of options, including a program run by the club for the half iron distance. The NTP program is specifically tailored to new athletes trying to achieve a Sprint or Olympic distance race.