

Transitions

Transition 1 – (Swim-to-Bike)

Athletes will complete the following steps in a typical swim-to-bike (T1) transition.

1. Exit water.
2. Remove cap and goggles (usually upon exiting or while running to transition).
3. Remove wetsuit (if it was a wetsuit swim).
4. Put on bike gear including helmet, cycling or running shoes, additional clothing if required, and sunglasses (optional).
5. HELMET must be fastened before touching the bike.
6. Unrack bike without disrupting other athletes' equipment.
7. Walk or run bike to transition exit and the mount line. Usually, it is more efficient to push the bike by the seat instead of the handlebars. Participants are more manoeuvrable and are less likely to trip and fall or hit their shins on the pedals.
8. Mount the bike.

Coaching Tips for T1

The below are tips for a smooth, effective swim-bike transition:

1. When approaching the end of the swim course, start to kick a little stronger to encourage blood flow back to the upper body.
2. Before the start of the race, apply some lube to the outside of the wrists and ankles on the wetsuit, it will help the neoprene slide off easier.
3. Rehearse taking your wetsuit off at the end of open water swim sessions.
4. When you exit the water take your goggles off your face, but leave them, and your hat, on your head until you get into your transition area, it saves you having to carry them.
5. Make sure your helmet is on and buckled BEFORE you do anything else with your bike or bike equipment, this is easy to forget, and handling your bike while not wearing a helmet can result in time penalties.



Transition 2 – (Bike-to-Run)

Participants will complete the following steps in a typical bike-to-run (T2) transition:

1. Dismount bike - Similar to mounting, athletes can stop the bike and climb off or glide and swing leg over while coasting toward the dismount line. More advanced athletes maintain higher speeds while gliding and then slide off the pedals at running pace at the dismount line.
2. Run or walk bike into transition.
3. Rack bike. Most triathlons require athletes to return bikes to their starting location. Depending on the racks used, athletes may hang the bike by its handlebars (clip-on) or saddle. Other racks require them to place their wheel in a slot (mainly elite-level racing). Regardless, athletes should be careful not to disrupt other competitors' equipment.
4. Remove helmet AFTER the bike is racked.
5. Put on running shoes and start run course.

Coaching Tips for T2

The below are tips for a smooth, effective bike-run transition:

1. When approaching the end of the bike course, shift to a lower gear and pedal faster (higher cadence). This helps prepare the legs for the run.
2. Dismount in the designated area BEFORE the line; participants cannot ride into the transition area!
3. Keep helmet on and buckled until bike is racked.
4. Walk, jog or run with the bike to find designated position, using the "seat carry". (Legs will probably feel like they are made of stone. (This will subside, when the run is started).
5. Put your running shoes on first. This way participants can grab anything else they may need, such as a hat, sunglasses, inhaler or energy gels.



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Other things to consider :-

1. Don't forget to give your bike a check over for safety beforehand. Use the M check as a good method to check everything is in the right place and working safely.
2. Water bottles – there is no reason why these can't be already mounted onto the bike, but make sure they are full up.
3. Practice putting on your hat, it sounds simple but can be a frustration, so the more times you practice the more natural it will become.
4. Make sure the correct gears are selected before you rack the bike. Using a lower gear (Bigger back cog) will allow you to get going faster and will help while you slip on your shoes, by adding stability. The faster spinning will also help with warming up the legs for the ride.
5. Don't forget any bike spares you might need on the ride, spare inner tubes, chain links, pump, tyre leavers
6. Energy bars – depending on the race distance you will need some sort of nutrition – drinks, energy bars, gels. These could be on gel belts, pre-mounted to the bike.
7. Some people will have a bucket of water at their transition station, to allow them to wash and sand off of their feet before putting their shoes on. Maybe useful if running on a sandy beach from the swim. There is nothing more irritating than having sandy feet in your bike shoes.
8. If it's a longer race you might be more comfortable with dry socks on the bike ride, a few seconds taken putting some socks on during a longer race may pay dividend in the end.
9. Consider using elastic laces for the running shoes, they will help with putting them on faster
10. Spare sunglasses – if it's a long ride then having a spare pair of sunglasses for the run section maybe more comfortable.
11. When exiting the swim, leave your goggles and hat on until you get closer to the transition, it saves you having to carry them and shortens the period where you might drop them.

Remember there is no magic formula for how you layout your transition area, it is what works for you to make things smooth and as fast as possible.