



All Aerobics Triathlon Tips

THE DAY BEFORE:

Gear Check – Check that you have packed all your gear and it is in good working order. (See checklist over page.)

Carb Up – Make sure that you eat a good, high carbohydrate, low fat meal the evening before the race. Only eat food that you are used to – you don't want an upset stomach before the race. Keep well hydrated.

Rest Up – Have an EFD (Exercise Free Day) to rest up and re-charge your energy. If you want to do some training – try practicing your transition changes.

RACE DAY TIPS:

Breakfast – Eat a light easily digestible meal that you know will sit well in your stomach during the race. Keep fluids up.

Get there early – This allows time to register, get race numbers, set up your transition and have a warm up.

Transition Set Up – You must have a helmet that meets the Australian Standards- this will be checked as you enter the Transition Area. Rack bike and set up your gear on the RIGHT of the bike. Lay out in logical, easy to access order (i.e. Helmet upside down with strap open, sunglasses inside with arms open).

To save time, most people don't wear socks – unless you know your shoes will rub.

Talcum powder inside shoes makes them easier to pull on quickly.

Elastic laces can also save precious transition time.

Leave bike racked in a suitable gear (i.e. not too big) so you can start your ride well.

Swim - If you use a Wet Suit, put some Oil (Baby, Olive etc) on the wrists and ankles to assist with speedy removal. Also, vasoline can prevent chafing around the neck and armpits. Wearing your goggles under your swim cap can help to keep them in place in case they get kicked and pulled during the busy race start. Before the race, make sure to position yourself according to your swimming ability (i.e. weaker swimmers to the back of the field). During the swim, keep your eye on the buoy so you stay on track. During the last 50m, start to kick harder to

get more blood in the muscles for the ride ahead. As you exit the water, start to prepare for your transition – unzip wetsuit, remove cap and goggles while you are running to the transition area. Remember to keep the transition area tidy – don't throw your gear around.

Ride – Helmet must be on before you leave the Transition Area. Remember drafting is not permitted (where you ride directly behind someone and get an easier ride). If you are riding into the wind, try to keep the body reasonably low to prevent wind resistance. As you finish the ride, you must dismount and run with your bike to the rack. Rack the bike, remove helmet etc.

Run – Ease into the run (your legs may feel heavy for the first 100 – 200m). An even paced run will give you the best result. Relax the shoulders. Keep a positive mind. If you are likely to chafe between the thighs, a little vasoline applied before the race can help.

After the Race – Cool down and stretch (so that you don't wake up too stiff in the morning). For maximum recovery, eat within 15 minutes of finishing. Replenish fluids.

GEAR CHECKLIST:

<u>Swim</u>	<u>Cycle</u>	<u>Run</u>
Bathers	Bike	Running
Shoes		
Goggles	Helmet and Sun Glasses	(with elastic
laces)		
Swim Cap	Tyres pumped up	Running
Cap		
Wetsuit (optional)	Spare Tube	Sun
Glasses		
Baby Oil	Bike Pump	
Vaseline	Bike Shoes (optional)	

Other

Towel, Sunscreen, Baby oil, Talcum powder, after race clothing (warm).

GOOD LUCK AND MOST IMPORTANTLY – HAVE FUN!!!!!!!!!!!!!!