

THE ISLAND EIGHTY™

1 MI SWIM * 66 MI BIKE * 13 MI RUN



THE ISLAND FORTY™

1 MI SWIM * 33.5 MI BIKE * 5.5 MI RUN



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RACE PREPARATION

This section has been contributed by NCCP Certified top triathlon coach Steve Bentley, who was recently voted Coach of the Year by the Ontario Association of Triathletes.

Getting ready for a particular race or event takes place months before the race ever happens. Of course your training is what gets you physically ready to complete the event, hopefully in your goal time. There are a number of other things you need to do right before the race though to ensure you best chance for success. This document will give you the best chance at making sure you have all that covered off. For no matter how well you prepare physically, if you forget key pieces of equipment, or fail to prepare for or execute your plan on race day things will not go as planned.

Of course you are going to practice your pacing and fuelling strategies during the training you do leading up to your goal race. Fine tuning these strategies for your particular requirements is what will increase your success rate on race day. Once the race draws nearer though you will want to ensure you have certain things with you to make your race as enjoyable, stress free and successful.

Packing list

The following page outlines some of the things I make sure I bring with me to a race. Of course if you are flying to an event you will be limited by space and flight regulations re what you can and can't bring. So some of these items you'll need to pick up at your destination if you feel you need them.

What I find that helps to relieve some of the stress associated with traveling to a race is to keep a list (you can use the one on the following page) as a base and then just add things to the list starting a couple of weeks before you leave so that when it's time to pack you have one central list that you go to to know that you have everything you need.

Mental Prep

Starting a week or two before you leave for the race you should lay in bed or hang in a cozy chair alone and go over what you think you're going to need for the race as well as go through your race week and race day in your head. That way as you imagine your prep and race you can come up with things you will need and jot them down on your packing list. You can also get all anxious about the race many days before the race even happens so that when race day arrives you're pretty much sick of thinking about it and it

doesn't seem like such a big deal. You just go about the plan you've detailed before the race and do what you can on race day.

Race Week

Once you get to the race site you're going to want to do some shopping at the race expo and also get to the registration to get yourself registered for the race. Don't wait too long to register as some bigger races cutoff registration a couple of days before the race unless you make alternative arrangements. You'll need to bring ID to the registration so don't forget that.

| | | |
|---------------------------|----------------------------|------------------------|
| Wetsuit | Saddle bag for bike | |
| Goggles | -air cartridges 2 x 16g | |
| Bathing caps | -inflator | |
| Neoprene socks | -multi tool | |
| Anti chafing lube | Beano | |
| Towel | Advil | |
| Bathing suits | Heart Rate Monitor/strap | |
| Bike | Bento Box for bike | |
| Helmet | Toilet paper for race am | |
| Race Wheels | Sunscreen | |
| Spare Tubes/Tubulars | Black Marker | |
| Tool kit, lube | Race # belt/fabric elastic | |
| Cycle Shoes | Reflective tape | |
| Shoe covers/toes warmth | Stretchy laces for shoes | |
| Sunglasses | Moleskin for feet | |
| Mirror for helmet | Small towel for trans bag | |
| Cycle gloves for training | Safety Pins | |
| Cycle rain jacket | Nail clippers | Weatherproof jacket |
| Cycle jacket or vest | Bike pump | Long track pants |
| Cycle tops | Flashlight | Fleece top |
| Cycle shorts | | Training tops |
| Warm gear (arms, knees) | | Training shorts |
| Toque | | Cell phone and charger |
| Training gloves | | Sewing Kit |
| Running Shoes training | | Tissues/face wipes |
| Running shoes racing | | Hand cleaner |

| | | |
|-----------------------------|--|------------------------|
| Racing suit (shorts, top) | | Backpacks |
| Running hat | | Cash in local currency |
| Running fuel belt | | Credit Cards and ID |
| Water bottles | | Health Insurance cards |
| Gel packs (5-6) | | Passport |
| Carbo Pro | | Sandals |
| Thermolyte pills (45-50) | | Underwear |
| Electrolyte powder | | Socks |
| Complete Meal Shake mix | | Pants |
| Juice Plus capsules | | Shorts |
| Ziplock bags, various sizes | | Dress shirts |
| 35mm film container | | Training T shirts |
| Electrical tape | | Hats |
| Jetstream Bottle | | Toiletry bag |

Training

The training I give you on your schedule is very flexible race week. You really don't need to get all that training in, or in the order listed. Training race week is only going to ruin your race if you do too much. If in doubt don't do anything. Ideally all you want to do is some shorter lighter/faster sessions. But just getting out each day and moving is really all you need to do. In my fastest IM to date I hardly trained at all race week other than a couple of light swims, bikes and runs and instead golfed 3 times for 18 holes (I took a cart though). I went 9:21 that year.

