

Being Race Day Ready

Packing list:

Swim – start

- **Wetsuit** (depending on if its outdoors and time of year), if it's particularly hot or cold you may not be allowed/have to wear one.
- **Trisuit** or tri shorts and top (these go under the wetsuit, you can't get naked to change in transition!)
- **Sports bra** (if needed)
- **Goggles, swim cap** (caps are *usually* supplied by the race organisers)
- **Heart rate strap** (if using)
- You may want flip flops or similar that you don't mind potentially losing to get to the swim start

Bike / T1

- **Bike** – if borrowing or hiring make sure you've practiced on it and it's fitted for you
- **Helmet**
- **Puncture repair kit** (and the ability to use it!)
- **Water bottles and nutrition**
- **Sunglasses**
- **Socks** (if you've always worn them in training don't pick race day to try without)
- **Bike shoes** (if using)
- **Elastic bands** – if using for transition
- **Tri belt** – some races only give one number and you need it on your back for the bike and front for the run.
- **Towel** – to dry yourself off before the bike
- **Bike computer, power meter** (and ensure both charged) if using



Key triathlon rule – no nudity in transition!

Run / T2

- **Run shoes**
- **Tri laces** – saves fumbling round tying knots in transition
- **Cap/visor and glasses**
- **Energy gels**

Misc / optional

- **Check the weather** before packing, but be prepared for all eventualities! e.g. Windproof bike options
- **Shakedown ride spare kit**
- **Registration info (if sent in advance)** – including race number, timing chip, swim cap etc
- **Bike computer, Garmin/ watch etc** – make sure its charged and you know how it works
- **Suncream**
- **Talc** (talc for your shoes and socks, to speed up transition)
- **Wetsuit lube** – to stop it rubbing on your neck, and on arms and ankles to make removal faster
- **Race license** – if you are a BTF member and got cheaper race entry, you'll need to show your membership card to prove you are insured, otherwise bring change to pay for insurance on the day (check race briefing)
- **Course maps**
- **Pre and post-race nutrition**
- **Pre and post-race clothes** to keep you warm (and you may want some comfy shoes for after)

Additional things you might want for longer distance races (optional):

- **Gloves** for bike
- **Insulation tape** or similar to write nutrition and power/pacing strategy on bike

- **Extra shorts** for additional padding on bike
- **Drinks bottles** you don't mind throwing away for bike
- **Extra nutrition** etc for special needs bag (if an option)
- **Nutrition storage** for bike (larger bento box etc)
- **Bum bag/ run vest** or similar for run hydration/ nutrition
- **Bike top** for bike (with more pockets), run vest for run
- **Spare trainers** for pre race day registration etc (you might be walking a lot and run shoes may be racked), in case they cancel the swim and make it a duathlon (2 pairs of shoes easier), plus pre race warm up

Other prep

Know the course – study the course map, know where the hills are, and the feed/water stations. Are there multiple laps? How will you count these (it's very easy to lose count!).

Know the rules - Some races are stricter than others. Main ones to be aware of – no drafting on the bike, helmet must meet ASA standards, bike handle bars must have stoppers etc.

Medication and TUEs - If you're on any medication then check the UKAD website to see if it's listed/banned and what you need to do <http://www.ukad.org.uk/medications-and-substances/checking-medications>

Tech - If you're using a GPS type watch on race day practice with it in training – is it displaying the info you want in the right order and the right format (km/ miles, pace/ speed etc)? If it has a multisport function practice pressing the right button to transition to the next discipline. Can you get your wetsuit off over it?

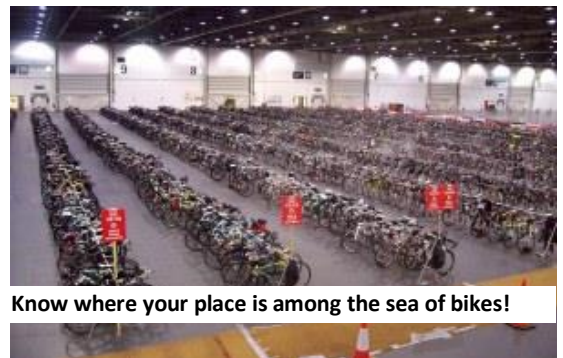
Race day nutrition – use training to practice and refine your race day nutrition strategy – see separate hand out. Keep to it! (consider writing it on top tube, setting an alarm to remind you to drink/eat).

Cut down on fibre in advance of the day, have a good breakfast with slow release carbs that morning, with enough time to digest. Have some water with you in the morning but don't overdo it unless you want to go to the toilet in the race. Don't forget water during and after the race or your post-race nutrition and rehydration.

The day before - pack your kit, read the course instructions and check your bike over etc. Don't blow months of training by not taking time now to ensure you're race ready!

On the day - get there early so you've got plenty of time to set up. Rack your bike, ideally (if you have a choice) near to an obvious landmark. Set out your stuff (if allowed, on a distinctively coloured towel!) in the order and direction you'll need them.

Find the swim in, bike out/in and run out and practice finding your way from each to your bike, identifying landmarks etc to help you find your place in each direction. If there's a transition tent (e.g. Ironman) know where you'll hang and deposit each bag, the direction through the tent etc. Note where the mount/dismount line is. Put your bike in an appropriate gear for leaving transition. Set up bike computer if using (NB security can be poor so you may want to hide it). Leave plenty of time for the toilet queues!



Post race

Recovery: Post race nutrition – get a good mix of protein and some carbs. And get a massage and/or do some good quality stretching and foam rolling. Plan a gentle recovery ride or swim the next day.

Evaluation: Note any learnings in terms of kit, nutrition, preparations etc (before you forget them!)

For more tips see: <http://feelfitwithlucy.co.uk/2014/05/15/first-triathlon-what-to-wear/>
<http://feelfitwithlucy.co.uk/2014/05/16/first-triathlon-pre-race-prep/>
<http://feelfitwithlucy.co.uk/2015/03/23/top10marathontips/>