

Published based on [How To Choose The Right Triathlon Trainer](#)

# How To Choose The Right Triathlon Trainer

Training for triathlons can be just as tough as the main event, so you'll need the right electronic trainer. Timing is a key element of training effectively for a triathlon, so it's crucial to select the perfect trainer (such as the [Garmin Forerunner 310XT](#)). Here are some helpful tips for choosing an ideal model:

### Looking at the Extras

Triathlons are a three-part race that revolves around running, cycling, and swimming. So when you're looking at the [Garmin Forerunner 310XT](#) or another option it could come with a variety of bells and whistles. You probably won't need all of them, but looking over each one will be important. There are several things that to think about when purchasing a triathlon trainer. How you want to track your training sessions, the area you want to focus on the most, and the overall cost will all be considered. If you're looking to save some money then we recommend choosing the extras that will fit your training needs.

### Do comparison shopping

One of the easiest ways to save money and still get what you want is by comparing prices. Take the time to look at all the different Garmin Forerunner 310XT models and see which ones offer the most. Once you have a better feel of what you want then it will be time to start comparing the prices. This gives you the opportunity to purchase a high quality product and still get the best price available. We recommend narrowing your choices down to about 5, and no more than 10.

### Figuring out your Budget

How much you're willing to spend on a triathlon trainer is different than how much you're able to spend. So set a budget. That will help you to use fiscal discipline when choosing a model. Is it OK to spend slightly more than you've budgeted? Yes, but setting a budget will prevent spending more money than you probably should.

### Health-Monitoring Features

Triathlon trainers will monitor several different areas. Some of them include health factors that will come into play. It could be your body weight, body fat, or how many calories you burn during your workout. They are all crucial to your health, especially if you're dealing with certain health conditions already.

### Materials and Craftsmanship

Finding out who makes the Garmin Forerunner 310XT or any other model is crucial to the quality of your purchase. While Garmin makes this particular brand; do you know anything about them? Take the time to learn more about the companies and materials associated with the triathlon trainers you're considering. If you're willing to spend more money on superior materials it will give you more longevity out of your trainer.

Staying on top of your training starts with the Garmin Forerunner 310XT. If you utilize the tips we've given you here today we know you will choose the right model for your needs.

You can also find this article published on [How To Choose The Right Triathlon Trainer](#), and on the tag pages [bells and whistles](#), [Garmin](#), [garmin forerunner](#), [model](#), [several different areas](#), [time](#).