One thing that I find is good to do each day is to get into the water and do a swim of 20-30" each day. This is especially important if you're swimming in salt water as you'll find that each time you get into the water you'll become more accustomed to the salt effect in your mouth.

Nutrition

Eat smaller meals more often to ensure that you are storing maximum amounts of carbohydrates/glycogen into your system (muscles, liver, blood).

I like to take in an electrolyte capsule morning, noon and night to ensure that with all the water I try to drink race week to keep hydrated that I'm not flushing out all my electrolytes.

Ensuring that you eat well the two days before your race is critical to ensure that you are fuelled well going into the race. The day before the race I like to try to keep the majority of my meals as a liquid form. I try to avoid a lot of higher fibre foods and try to get my

biggest meal of the day into me in the early afternoon. This is usually going to be something like rice or pasta with broiled fish. That way I have a better chance of having that meal digested in my system so it doesn't become an issue race day. For the liquid meals I take in I use Juice Plus Complete, a meal replacement shake that is very nutritious. I'll mix the powder which is easy to travel with by blending a cup or two of milk/water, Juice Plus Complete powder, a banana and ideally some frozen fruit. Puddings and yogurts also work well in addition to the Complete to keep me feeling full and fuelled.

Of course a critical component of my nutrition is what I take every single day of the year and that's Juice Plus capsules (www.juiceplus.com/+sb69530). Since the late summer of 2005 I've also been trying out Juice Plus Vineyard blend capsules which are showing some great results in independent research for improving circulation and blood flow. The Vineyard Blend capsules are great I think for ensuring maximum athletic performance as well as the intended benefit of providing great heart health and circulatory benefits. The Juice Plus fruits and vegetable capsules provide very good micronutrient concentrations to go along with the good macronutrients you should be trying to eat on an ongoing basis. About 75-80% of the athletes I coach take Juice Plus and when they take it regularly as recommended they generally are healthier (don't get (as) sick) and feel as I do that they recover from workouts better. Juice Plus is nothing fancy, it's just 17 different fruits and vegetables in capsule form. Nothing more, nothing less.

Sleep

When you're tired, sleep. If you can try to arrange your waking up hours so that you get up around 4am each day as that is likely when you'll wake up race morning. If time changes from traveling make that easier (ie you are racing west of where you live) then that is great. Try to maintain getting up early each day. If you get tired in the afternoon have a nap. Don't worry or assume that you are going to sleep the night before your race. You likely won't. Fortunately though many studies have been done to show that getting or not getting sleep the night before your event has little if any effect on your race performance. Two and three nights out from your race are the more critical days for sleeping.

Day Before Race Day

You're going to need to get your bike and transition bags into the transition area the day before your race. Don't mix up your fuel bottles etc today or put these in the bags or on your bike. Do that race day as some drink mixtures will go very rancid if you mix them up that far in advance. Mark in black marker your race number on ALL your equipment that you will take to and or use during the race so that if it goes missing it can get delivered back to you.

On the Bike

Have your helmet or shoes on your bike in the transition area. On your bike just have the Bento Box ready to fill up race morning. If you have a nice bike computer on your bike I would recommend you take this off your bike so that someone can't take it on you after you check your bike in. Don't leave any bottles on your bike. Mix these up race morning. Let a bit of air out of your tires especially if it's hot. Put your bike in the gear that you want to be in when you hop on your bike to start the race. Starting the ride in too hard a gear and falling over is very embarrassing.

The night before the race I'll gather together all my gear that I'll need for the race. I'll mix up all my fuel bottles race morning but will set out all my empty bottle with black marker on each bottle for what will go in each.

Have a zip lock bag for what you want to go in your bike bento box. Include your bike computer if you took it off your bike.

Set aside your race uniform, wetsuit, goggles (with shampoo to wipe in race morning to stop fogging), bathing cap, timing chip. Dry clothes and what you will wear to the race. Put all this in a back pack or the dry clothes bag that you will hand in with your dry clothes bag just before the race.

Race Morning

Set as many alarms as you can so you don't worry about sleeping in. If the race is at 7 I usually get up around 4am.

I'll make my morning shake up right away and get that into my system. For breakfast I typically have a Juice Plus Complete shake (1.5 cups milk, half cup water, banana, half cup frozen berries, blended together). I'll drink that as I'm getting my bottles mixed up that morning for the race.

I may also later have a bowl of oatmeal, and/or some toast but often I find the shake is enough.

Get dressed with your race uniform and don't forget your timing chip.

Race Site

At the race site you need to get body marked before getting into the transition area. You should also be able to get to your transition bags to include any fuelling bottles you'll need for the day.

