



New Triathlete Program (NTP)

Info Session
Saturday January 11, 2025

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)

2025 NTP Leadership Team

Name	Background
Kyoko Kawai	Coach / Overall Program / 2011 NTP
Catharine Myung	2011 NTP/ Swim support
John-Anthony Meza	2011 and 2023 NTP / Bike support
Anne Ellyse Kanya	2022 NTP/ Club's Hains Point ride
Carlos Andino	2022 NTP/ Run clinic
David Allen	2023 NTP/ Swim support
Lauren Jee	2023 NTP/ Swim support
Dakota Staren	2024 NTP / Social events
Ian McDonough	Swim support / resources
Julie Billingsley	Elite team Liaison/Swim skills & clinics
Glenn Thomas	Bike skills and clinics

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)
- Track workouts (Tuesday and/or Thursday evenings)
- Zwift Rides (Tuesday morning & Thu evening)
- Saturday morning ride from CapHill /Georgetown
- Wednesday evening ride at Hains Point

March Clinics (9 & 16)

- **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 Facebook group
 - Discord app

NTP Events

Feb 23	Kick off Meeting
Mar 3	Training (workout) Day 1
Mar 9	Clinic #1
Mar 16	Clinic #2
Mar	NTP Welcome Happy Hour
Mar 21	Bike Buying with Trek Georgetown
Mar 22	Optional Swim practice session
Mar 28	Bike Buying with Bike Pro Shop
Apr 13	Bike Handling at Rock Creek Park followed by group ride
Apr 20	Bike Maintenance at Trek GT, Followed by group ride
Apr - May	NTP Hains Point rides
May	Transition Clinic
Jun 22	Goal Race

Club Events

Mar	Splash and Dash
Apr	Club Duathlon & Bricknic
May	Training Camp

Goal Race:

Colonial Beach Triathlon

June 22



- **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

Jette



Cat

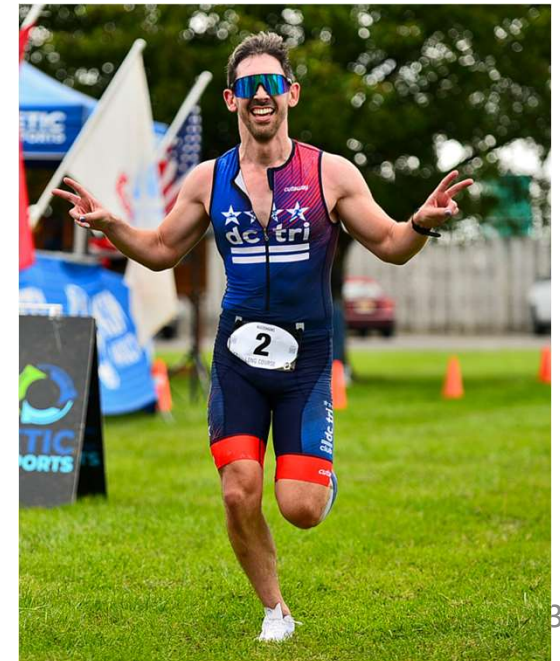
John-Anthony



David



Ariel



Cost to join NTP

- **\$400 (\$75 club membership + \$325 NTP: **early bird pricing \$250 until Jan 15, \$300 from Jan 16 –Jan 31**)** Club membership includes access to exclusive partner discounts (races, gear discount, etc.)
- **Not covered by \$325 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 “Get Involved” on the top ribbon, then chose “Coached Programs” then click view more under Select “New Triathlete Program” view more

3. New Triathlete Program page, find “Click here to access our registration page”

4. Select 2025 New Triathlete Program to register

— Bike Handling clinic followed by group ride – April 13

— Bike Maintenance clinic followed by group ride – April 20

[Click here to access our registration page](#)

2025 New Triathlete Program

The price for membership is
\$250.00 now.

Your Level

Time for Q & A

