Easy-to-follow tips to prepare for a triathlon:

1. Get a safe start to your training program. Avoid training in extreme temperatures.
2. Lace up in proper running shoes and gear so your feet are comfortable, supported, and safe.
3. Warm up and down by jogging in place and having a good stretch.
4. Do push-ups and sit-ups to build your core muscles and reduce the risk of injury.
5. Drink even when you aren’t thirsty. Your body loses water when you run or sweat.
6. Balance your diet with fruits, vegetables, whole grains, lean protein and dairy.
7. Get eight or more hours of sleep so that you’re rested and ready to go every day.
8. In addition to triathlon prep, try other kinds of exercise for extra strength and endurance.
9. Keep a daily workout journal during the training program.
10. Be your own cheerleader. Congratulate yourself on your progress!

For more information, visit texaschildrens.org/texans