

## Lakers Triathlon Club “Class of 2026” Tri50 Rookie program



Start the year with a **bang** by ticking a triathlon off your bucket list.

The West Lakes Triathlon Club, “The Lakers”, is inviting you to join the class of 2026’s- “50 Days to Your First Triathlon” program. Starting 2 February, the program involves 15 sessions with the club’s specialist coaches. Each session will get you to the start line ready for the Murray Bridge triathlon on March 29, 2026.

Triathlon for a first timer can be crazy, with so many things to learn. The experience and guidance of all the Lakers coaches will help you navigate this amazing sport. Even if you have already completed a triathlon or consider yourself somewhat experienced, the sessions are extremely comprehensive and offer an affordable and efficient way to fast-track your triathlon development.

While triathlon is often seen as a solo sport, our Tri50 participants, form lasting and rewarding friendships. After joining the program, you will never be alone on your triathlon journey.

The **50 Days to Your First Triathlon** program includes:

- 8-week membership to AusTriathlon and the Lakers Triathlon Club
- Access to 15 specific development sessions
- Access to every Lakers training session through the week that are not a part of the program (please note costs are involved for pool swimming)
- Full support throughout the program from Lakers Head Coach Nigel Pietsch
- Class of 2026 Lakers Triathlon Club trucker cap
- A copy of the Lakers 1987-2022 history book
- Plus other triathlon give-aways along the way
- Everything associated with being a Laker - one of the biggest and most successful triathlon clubs in Australia.

**Cost \$99**

**Be fast as places are limited and this popular and award-winning program fills quickly!**

For more information or to register your intent to participate please contact Nigel Pietsch 0413399453 or [email](mailto:email).

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Week Starting Monday	Session 1	Session 2	Optional races
<b>Feb 2</b>	<b>6pm Monday Meet and greet, program and training Q&amp;A</b> RunDNA 20 Manton Street Hindmarsh + Josh from Run DNA to talk all things shoes and equipment for Triathlon	<b>Swim technique session</b> <i>Basics of efficient swimming technique</i> <i>Date and Venue TBC</i>	<b>Silver Sands</b>
<b>Feb 9</b>	<b>6pm Monday open water skills session plus running</b> Tiranna Way West Lakes <i>Sighting, drafting, breathing, dealing with conditions, and overcoming anxiety</i>	<b>7am Sunday bike skills</b> <i>West Lakes Shopping Centre southeast corner car park</i> <i>All things bike handling</i> <b>Followed by open water swim practice – Midcourse reserve west Lakes</b>	
<b>Feb 16</b>	<b>6pm Wednesday velodrome session</b> Hanson reserve velodrome 6 <sup>th</sup> Avenue Woodville Gardens Bunch riding, bike skills, technique, using gears	<b>7.15am Saturday ride with Verity Pietsch</b> Henley Beach SLSC	<b>North Haven Triathlon</b>
<b>Feb 23</b>	<b>6pm Wednesday velodrome session (ride and run)</b> Intro to pacing, harder riding	<b>7.30am open water swim</b> Largs Bay (ins and outs) <b>8am Saturday Park Run</b> <b>Largs Bay Jetty</b> Explore racing and pacing	
<b>March 2</b>	<b>6pm Wednesday velodrome session</b> exploring transitions linking riding with running	<b>6.30am Friday swim with Grant</b> Thebarton aquatic centre squad session for those ready	<b>Victor Harbor Triathlon</b>
<b>March 9</b>	<b>6pm Wednesday velodrome – mock duathlons, putting it all together</b>	<b>7.15am Saturday ride with Lakers</b> Henley Beach SLSC	
<b>March 16</b>	<b>6pm Thursday run with the Lakers</b> Findon High School Drummond Avenue Findon	<b>Saturday 7am Ride and park Run</b> Largs Bay jetty Putting it together by running off a hard ride	<b>Whyalla Triathlon</b>
<b>March 23</b>	<b>6pm Wednesday mock triathlon</b> Tiranna Way West Lakes		<b>Murray Bridge Triathlon</b> <i>Join your fellow Tri50 and Lakers club members for this graduation' race!</i>

Please note session details are subject to change