



TRIATHLON 101 #8

EVENT DAY PREPARATION

BE RACE READY

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WHAT WE'VE COVERED...

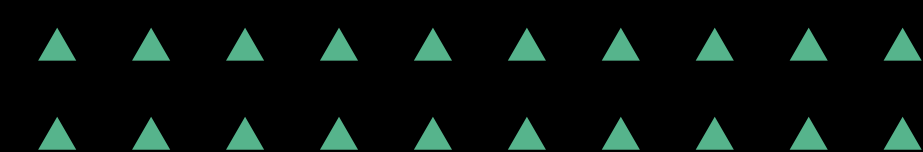
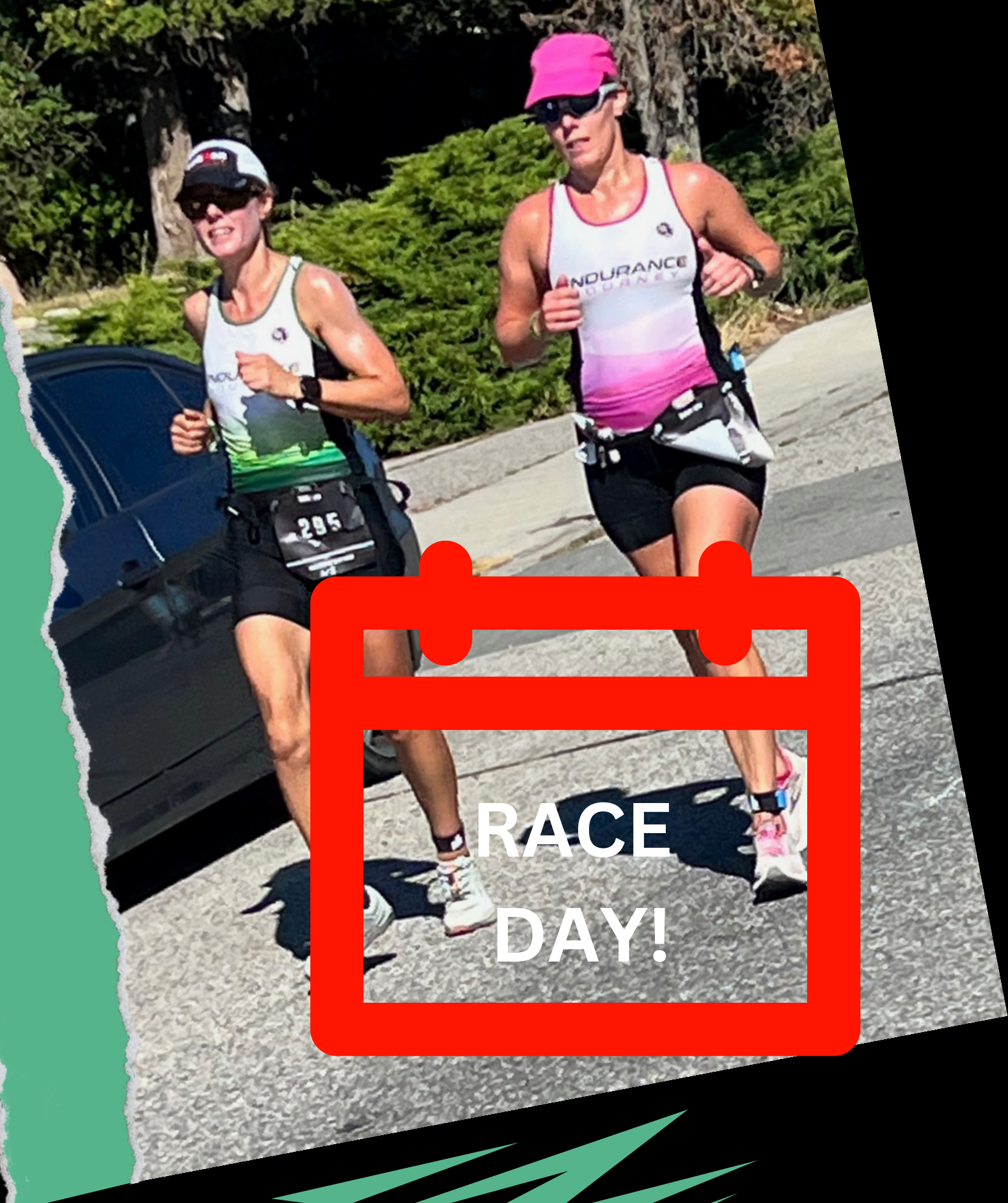
- 1 November '22- What it Takes
- 2 December '22- Goal Setting
- 3 January '23- How to Train (Fit It All In)
- 4 February '23- Swim, Bike, Run (What You Need To Know)
- 5 March '23 - Health, Fitness, And Performance - Can You Have It All?
- 6 April 3rd/23 - Hydration For Training and Racing
- 7 April 10 - Nutrition for Training and Racing

