

# Health benefits of triathlons essay



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Systems like the PIX or Insanity are bringing the workouts usually done in the gym or outdoors into homes in short routines for purposes of convenience.

While advertised to the general public on infomercials, this might not be suitable for everybody.

As stated by multilayered. Com, “ This program is likely not suitable for the obese, or those seriously out of shape, as it involves jumping, cackling and lots of up and down movements. To avoid safety issues: speak with your doctor before trying out the Insanity Workout” (Insanity).

It clearly states that only people who are already in shape may be able use this program. The PIX is another exercise system.

Created by Tony Horton, this 90-day workout regime challenges the body to adapt to short-cycle workouts. It is based on yoga, strength training, intense cardiac and martial arts. According to Livingston. Com, PIX is very time consuming because it is about an hour a day, six days a week, which is approximately twice as much as the CDC (Center for Disease Control and Prevention) recommends for minimum daily exercise (Mullioned).

Not only is Insanity and PIX time consuming, but it might be too intense for people who are out of shape but doing these regimes might lead to serious injury due to the high impact of the workouts.

So what is left for people who are looking for a short and long term health solution with minimal injury, not time consuming, and has lots of mental and physical benefits without being tedious and fits to one's schedule? The answer is triathlons! Although some people believe that diet systems and

extreme workouts help keep one in shape, there is a better alternative to maintain a lifetime of health.

Becoming a tripartite and also participating in a triathlon is the best way to do so. It all started back in 1982 when U. S. Triathlon Association and the American Triathlon Association merged into the U.

S. Triathlon Association. Starting with only 1,500 members, what is now known today as the USA Triathlon, or STATUS, has grown to over 140,000 annual members (History). Triathlons range from different lengths depending on skill level and endurance. They range from sprints, which is usually for beginners and novice, to full iron man, which is for the more experienced tripartite. The distances of sprint triathlons can vary from race to race, but it consists of a 0.

0.5 mile swim, 12.4 mile bike ride, and a 3.1 mile run” (Triathlon). Other events besides sprint triathlon include the Olympic, Half Ironman, and the Ironman. According to Angelica De La Rosa, “I give myself thirty minutes to get ready in the morning. I dress in very comfortable clothes and eat a high protein breakfast.

I load up my truck with bikes and I head down to the course. Once I get there I go straight to the registration to pick up my bib and GPS chip.

I then set up my bike and other gear in the transition area. I then do a 10 minute warm up about 20 minutes before the start of the first event” (De La Rosa). This is the process that most triathletes go through when preparing for a triathlon.

Triathlons usually start with the swim, transition into the biking, and then finish with the running. “ The swim start is the most chaotic and unpredictable aspect of the whole race. After the starter pistol fires, everyone piles into the water simultaneously, jockeying for position” (Triathlon).

This is pretty much the start of every triathlon event.

Once the competitors spread out in the water, one can go at his or her own pace. The swimming portion then leads into the first transition stage of the triathlon. Here, competitors must locate their bike wherever they had placed it before the start of the triathlon. “ This is more critical of the two transition areas, as there is often more to do” (Triathlon). One must change into a biking uniform, put their socks and shoes on, and do whatever else before they take off on the biking portion of the triathlon.

This part of the triathlon is straight forward enough and happens on a preset designated route with cones and flags pointing you in the right direction.

After returning into the transition area from the bike ride, the next and final part of the triathlon is the run. Once a triathlete crosses the finish line, their GPS chip is taken off to record the total time. Upon doing so, the triathlete has completed a triathlon! “ Training is a key part in competing in a triathlon and can be looked at as the foundation for a triathlete” (De La Rosa).

So before completing a triathlon, one must reap the mental and physical benefits that come with training for a triathlon. The most obvious benefits

that come out of training for a triathlon are the physical ones. “ Whole body looks toned rather than specific muscles” (Ford).

This is because instead of focusing on a specific muscle groups, triathlons combine swimming, biking, and running in order to get a full range of muscles working out. Therefore by combining all three of them, one gets the benefit of a total body workout.

Over the course of his or her training, triathletes will see an improvement in their body image due to the fact that triathlon training involves lots of cardiovascular exercises. Triathletes are able to lose fat right away because cardiovascular activity burns calories (engineering). The more intense the activity is, the more calories that are burned.

By sticking to a weekly training schedule, one may see significant changes in their weight. In the long run, this will help prevent excess weight gain while also maintaining the weight that one loses by training for a triathlon (Mayo).

