



TRISudbury

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Delivering Triathlon training to South Suffolk

Tips for a successful first Triathlon

Here is some guidance and some tips that will help you to get off to a great start.

A few extra purchases and some forward planning will make your race and transitions quicker and simpler.....in no particular order.

Team Events

LARGE KIT BAG OR PLASTIC BOX

Where possible keep all your kit together so when you carry it in to transition you can be sure you have got everything with you.

WETSUIT

To help get your wetsuit on use a plastic bag over one foot/hand at a time to allow it to slip over your limbs easier. A rash guard around your neck will help with chafing over longer distance swims. You can also purchase creams or gels to help with chafing and to make removing your suit easier in T1. Do not use Vaseline or any other petroleum based product as it will ruin your wetsuit.

TRI SUIT

Male athletes beware !!! It may be tempting during the cycle or run to unzip your front fastening tri suit to help cool yourself but it is becoming more common that this will incur penalty or even disqualification if you do it.

GOGGLES

Make sure they are a good comfortable fit as you may come into contact with a stray foot or arm and you wouldn't want to lose them. Spitting into and rubbing your goggles' lenses will help to stop them steaming up.

CYCLE HELMET

You will not be allowed to race without one so make sure it is in good condition and fits you well. Two fingers under the chin strap when fastened is how they test for a good fit.

CLIPLESS CYCLE SHOES AND PEDAL SYSTEM

Not essential but will make you more efficient on your bike. If you are riding in your running shoes consider fitting some pedal / toe clips as an alternative.



NUTRITION

If you plan to use energy gels etc during the race you can get race belts with loops to hold them in or use electrical tape to attach them to the top tube of your bike and tear them off as you need them during the ride.

It is a good idea to try the gels/etc that you plan to use on race day during your training to see if they agree with you first. Believe me, synthetic energy can play havoc in you tummy while its being hastily shoved down your throat at a funny angle on the bike or being shaken about on a run.

Generally don't try a brand new product on race day !!!

YOUR BICYCLE

I have seen people compete on £100 mountain bikes as well as £4000 TT cycles so do not worry about your bike as long as it is in good safe working order, a good fit and you are comfortable on it.

A dedicated TT/Tri Bike will likely cost big money, a lot of people have a road racing bike with a few little tweaks such as clip on aerobars. If you plan on using clip on aerobars get plenty of practice in with them before race day to get a feel for how different the handling can be to ride on them.

Make sure you tyre pressures are correct and consider carrying a small pump or CO2 inflator, a spare inner tube and tyre levers in a small saddle bag in case you puncture. If you do puncture you may consider your race to be over but it still may be a long way back to race HQ walking in shoes with cleats on !

A BIT OF PRACTISE

Leading up to the event, make sure your gear is all in one place and lay it out at home on your towel as you intend to on race day a few times and familiarise yourself with how it all looks.

ON THE DAY

Allow some extra time for parking and registration. You will be able to find out your start time at this point if you haven't already. It is handy at this point to find out when transition closes and when the race briefing is.

Take a track pump with you, when you arrive make sure your bike tyres are at the correct pressure before you go to transition.

There will be sticker to put on your bike that matches your race number, This is for security and should be applied to your bike before you enter. You will generally be told if you have an allocated space in the racking for your bike and someone may ask to check your cycle helmet for fit as you go into the transition area.

Rack your bike with the seat over the racking bar pointing toward you so the bike will be facing forward ready to go when you remove it during the race.



When Transition closes you will not be able to go back in so when you leave don't forget your goggles. Do attend the race briefing !!!!! There are lots of rules in triathlon but the most important and any specific ones will be included in the briefing.

Check out and have a good think about where you will be entering and exiting transition in relation to your bike so you know where you will be headed during the race.

A LITTLE ADVICE FOR THE RACE

Make sure you are poolside at least 5 minutes before your start. More often than not a Marshall is there putting people into number order way before the start.

SWIM

If you are not a great swimmer stay relaxed it is very easy to build up an oxygen debt and a belly full of pool water through rushing off and panicking.