8 TODAY - Event Day Preparation



What We'll Cover Today

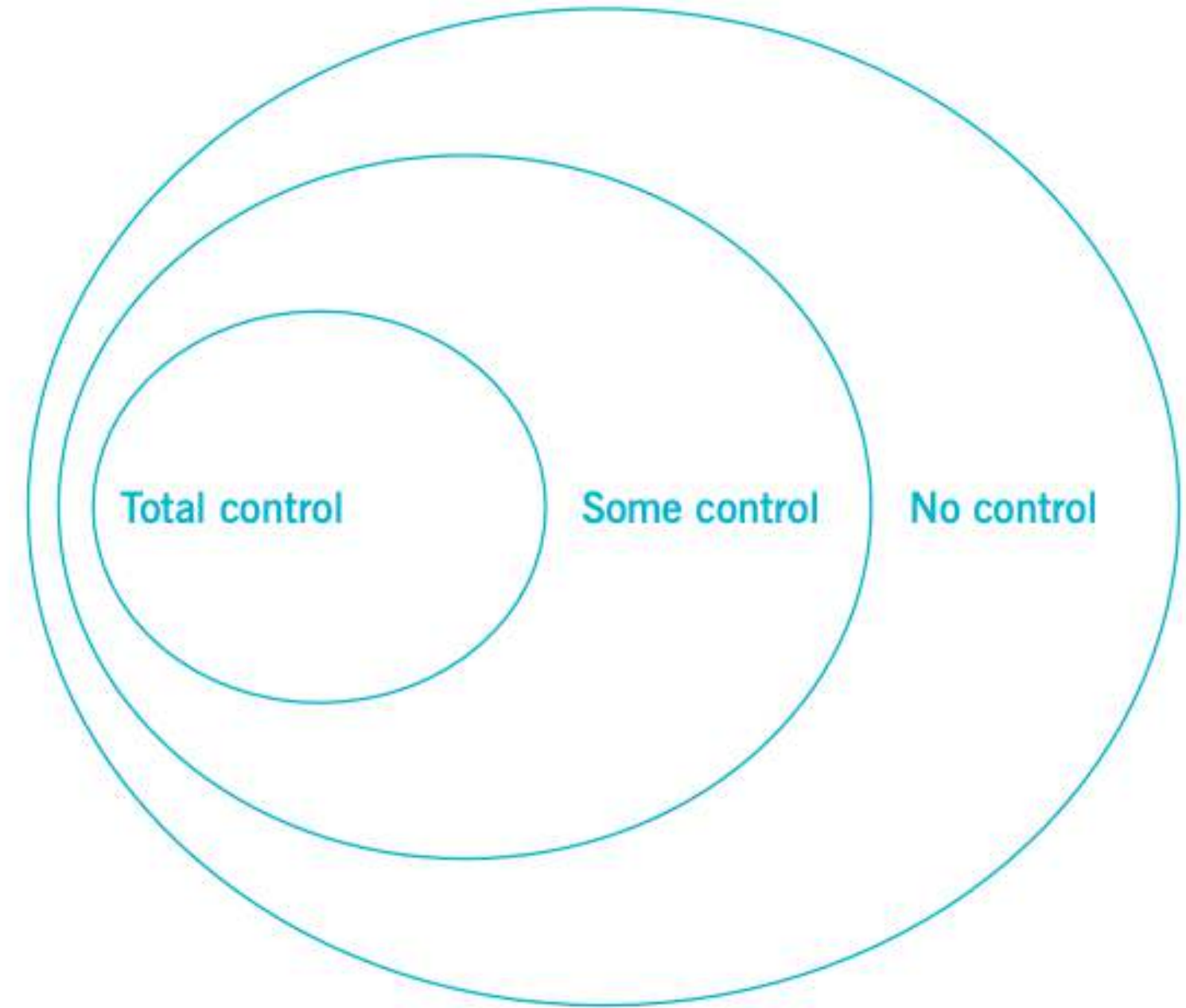
- 1 Mindset Matters - Understanding your Sphere of Control
- 2 Setting Up Your Race Week - How to Taper
- 3 Develop Your Own Race Day Plan (prepare for the what if's)
- 4 Post Race Evaluation - Reflect, Learn, Improve, and Move Forward!