Put your fuel bottles on your bike and pump up your tires.

Bring some of your own toilet paper in case you need to go to the toilet before the race. Be prepared to run away from the transition area in case the portable toilets at the site are too busy. Of course this isn't possible in some race locations.

Warm up

Get your wetsuit on and start to head down to the race start 30 minutes before the race start. For most big races this should have you getting into your wetsuit at 6:30. Don't forget to wipe a dot of shampoo into the lens of each of your goggles in order to stop fogging. Immediately buff this out with a clean dry towel.

If it's cold out and or if the footing is not too good then use some neoprene socks to protect your feet.

I REALLY want you to get into the water 20 minutes before the race start in order to get your muscles warmed up and full of oxygenated blood so that when the race starts you are ready to go and don't spend the first portion of the swim warming up and trying to flush the accumulating lactic acid out of your muscles. It is critical that you get into the water to warm up. It will make such a huge impact on your race and is more important than any other type of warm up you can do to prepare for the race.

Race Start

I typically have a gel right before the race starts in order to pump up my energy levels for the event.

Where to start? This is a very typical question and really depends on the conditions and how comfortable you are in swimming with 100s of others. Best to ask me this question for each race as things change for each event.

Use other landmarks such as trees, building, boats, mountains, even clouds to sight off of. Often times swim buoys are not visible enough in a race.

If you have a two loop swim then take advantage off the loop to get another gel into your system half way through the swim. I tuck a gel up my wetsuit leg and pull that out as I get out of the water.

1st Transition

Once you get your wetsuit stripped off pull off your goggles and swim cap and tuck them into the arm of your wetsuit so you don't lose them.

Go to your bike.

Make sure you have your helmet strap done up, grab your bike and run to the mount/dismount line in order get to the bike course. If there is a lot of traffic at the mount

line then run PAST the group there and then get on your bike so you don't get caught up in the mess there.

Bike Section

I always break the bike course up into sections. I only ever think about the section that I'm on in the race.

Fuelling I do for the race includes carbo pro for the fuel, straight water, and electrolyte capsules (I use Thermolyte Capsules. You can order both through The Fit Stop. Call 772-221-1225). It is a very simple way to get water, salt and sugar into my system. The more complicated you try to make the strategy the more likely you are to mess it up. Keep it simple. In my last race I also used Beano (a digestive enzyme to reduce gas and bloating) and found that worked very nicely. If you have that issue and or something else (diarrhea) then try things out in training (eg immodium) to hopefully alleviate any issues. I'll often take Advil on the bike in order to reduce associated pains. Of course try these things all out in training first so you can adapt them effectively for your race.

End of the Bike - 2nd Transition

Near the end of the bike ease up on your effort in order to prepare yourself for the run leg. If you feel that your feet are wet then get them out of your shoes with a couple of kms to go in order to help to dry them out and stretch them out. Pushing hard right to the end of the ride will not help you prep or the run. I think it's also a good idea to back off on your fuelling over the last half hour of the bike in order to move into a smoother transition to the run. Going into the run with a full belly is not likely going to help your digestion.

Don't take your helmet off until you get back to your spot in the transition area.

I'll wipe my feet off with a towel and then apply a big pad of moleskin along the front half of my feet to stop any blisters from happening under the balls of my feet. If you have areas where you are likely to get blisters then take the time in this transition to prepare yourself properly. The few seconds that you take here will save you many many more minutes later on in the run.

My big issues heading out onto the run is to go out slowly enough. From there it's just making sure I get the required energy into my body to last through the run. So the critical elements are controlling your pace and fuelling properly. This of course assumes that you hydrate properly throughout the bike. Of course this is very specific for each person so you need to find out what works for you. In any case though going into the run with a plan for what you want to do is critical for success. That's going to be a big part of what we talk about in getting you ready for your goal events.

It's also going to be important to have a strategy for refocusing when you start to fall off your run pace. Ideally you will have a method (heart rate, pace monitor) to identify immediately when your pace begins to slow. Various GPS or speed sensors will allow

you to track this. If your heart rate is lower than you want and your speed is dropping then it's likely that your fuel levels are too low. You need to keep refueling so that you have the energy to work harder and keep your speed up.

Having friends on the course to remind you of your goals and why you're there is also going to be very helpful to bring you back to reality as to what you are there for.

Summary

There are going to be many things happening to you over the course of the race that are going to work to throw you off your game plan. The only things you can control are your pace, your fuelling and your mental strength. Anything else that happens to you is beyond your control. Anticipate what they might be (weather, mechanical, other athletes) and decide ahead of time how you will deal with those issues if they materialize. Once they happen deal with them and then move on.

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