

# :: ROOKIE

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// inexperienced, untrained

// first-timer, newcomer

# YOU ....

- ... are you new to triathlon?
- ... want to do your first (or second / third) triathlon?
- ... are you looking for information on training schedules and training periodization?
- ... would like information on nutrition, equipment, race preparation and many more things concerning triathlon?
- ... value support on your way to your first triathlon?
- ... would like to share the experience of your first (or second/ third) triathlon with other ROOKIES?

**BECOME A MEMBER OF ...**



# PRE-CONDITIONS

- Enthusiastic about a new adventure
- Motivation and time for 11 weeks of ROOKIE Training (April-June 2024)
- Ability to swim 500m (breaststroke or crawl)  
(for participation in swim trainings crawl is required)
- Ability to comfortably run 20-30min
- A suitable bike
- Enrollment in the Zürich City Triathlon Sprint or Olympic Distance on 23.06.24 or another Sprint or Olympic Race in June/July 2024


# AGENDA

April

 07.04.  
11 - 15 Uhr  
Kick-off

 17.04.  
18:30 Uhr  
Bike  
Workshop


May

 01.05.  
09 - 12 Uhr  
Bike Ride

 14.05.  
19 Uhr  
Workshop  
Race Nutrition

 18.-20.5.  
Training Weekend  
in Zürich

June

 01.06.  
8 Uhr  
Open Water  
Training

 12.06.  
18:30 Uhr  
Brick-  
Training

 18.06.  
19 Uhr  
Workshop  
Mental Training

 23.06.  
Zürich City  
Triathlon



Juli: Celebrations

# BENEFITS

- 11 WEEK BASIC TRAINING PLAN  
IN TRAINING PEAK
- 3 WORKSHOPS
- 2 ROOKIE TRAINING SESSIONS
- 1 TRAINING-WEEKEND
- CHECK-IN AND ROOKIE RACE BRIEFING
- FOR NON-MEMBERS PARTICIPATION in  
CLUB TRAININGS
- trgether ROOKIE T-SHIRT
- trgether SWIM CAP



# COSTS

## ROOKIE PACKAGE

300 CHF

for together members

## ROOKIE PACKAGE

399 CHF

for non-members

Includes participation in all together Trainings during the three and half months of the Rookie program.

If you join together after the Rookie Program (until 31.07.24), we will credit the 99 CHF towards your first annual membership.

# JOIN NOW!

To become part of the Rookie Teams 2024 follow this link and fill out the [application](#).

In case of questions please contact us: [rookies@trigether.ch](mailto:rookies@trigether.ch)

The Rookie Team 2024 is limited to 20 Rookies – first come, first served. All applications are binding.