MINDSET MATTERS

UNDERSTANDING YOUR SPHERE OF CONTROL

Sphere Of Control

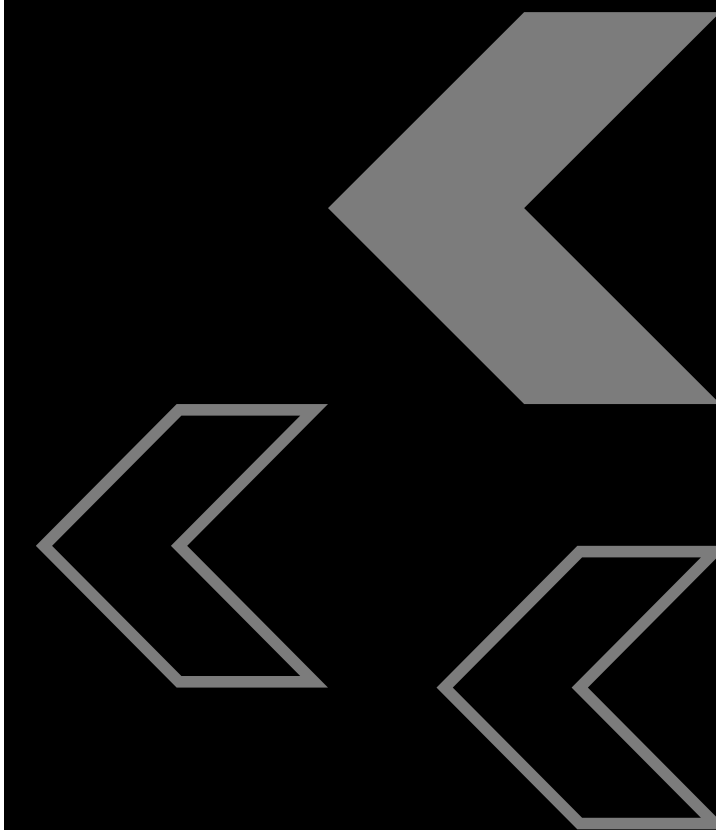


Understanding Your Sphere of Control

Event Mindset: Focus on what you have total control over first

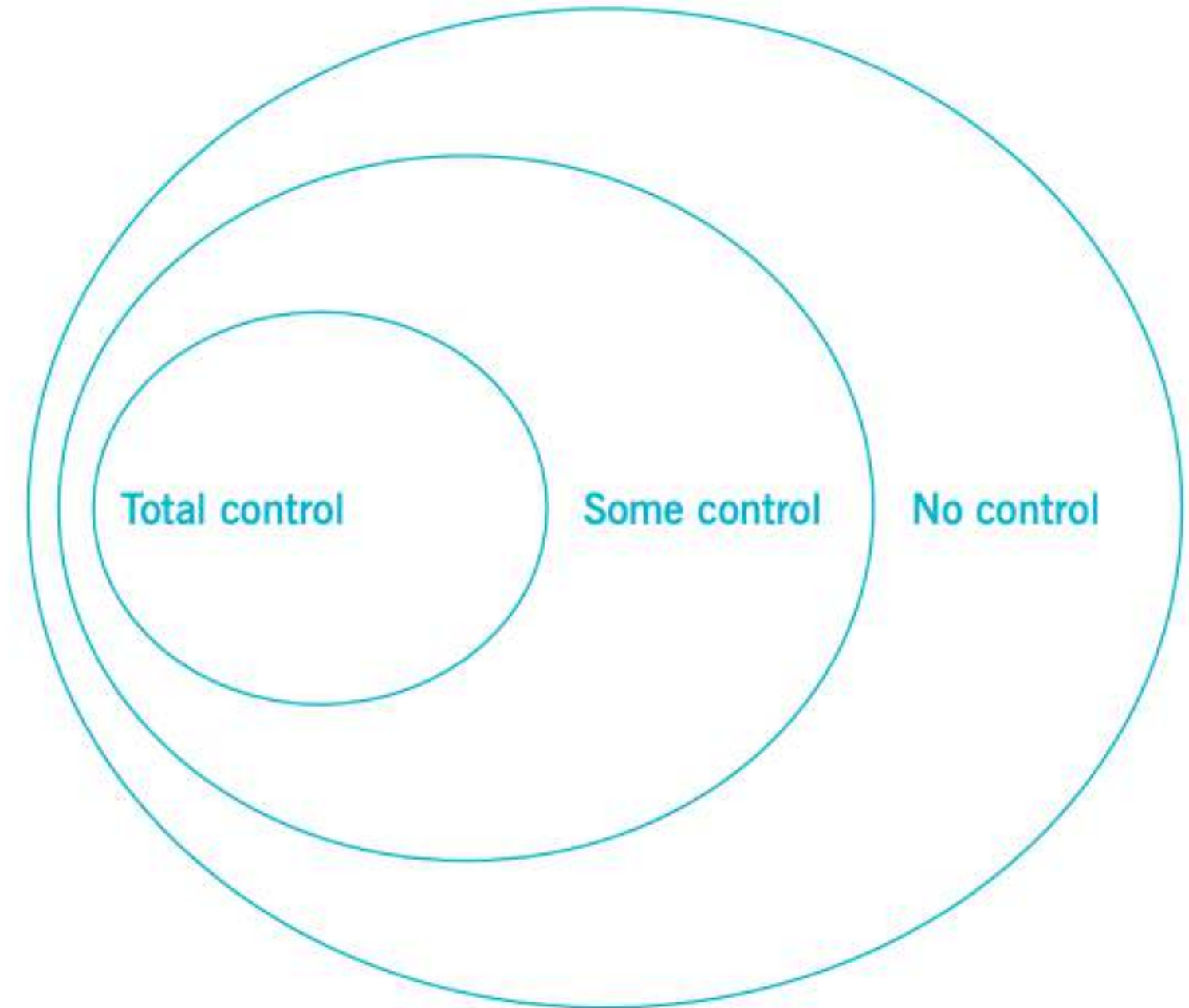
Total Control	Some Control	No Control
What I focus/think about during my event	Anticipating Race Week or Race Day Challenges	Weather/conditions on race day
Gear I bring	My Schedule/Routine	Who I'm Competing Against
Having my equipment/gear ready	My Support Team (family, friends, Etc).	Other People's Thoughts and Actions
Knowing my event plan/course		
What I will choose to eat and drink/how much/and when		
How I will pace myself		
Planning my response/be prepared for what ifs		
My Responses/My Actions		

*Adapted from Precision Nutrition's Sphere of Control Worksheet



**WHAT ARE SOME
OTHER THINGS YOU
HAVE CONTROL
OVER??**

Sphere Of Control



Event Mindset: Focus on what you have total control over first

Total Control	Some Control	No Control
What I focus/think about during my event	Anticipating Race Week or Race Day Challenges	Weather/conditions on race day
Gear I bring	My Schedule/Routine	Who I'm Competing Against
Having my equipment/gear ready	My Support Team (family, friends, Etc).	Other People's Thoughts and Actions
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My Responses/My Actions		

*Adapted from Precision Nutrition's Sphere of Control Worksheet

Test your evidence for each one

1. Highlight the items under “total control”. Start there. You are the boss of those things. For the next few weeks, focus on making deliberate choices that reflect this reality. Control what you can actually control.
2. Think about the items under “some control”. What could bring them into the “total control” sphere? What pushes them out into the “no control” sphere? When and how could you control these items? Do you need to control these?
3. Let go of the items under “no control”. All you can do is manage and dynamically respond to these, using whatever behaviors and other factors that you can control. Release your grasp on things you can't control.