T1

The number 1 thing to remember is make sure your cycle helmet is fully fastened before you take your bike from the rack.

After the swim the timing chip will need to be passed on to the next athlete. This will be done in the transition area, but make sure you take care to make sure the chip is attached properly after the swap so as not to lose it

CYCLE

Mount / Dismount in the marked areas. A few seconds is never worth the risk so obey the highway code, if you are on public roads the marshals will not be able to control the traffic so TAKE CARE.

If there is a mandatory foot down during the cycle leg it will be there for your safety so make sure you obey it !!!

T2

Same rule as T1 but in reverse .. Rack your bike before you remove your cycle helmet. I have seen competitors (even the ones with all the best gear!!!) fall foul of this rule and incur time penalties etc.

Again after the cycle ride the timing chip will need to be passed on to the next athlete. This will be done in the transition area, but again make sure you take care to make sure the chip is attached properly after the swap so as not to lose it

RUN

Make sure you settle down early in the run and remember not to go out too hard too early



Individual Events

LARGE KIT BAG OR PLASTIC BOX

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WETSUIT

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TRI SUIT

(1 or 2 piece) wearing the same clothing for the whole race is not essential but will be the single best way to save time in transition. Suits can be expensive but second hand Tri -suits can be found on ebay for little outlay if you don't want to commit. Male athletes beware !!! It may be tempting during the cycle or run to unzip your front fastening tri suit to help cool yourself but it is becoming more common that this will incur penalty or even disqualification if you do it.

GOGGLES

Make sure they are a good comfortable fit as you may come into contact with a stray foot or arm and you wouldn't want to lose them. Spitting into and rubbing your goggles' lenses will help to stop them steaming up.

RACE BELT

In conjunction with wearing a tri suit, pinning your number onto a race belt and clipping it on after the swim is far easier than trying to change into a cycle/run top with the numbers pinned on when you are still wet from the swim. The belt can be rotated to the rear for the cycle and front facing for the run. Some brands include loops to store your energy gels in which can be handy. A race belt should only cost around £5 and is money well spent.

You are often given 2 numbers for your shirt at registration. pinning them back to back on your race belt will make them more rigid and less likely to crumple up when you are fumbling about in transition.

ELASTIC LACES

Swap the normal laces in your running shoes with elastic drawstring type laces so you can pull your shoes on quickly. Should only cost £5 for a set

TOWEL



Have a towel big enough to put 2 pairs of shoes on and a small space for you to stand on just to dry your feet a little as you arrive at T1 . A towel that is brightly coloured can help you find your spot in transition.

TALC

Applied to the shoes will help you to get your cycle / running shoes on quicker after the swim.

CYCLE HELMET

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CLIPLESS CYCLE SHOES AND PEDAL SYSTEM

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A BIT OF PRACTISE

Leading up to the event, make sure your gear is all in one place and lay it out at home on your towel as you intend to on race day a few times and familiarise yourself with how it all looks. Run through what you plan to do and have a practise run or 5 at changing your shoes (both cycle shoes and running shoes) and clipping your belt on etc ..



Consider some brick training as part of your plan to get used to the feeling of cycling and then running immediately afterwards.

ON THE DAY

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Rack your bike with the seat over the racking bar pointing toward you so the bike will be facing forward ready to go when you remove it during the race. Lay your kit out in order as you have practised at home.

Your cycle helmet can lay in your aerobars (if you have them) with the straps open ready and with your race belt inside the helmet open ready to put on. If not, placed on top of your cycle shoes on the ground is fine.

When Transition closes you will not be able to go back in so when you leave don't forget your goggles. I Tend to wear mine round my neck so I can't forget them !!!!

Do attend the race briefing !!!! There are lots of rules in triathlon but the most important and any specific ones will be included in the briefing.

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T1

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CYCLE



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RUN

It may take a little while to get the jelly feeling out of your legs from the cycle but it will settle !!

I hope in reading this you can take something from it to help your preparation and race day go smoother, faster and leave you hungry for more in this hugely rewarding and enjoyable sport.