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# BENEFICIAL STEPS FOR FUTURE TRIATHLETES

1



Find your heart's desire

2



Create a plan to reach that goal

3



Join a club or training group

4



Register for a distance you're comfortable with

5



Get the right gear for your triathlon

6



Set smaller, attainable goals

7



Eat healthier and take care of your body

8



Engage online

9



Make a video or photo diary of your first triathlon

10



Build on your success

11



Enjoy the journey and create a life you love