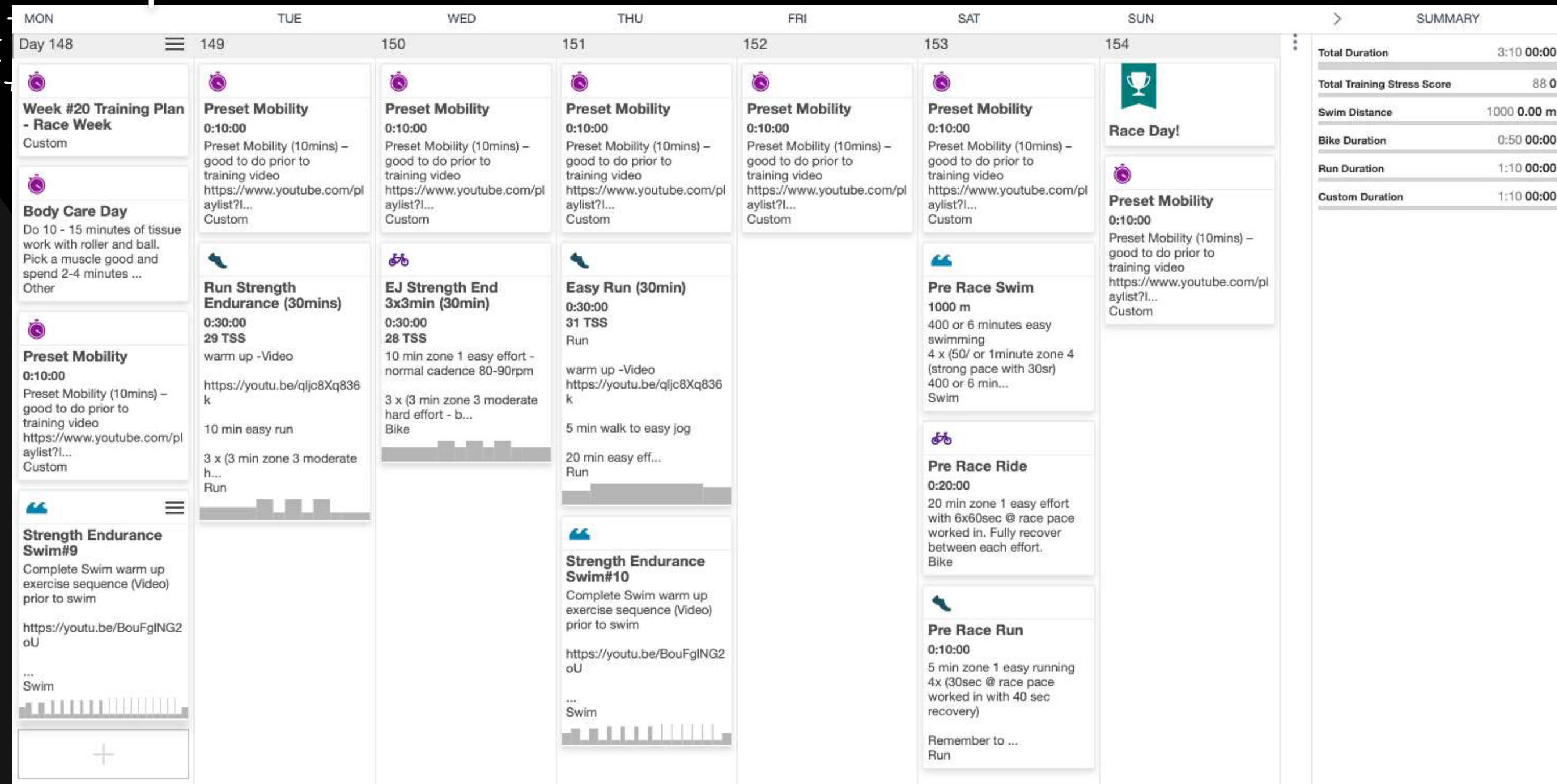
RACE WEEK

Be Focused and Sharp

Key Components of a Great Race Week:

- Stick to your normal training schedule

- Reduce volume (training time) by 50 to 75%
- Keep short bouts of intensity in to keep you in rhythm (1, 2, 3 minutes strong with = recovery time)
- Always finish feeling like you can do more (feel fresh and light)



Visualize feeling strong and confident on race day during each lead-up session

RACE DAY PLANNING



Create 6 Outcomes For Your Plan:

1. Ideal Race Outcomes
2. Warm Up
3. Swim
4. Bike (includes T1)
5. Run (includes T2)
6. Nutrition/Hydration



RACE DAY PLANNING

1. Race Outcomes

Name:

