

6 ITEMS EVERY BEGINNER TRIATHLETE MUST HAVE



Bike

IF IT HAS TWO WHEELS
AND RIDES, IT'LL WORK



Helmet

SAFETY FIRST



Bike or tri shorts

BE COMFORTABLE ON
THOSE LONG RIDES



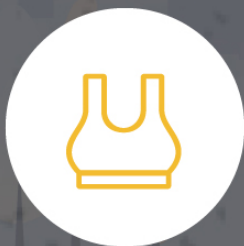
Goggles

TRY THEM ON
BEFORE BUYING



Running shoes

YOUR CURRENT PAIR
WILL WORK



Sports bra or run top

GET SOMETHING YOUR
COMFORTABLE IN AND
DOESN'T RUB