

Just getting into triathlon? Have you signed up for your first race?

Here is a helpful list of all the things you need to get started with triathlon.

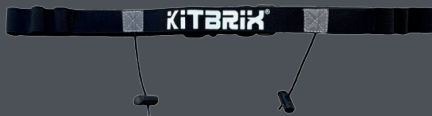
Must-haves

Triathlon suit



The first thing you will need is a triathlon suit. What is a triathlon suit? You wear a triathlon suit for the entire duration of the swim, bike and run. It has special padding to keep you comfortable on the bike and available in sleeved and sleeveless options. The fabric is typically lightweight, quick drying and breathable. Entry level suits start at around AED 500.

Race belt



What is a race belt? A race belt displays your race bib with your name and number during the cycle and the run. On the cycle your number should be visible on your back but for the run your number should be showing on the front.

Swimming goggles



A must have for the swim, whether it is sea water or fresh water you will need a pair of goggles. Most races will provide you with a swim cap the colour of which normally denotes your swim wave.

Bike helmet



Mandatory equipment for the bike. This can save your life in the event of a serious accident. Helmets can either be bought or rented and it should be comfortable and robust.

Bike



A fundamental requirement for the bike leg. This will undoubtedly be your largest expense. If you are unsure whether you will become a long term triathlete then it is possible to rent a bike for the event to see if you enjoy the experience. Rental options available from www.velopresto.com.

Socks



Socks are optional but comfortable. Read about [Blog post](#) about it.

Transition bag



To keep all your kit together its helpful to have a [bag](#) to take all of your equipment to the race and back.

Running shoes



For the run you will need a pair of running shoes and if you want to be fast in transition then fit a pair of [speed laces](#).

Speed laces



Designed to make your transitions faster, speed laces avoid the need to tie your laces in transition. Read our [Blog post](#) about it.

Nutrition



Some [nutrition](#) and hydration will help your race performance.

Bottle



For cycle and run - choose the right one and stay hydrated.

Nice-to-haves

Running cap or visor



To protect your head from sunburn then it's useful to use a running cap or visor.

Sun screen



To protect against the effects of the sun we would always recommend to use a high factor sun screen.

Wet suit



For triathlons with an open water swim, if the sea temperature is below 24.5 degrees Celsius it is legal to wear a wet suit.

What is a wet suit? Made from neoprene a wet suit keeps you warm in cold water and provides extra buoyancy which will help you swim faster.

Sunglasses



Sunglasses - fashion item! Should be used on the bike and for the run.

Triathlon Bike Shoes



Want to get serious about triathlon? Then invest in a pair of triathlon bike shoes which are designed for quick transitions. Otherwise your running shoes or cycle shoes will also work.

Coaching

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coaching

An optional extra. A coach can help you with a structured training program, nutrition and race day preparation.