

TRIATHLON

EQUIPMENT GUIDE

HEAD®

WETSUIT

What all types of suits have in common is that they keep you warm and increase your buoyancy. This gives you a better water position, which allows you to swim faster and more energy-efficiently. This is extra important in triathlon as you want your legs fresh for biking and running. You can choose from several models depending on your experience, technical skills and wallet size. One thing is for sure, swimming in a wetsuit is safer and makes you faster.



UNDER THE SUIT

When it comes to triathlon apparel you generally have two options, the tri suit or a two-piece (tri top and tri shorts). Your choice is just a matter of taste - both options work excellently for all types of distances.

Two piece:

The two-piece is the most common option - a flexible choice that suits all types of distances.



HEAD TRISHORTS
MEN'S + WOMAN'S MODELS

Tri shorts

The shorts should be lightweight and fast-drying. Compression fabric gives good support to the major muscles of the thighs and bottom. The thin cycling pad does not disturb you while running.



HEAD TRI TOP
MEN'S MODEL



HEAD TRI TOP
WOMAN'S MODEL

Tri top

The top should be lightweight and fast-drying, with a tight and comfortable fit. There are models with or without a zipper - choose the one you find most comfortable. Easily accessible back pockets enable you to carry energy gels during the race.

Suit:

The suit is more frequently used for shorter distances where aerodynamics are important.



HEAD TRI SUIT
MEN'S MODEL



HEAD TRI SUIT
WOMAN'S MODEL

Tri suit

The tri suit has the same properties as top and shorts together. The difference is suit will not gap around your middle, which gives a faster feel.

For races where a wetsuit is not allowed, a tri suit is recommended. In this case, there are specific models that are adapted to give a faster swim.

ACCESSORIES

Goggles

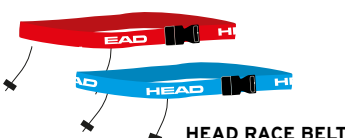
Find a pair of goggles that fit your face. For longer swims a soft skirt against the face is more convenient. Make sure you can easily adjust the neck strap even when you are in the water.



HEAD TIGER MID

Race belt

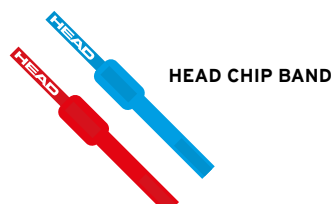
In triathlon your bib number should be facing backward during the cycling and forward during the run. A race belt allows you to attach your bib easily and quickly switch between front and back. You can also attach energy gels to the integrated belt loops.



HEAD RACE BELT

Chip band

In triathlon the timing chip should be attached around your ankle. Use a chip band in soft material with protective edges to avoid chafing problems.



HEAD CHIP BAND

Running visor / Running cap

A running visor or running cap is a simple way to keep your face in shadow during the run. The integrated sweatband keeps sweat away from your eyes.



HEAD RUNNING VISOR / CAP

Neo cap / Bandana

The most important body part to keep warm is your head. A neo cap or bandana allows you to swim in much colder water. Choose a brightly coloured model for higher visibility.



HEAD NEO CAP / NEO BANDANA

Neo toe covers

In triathlon, you normally cycle without socks and this can be quite cold. Neoprene toe covers are a great way to keep your feet warm. They also take up minimal space. Pull them easily over your shoes and pedal cleats.



HEAD NEO TOE COVERS

TIPS

Safety

Make sure you swim safely. A safety buoy is a simple and effective way to make yourself visible when swimming in open water. You can also store your essential accessories in the waterproof compartment (eg. keys, wallet, etc). The safety buoy won't slow you down or have any negative effects on your swim.



HEAD SAFETY BUOY