

My passion for long distance running started at Atwell Primary School in the cross country. After a few years with not much success my family heard about the Bibra Lake Fun Run in 2007 through my brother and sister's school. That year I won my age category and the next year my brother, sister and Mum entered too! I joined the WA Marathon Club but wanted to combine bicycle riding as well so I tried a triathlon for the first time and have never looked back. My improved fitness has helped my football too.

I train at the Cockburn leisure centre and I live in Jandakot. As a new triathlete I do heaps of training, because I have to focus on three different sports. In a week's training I have two swims, one or two runs and another two or three rides. If you want to try and get other people into this sport you can organize a triathlon that is based around the South Lake Leisure Centre.

A junior triathlon would be:

- 200 metre swim (8 laps of the South Lake pool)
- 9km ride (3 laps of a three kilometer course around the block. The transition area could be the oval that is located next to the Leisure Centre. So when you get out of the water go out the back door to the oval where all the bikes will be parked out and take your bike out to Southlake Drive and follow the road to Berrigan Drive and when you get back to Elderberry Drive turn right back on to Southlake Drive and back into the transition area after 3 laps of the course).
- 2km run (5 laps of the oval)

Triathlons are the best way to get fit and feel a lot better. To get the fastest fitness results triathlons are the best options. As a new triathlete I am always looking for new training options and locations. At the moment the main ones are: the freeway bike path and the South Lake Leisure Centre. Earlier this year I did the power station triathlon in Coogee and it was a great course. Swimming, riding and running are all great sports to get into.

By Sam Monaghan