

12 Triathlon Training Tips Every Beginner Triathlete Needs to Know

SHAPE

Splurge on Gear, Especially the Triathlon Suit

There's a lot of gear involved in this sport—think bike, helmet, running shoes, and water belt at a bare minimum—but your most basic need is a tri suit, says Sharon McCobb, a professional triathlete, certified personal trainer and youth triathlon coach. And when it comes to this type of race, it's not about fashion but all about function. "Trying to change your clothing when wet can be frustrating, especially when you're in a hurry," McCobb says. "The triathlon suit streamlines that!"

