

TKTri.com

What to Bring the morning of the race.

- Bike Helmet
- Race Number
- Warm Clothes (for before and after the event)
- Swim Goggles – this helps your child be more calm in the water
- Towel – to lay next to their bike and layout equipment (see picture)
- Small towel to dry feet (helps ease putting socks and shoes on)
- Running Shoes
- Socks
- Water Bottle
- Gel or (something w/ about 100 calories)
- Sports drink (Gatorade) – dilute to 50 / 50 (easier on the stomach)

Transition

Lay everything out in an organized fashion. Helmet upside down and ready to put on. Practice a couple of times the week prior to the race.



TKTri.com

Nutrition

- Don't try anything new the day of the race
- Keep same eating pattern... the days leading up to the event
- Eliminate dairy and juices (acidic) drinks the morning of the race
- Water is the best supplement. Drink up to 16 oz the morning of the race
- Expect a bathroom break before the race starts... these guys get nervous...
- Leave the house 15min early.

Pre-Race

- Take a short walk / jog
- Do some push ups or sit ups
- Both of these help ready the body for the race
- Burns off nervous energy also

Swim

- Start slow and steady.
- Snake – under the lane line at each end.
- Keep your head down.
- Relax

Bike

- Helmet
- Socks
- Shoes
- Glasses
- Take a sip of water
- Start slow and build your pace.
- Ride to the right
- ALWAYS keep your head up, watching out for others

Run

- Hate
- Water Bottle – take a sip
- Start slow.
- Smile
- Have fun.

TKTri.com

Post Race

- Congratulations!!! You are a TRIATHLETE.
- Dry Clothes
- Recovery Drink – sip water
- Congratulate your fellow competitors

Example of Energy Gel (check at Academy or local Bike Shops)



TIM KEY
PROFESSIONAL COACH

ProFitness

TRAINING SPECIALIST :: TRIATHLON :: RUNNING :: PERSONAL TRAINING :: MASSAGE THERAPY

TK PRO FITNESS
1107 SLIDE ROAD
#40 REDBUD CENTER
LUBBOCK, TX 79416

TEL. 806 544 1235
EMAIL tim@tkprofitess.com