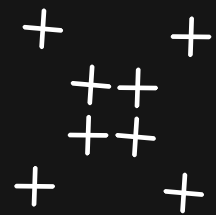
Race:	IM Canada	Date:	Aug 28 2022
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My Three Outcomes for the Race:	Achieved:
1. Pace as I have practiced - when in doubt know I am prepared	<input type="checkbox"/>
2. Relax and enjoy the day	<input type="checkbox"/>
3. Finish feeling strong and grateful	<input type="checkbox"/>

RACE DAY PLANNING



2. Warm Up



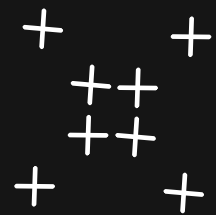
Warm Up Strategy

My Three Outcomes for the Race:		Achieved:
1. Easy 10 min run 1 hr before		
2. easy 10 min swim 30 min before		
3. Relax and focus - deep breathing focus - confident and ready		
Cue Words:	e.x. Calm, Grateful, Breathe	

RACE DAY PLANNING



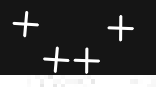
3. Swim



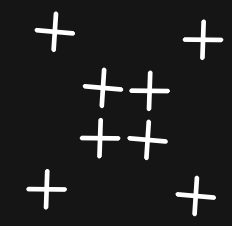
Swim Strategy

My Three Outcomes for the Race:		Achieved:
1. Stay calm and smooth - long slow <u>exhales</u>		
2. Pace properly with easy to moderate feel (5 strokes test)		
3. Get in someone's draft but sight frequently		
Cue Words:	ex. Bubble Breathe, Grip and rip, strong full pull through	

RACE DAY PLANNING



4. T1 and Bike



Bike Strategy (include transition #1 outcome here)

My Three Outcomes for the Race:	Achieved:
1. 5-Step Transition. Bike within my zone 2 power. Pace, pace pace. Keep breathing controlled.	
2. Easy on the ups and pressure on the pedals on the downs	
3. Follow my hydration and nutrition plan.	

Cue Words:

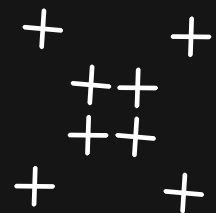
ex. Relax shoulders, smooth but strong

Believe in your preparation, embrace and thrive in the moment you are in.
Be all heart on the course and keep chargin'

RACE DAY PLANNING



5. T2 and Run



Run Strategy (include transition #2 outcome here)

My Three Outcomes for the Race:	Achieved:
1. 5-Step Transition. Ease into the run then stay at a consistent manageable pace. Be tall and power walk aid stations.	
2. Stay hydrated and practice my nutrition plan.	
3. Last 10km assess how I feel then possibly increase the pace that could be manageable.	

Cue Words:

ex. smile, relax shoulders, stride rate (quick light feet)

RACE DAY PLANNING

6. Nutrition and Hydration

Hydration/Nutrition Strategy

My Three Outcomes for the Race:	Achieved:
1. stay consistent with hydration and nutrition (small sips of hydration mix every 15 minutes, 70g CHO per hour, 750ml-1l fluid/hr)	
2. Power walk aide stations to get nutrition and hydration as needed. Be ready to adjust as conditions dictate.	
3. Be flexible - if my plan needs adjusting based on how I feel then adjust as I have done in training under similar conditions.	

Cue Words:

ex. Slow drip of fuel and fluid regularly (slow drip)



**DON'T FORGET...
PLAN FOR THE WHAT IF'S**



COMMON WHAT IF'S



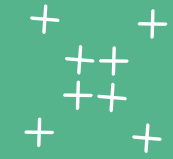
These are things that you may or may not control that could happen in your race. For example:

- I panic in the open-water swim
- I go too hard on the bike and start to bonk
- I crash on the bike and get sore and bruised
- I get off the bike and feel like I'm already completely wrecked and can't run a step
- It is an extremely windy/hot/cool day
- I get a flat tire
- I get a cramp on the run





POST EVENT EVALUATION



POST-EVENT EVALUATION: Achieved Vs. Not Achieved

What is One Thing I Would:

1. Improve
2. Do Differently
3. Do The Same

In My Preparation (i.e., during training) and During My Next Event:

Time Frame	Pre-Event Week*	Swim	T1	Bike	T2	Run	Nutrition/Hydration
During Training							
During Racing							

*Pre-Event Includes 7 days prior to the event



Thank you!

Let me know if you have questions or clarifications.

Need some help? Contact me here...



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