This is a positive and healthy cycle to losing weight because once the excess weight is off, continuing the training will be much easier making sure there is no regain of the weight loss like most diet systems tend to do. Another physical benefit that comes from triathlons is the recovery.

A good amount of recovery is vital in any athlete's training regime. Since triathlons incorporate swimming, biking, and running all in one event, this allows the triathlete the ability to not just focus on one workout routine while training, but many.

This varied workout regime allows specific parts of athlete's training because all of the stress and fatigue put on a specific muscle for a continuous period of time, without any recovery, may eventually leave the athlete unable to continue training due to an injury. For example, one day can be an interval workout on the track to develop leg speed, and another day can be laps in the pool which is less impact on the knees giving them time to recover. As stated by Livingston: " Trivialities are able to avoid injuries more easily than athletes training single sport.

The three disciplines of triathlon use different muscle groups and movements therefore you aren't putting excess stress on certain areas of your body every time you train. This allows you to vary your training sessions and rest your muscles without necessarily having a day off from training" (Ford). Thus by giving muscles that are usually overexerted from day to day use time to recover, it will lower the likelihood of one getting injured. If injury is already a problem, triathlon training is also the answer.

Trivialities have the advantage to adapt their training sessions in order to let the injury heal (Ford). This allows the tripartite to keep his or her cardiac up by doing a less strenuous workout on the injury, rather than stopping the training altogether. So by changing up your exercise routine between swimming, running, and biking on a day to day basis, it allows a tripartite to; workout different muscle groups which will lead to a toned body, help maintain a healthy weight by losing excess fat, and most importantly will lower the chances of injury due to overexertion.

The second overall benefits that are gained by exercising and training for a triathlon have to deal with mental health. As stated by Lila Roe, “ A Wide range of negative emotions can crop up during the day, including stress, frustration and anger. Psychologist Jasper Smith and Michael Otto found people who regularly exercised reported fewer feelings of anxiety, depression, stress and anger” (Roe).

By doing the training for a triathlon, it will help relieve stress, frustration and anger that re built up during the day. In other words, it will help clear the mind by allowing one to blow off steam from a stressful day.

It has been proven that physical activity stimulates various brain chemicals which makes you happier and relaxed (Mayo). Therefore by doing a little exercise in a daily routine can help one feel happier and relaxed throughout the day. Cognitive functions have been linked to exercise as noted by the Arthritis Foundation (Roe). This basically means that the more exercise one gets can lead too healthier mind.

For example a study was performed at US San Francisco: “ The study joked at 6, 000 women over the age of 65 and found that those who walked 2. Miles daily only experienced a 17-percent decline in memory compared to 25 percent in women who walked half a mile or less per week. A study from the University of Virginia found that men between 71 and 93 who walked at least a h mile daily were 50 percent less likely to suffer from dementia or Alchemist’s disease” (Roe). If this is the case, then realistically triathlon training will greatly help memory and will decrease your chances of getting dementia or Alchemist’s disease later on in life. Especially since the workout

routine is much more than just 2. Miles daily, it will benefit one's mental health in the long run.

This is a huge benefit for people who are concerned about getting dementia or Alzheimer's disease but do not know exactly how to prevent it. Staying in shape for a triathlon is the boost of energy. Exercising helps improve muscle strength and boost endurance by delivering oxygen and nutrients to tissues (Mayo). With improved muscle strength and boost of endurance, one's heart and lungs will work more efficiently which results in more energy throughout the day.

So by training for a triathlon, which requires weekly routine of exercises, one gains many mental health benefits. It allows trivialities to blow off steam and relieve stress, improve cognitive functions which can reduce risk of getting dementia and Alzheimer's disease, and it also increases muscle strength and boost endurance.

Therefore, becoming a triathlete and participating in triathlon events, is the best alternative to living a healthier life both physically and mentally. Even though some people believe that diet fads and extreme workouts can lead to a healthier life, these are not good options for a lifetime of health.

Triathlon training, however, is the better alternative when it comes to staying in shape and living a healthier life. It offers physical benefits like more toned muscles, healthier weight, and a reduced risk of injury as well as mental benefits like stress relief, improved cognitive function, and an increase in muscle strength and boost endurance.



As stated Angelica, “ After finishing a triathlon, whether or not I broke my previous course time, I always have a sense of accomplishment. I look back on my training as vital to where I am at the end f the triathlon and it always shows the time and effort I put into it” (De La Rosa).