



# Fundamentals of Youth Triathlon: A Beginner's Guide for Parents and Competitors (Volume 1)

*Dr Derek Schramm, Dr Heather Schramm*

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Use Fundamentals of Youth Triathlon to rapidly advance your athlete's preparation and skills. In the following chapters, we discuss the basic format of triathlon, triathlon equipment, types of available races within the sport, training basics and useful tips that you and your athlete need to know and have on race day. Useful websites are included for obtaining additional information, as are multiple tips for keeping your child enthusiastic about triathlon, which is the most important key to long-term success in the sport. The special "Kid's Corner" sections have been included for your child.

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