



## **TRIATHLON RACE PREPARATION**

### **BEFORE YOU LEAVE FOR THE RACE**

- Make a checklist of what you feel you need for the race (this is just a guideline)

<u>Swim</u>	<u>Bike</u>	<u>Run</u>	<u>Misc</u>
suit	bike	shoes	towel (1) small for transition
goggles	pump	socks	Vaseline or body glide
spare goggles	helmet	shirt	chapstick w/ sunscreen
swim cap	bike shoes	race number	sunscreen
hair tie (f)	shirt		food for race ( gels, bars etc)
wetsuit	socks		trisuit (if that is what you wear)
	spare tube		bike tools
	spare tire		dry clothes
	water bottle(s)		safety pins
	sunglasses		heart rate monitor
	bike frame number		race belt
	helmet number		

- Sports drinks, energy bars or gel  
If you plan to use the sports drink or energy supplement that may be distributed during the race please make sure to try it during training.
- Plan your transition  
You should have in mind the steps that you will need to go through in each transition. You should practice your transitions before you leave for the race.
- Check your bike  
Check your tires, crank arms, headset, aerobars, brakes, seat and wheels. Make certain all bolts are tight and that everything functions properly. Do this the night **before** the race!
- Pack your gear  
You should take clothes that will be suitable for any weather conditions. Make sure you pack everything on your checklist.
- Plan what you will eat during the triathlon. Energy intake during a sprint distance race is not usually needed by most people but everyone is different.

## **THE DAY BEFORE THE RACE**

- HYDRATE, but do not deplete your sodium stores by overdrinking water
- Pick up your race packet
- Test ride your bike
- Read the information in your race packet
- Check out the race course if possible
- Familiarize yourself with the transition area if it is set up
- Rest, stay off your feet as much as possible

## **RACE DAY**

- RACE DAY IS NOT THE TIME TO EXPERIMENT WITH ANYTHING.
- Eat your normal Race Day breakfast. Eat something that you know will not upset your stomach during exercise.
- Fill your water bottles
- Arrive at the race site early so that you are not rushed, 1 hr min
- Check in for body marking
- Set up your transition area
- Final check of bike
  - Gears
  - Brakes
  - Tire pressure
- Make sure you know where your bike is in the transition area
- Eat?
- Warm up for the swim if possible, or in reverse order run/bike/swim
- Make sure to stay well hydrated during the race. Do NOT wait until you are thirsty to start drinking. It is easy to take in large quantities during the bike, take advantage of it.
- Use energy bars/gel to keep your energy reserves high. Probably not necessary for a sprint distance race, but lots of athletes take a gel on the bike or run.

## **SWIM**

- Make sure you understand the layout of the pool swim or check buoys by number
- Be aware that swimmers will be going both directions in each lane; stay close to the lane line.
- If a faster swimmer needs to pass you please stop at the end of the pool to let them pass.
- Fast swimmers from other waves will pass you in the swim, stay cool

## **TRANSITION**

- Know where your rack is in the transition area. Make sure that you know how to find your bike when coming in from the swim and when coming in from the bike course.
- Your transition should be planned and executed calmly
- Put your helmet on and **SNAP** the chin strap **before** getting on the bike

## **BIKE**

- Drink (you should drink 6- 8 ounces of fluid every 20 minutes)
- Follow the instructions given in the information package
- Don't draft
- Stay to the right hand side of the road
- Pass other riders on their left side. As a courtesy, announce that you are passing, "ON YOUR LEFT"
- Don't push big gears; keep cadence relatively high and "spin". Your legs will feel better on the run.
- Drink
- Eat on the bike if needed. Remember that any fuel that you eat will take time to have effect. If you wait until the last half- hour of the event before you take in fuel, it probably won't help.
- DO NOT unbuckle your shin strap until you rack your bike.

## **TRANSITION**

- Rack your bike in the same spot.
- Unbuckle your shin strap after you rack your bike
- Make sure that you wear your race number during the run

## **RUN**

- Drink (you should drink at least 8 ounces of fluid every 20 minutes)
- Start out slow until your legs get used to running. The bike/run transition will feel strange. This "brick" bike/run portion will feel easier to you if you practice this in training. What a difference doing the homework makes!
- Finish strong.
- Print this out if it helps!

**Relax, have fun and have a great race!**

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