



New Triathlete Program (NTP)

Info Session
Sunday January 7, 2024

Meeting Segments

- **About NTP**
- **Panel Speakers**
 - NTP & DC Tri Club experiences, Mentor-Mentee relationships and more
- **Q & A**
 - Please keep your questions until the end. Your questions will be answered at the end as much as possible.

What is the DC Tri Club New Triathlete Program?

- **NTP is a guided training program and not a personalized coaching program**
 - Intended for first time triathletes
 - Prepare participants for their first triathlon through training plans, group workouts and clinics
- **Support System:**
 - NTP leadership team
 - Mentors & club members
 - Each other (Fellow NTP participants)

2024 NTP Leadership Team

Name	Background	Community Groups
Kyoko Kawai	Coach / Overall Program / 2011 NTP	<u>NoVa</u>
Catharine Myung	Swim skills / 2011 NTP	<u>Middle & Back of Pack</u>
John-Anthony Meza	2011 and 2023 NTP	<u>TriOut</u> <u>CapHill</u>
David Allen	2023 NTP	<u>TriOut</u>
Iman Mcfarland	2023 NTP	<u>CapHill</u>
Lauren Jee	2023 NTP	<u>CapHill</u>
Anne Ellyse Kanya	2022 NTP / Wed Hains Point ride	<u>MoCo</u>
Julie Billingsley	Elite team liaison /Swim skills & clinics	<u>Elite Team</u> <u>MoCo</u>
Glenn Thomas	Bike skills and clinics	<u>CapHill</u>
Lauren Pittenger	Swim skills	<u>Women's</u> <u>MoCo</u>

NTP Leadership Team



What is a Triathlon?

Swim-Bike-Run

(Super Sprint - Ironman 140.6)



Race distances for New Triathlete Program

- **SPRINT distance:**
 - 0.47 mile (750m) swim
 - 12.4 mile (20km) bike ride
 - 3.1 mile (5km) run
- **INTERNATIONAL (OLYMPIC) distance**
 - 0.93 mile (1500m) swim
 - 24.8 mile (40km) bike ride
 - 6.2 mile (10km) run

NTP: Training Program

- 16 weeks workout plans (provided through NTP member only website) Starting March 4
 - Sprint distance
 - 2 - 6 hrs per week
 - Olympic distance
 - 4 - 10 hrs per week
- Train on your own, NTP and/or Club Group workouts
- Clinics for swimming, running form, bike buying, bike maintenance, nutrition, transition and more



Group Workout & Race Practice Opportunities

NTP Group Workouts

- Organized by NTP leaders and participants

Club Organized Practice Races (\$10-\$20):

- Splash and Dash
- Duathlon

Club Organized Weekly Workouts

- Winter Group Runs (Sunday morning)
- NoVa Track Workouts (Tuesday evening at W-L HS track)
- Zwift Rides (Tue AM & Thu evening)
- Saturday Morning Ride from CapHill /Georgetown
- Wednesday evening ride at Hains Point

March Clinics (10 & 17)

- **March clinics include:**
 - Swim clinics(choose one swim instruction session from two clinic days)



- Run form
- Bikes 101
- Gear 101
- Foam roller
- Injury prevention
- Nutrition

NTP Communication

- **Communication:**
 - Weekly newsletters
 - Private forum on DC Tri club website
 - Private Facebook group
 - Currently evaluating Discord app (new for 2024)

NTP Events

Feb. 25	Orientation (Kick off)
Mar. 4	Training (workout) Day 1
Mar. 10	Clinic Day 1
Mar. 17	Clinic Day 2
March (weekday evening)	Bike Buying guide (Trek Georgetown & Bike ProShop)
March	NTP Happy Hour
April weekends	Bike Handling (NTP Group Ride)
April weekends	Bike Maintenance (near Trek and Bike ProShop)
May	Transition Clinic
Jun. 23	Goal Race

Club Events

March	Splash and Dash
April	Training Duathlon and Bricknick
May	Training Camp

Goal Race:

Colonial Beach Triathlon

June 23



- **Sprint and Olympic races (same day)**
Colonial Beach, VA~1.5-2 hrs drive from DC
- **Club-supported race!** (Olympic program goal race as well)
 - Register with the DC Tri club member discount code

Panel Speakers

Triathlon Journey, Community and More



Bailey



David



Evan



Chip

Mariama

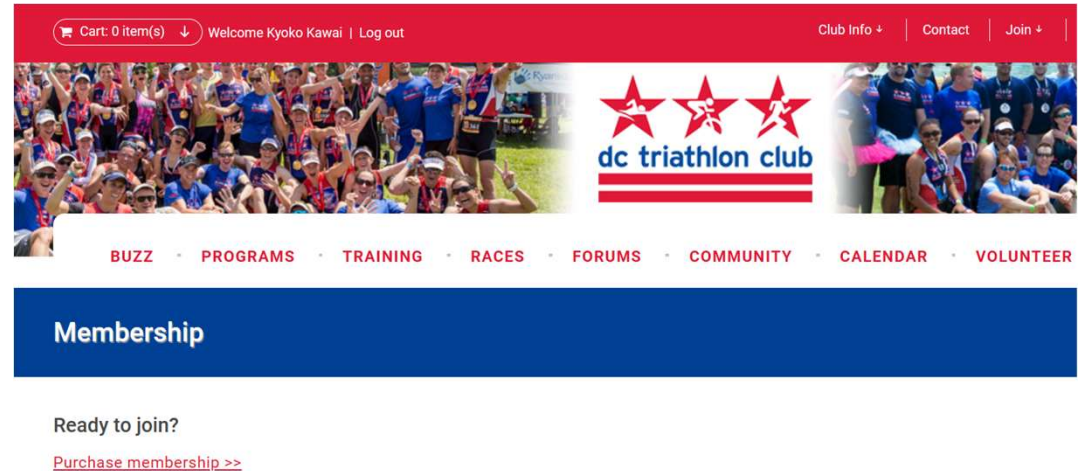


Cost to join NTP

- **\$360 (\$60 club membership + \$300 NTP: **early bird pricing \$250 until Jan 15, \$275 from Jan 16 –Jan 31**)** 15% BIPOC discount available
 - Club membership includes access to exclusive partner discounts (races, gear discount, etc.)
- **Not covered by \$300 NTP fee**
 - Race registration/travel
 - Gears (bike, triathlon suits, etc.)
 - Open Water Swim practices (provided by club partners with special NTP discounted price)
 - Optional cost (learn to swim, wetsuits rental, etc.)

How to sign up?

1. Join DC Tri Club
(Purchase a membership)
2. Login and go to
“Programs” then choose
“New Triathlete Program”



2024 NTP registration opens 1 January. On January 1 [click here to access our registration page](#) (you must be logged in as a DC Tri Club member to access registration)

3. Click
4. Find “New Triathlete Program”

Register Now



2024 DC Tri Club New Triathlete Program--
Members Only

~~\$300.00 USD~~ \$250.00 USD

Time for Q & A

