

Race Week Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20K Bike 1K Swim ULAC	High Intensity Run	Bike (15K) Run (2K)	Rest day Stretching	Easy Bike Easy Run Registration (5PM-9:30PM)	Race Day

HOTW Race Day

- **06:00:** Pre Breakfast Run
- **06:30:** Breakfast
- **07:00:** Registration open in Kilkee Bay Hotel
- **07:00:** Transition Open (*Location: Bandstand @ Kilkee Beach*)
- **07:45:** Registration Closes
- **08:45:** Transition Closes – Race Briefing
- **09:00:** Wave 1 Swim Warm up
- **09:10:** Wave 2 Swim Warm up
- **09:20:** Wave 3 Swim Warm up
- **09:30:** Wave 1 Race Start
- **09:38:** Wave 2 Race Start
- **09:43:** Wave 3 Race Start
- **09:50:** Wave 4 Race Start
- **09:57:** Wave 5 Race Start



Tips

- **Taper** race week **not shutdown** – do 60% of what you normally do
 - If you run 10K on a Tuesday – Run 6K Tuesday Race week
 - Make up the time differences with stretching.
- **Don't change** your **routine** or **eating habits** race week
 - If you bring the kids to the playground on a Thursday do the same
 - Don't try out any new diet Race week – stick with what you know
 - Cut back on Chips, Coffee & fizzy drinks etc.
- **Sleep** is the most important thing this week with **Wednesday** & **Thursday** essential
- **Carbs** loading **early in week** while **drinks** can help avoid bloating **later in week**
- **Transition** area allocations based on **Race numbers** which should be in **Team ranges**
 - Don't panic if you're in a different area.
 - Walk transition multiple times before the race staking out the entrance & exit. Gets a mental image of your bike location following entrance from swim and entrance following bike.
- **Only Familiar** nutrition such as **Gels & Drinks** for **Race day**
 - 2-3 Gels on Bike with a Gel tucked into shoulder of Tri Suit for boost on run if needed.
 - Bottle of water (wash out mouth after swim) and energy/protein drink on bike
 - Have last Gel on bike around church on way back and pedal her like you stole it!
- **Find** your **targets** on the **swim**.
 - Often the swim markers are laid out to keep you in from rocks etc. Once you have markers on your left going around you can take most direct path.
 - Aim for the **watch tower clock** (located on apartment block) on your swim to shore.
 - Wear your **race belt inside wetsuit** during swim as will help save some time and **1 less thing to worry about**.
 - Run from water may be long depending on tide so get wetsuit down to waist and Run like the wind!
 - If possible find someone on team of your own swimming ability and start with them.
 - If nervous swimmer count to 10 @ start and let the fighters off.
 - Swim will start from waist high water in start zone.
- **Bigi curamach** ar an **rothar**
 - No crossing white lines.
 - Drafting will be strictly enforced (Yellow card penalty box of 2 mins on Run Route)
 - **Avoid freewheeling** on Bike – **Any Cadence** is better than none and can take seconds off your time
- Start of **run** at a **fast pace** coming out of **T2**
 - It's a lot easier slow down than speed up!
- **Every finishing position counts** – No matter whether you're in top 10 or bottom 10 **crossing the line** is contributing to the **GoTri Team**.
- and **finally, most importantly:**
 - **Bain taitneamh as – Enjoy yourself - Allez, profitez en bien ! - Que te diviertes** 😊

Race Week Checklist

Race Week			
Stage	Item	Status	Notes
Bike	Clean		
	Check tyres for defects		
	Check Brakes are working		
	Bar ends plugged		<i>Tape up if no plugs</i>
	Wheel skewers tightened		
	Tyre Pressure check		<i>110-120 PSI</i>
	Pedals tightened		
	Bike Service		
Footwear	Clean Cleats		
	Cleats secure on shoe		
	Clean Runners		<i>Remove any stones from sole</i>
	Check laces		
Nutrition	Source Gels		<i>Ensure you have in stock what you plan for breakfast on Race morning.</i>
	Plan diet for week		<i>Normal foods you eat in stock</i>
Race Gear	TriSuit & Wetsuit		<i>Zip working fine etc</i>

Race Day Checklist

Race Day			
Stage	Item	Status	Notes
Swim	Tri Suit		
	Wetsuit		
	Hat(s)		
	Goggle(s)		
	Body Glide		
	Flip Flops		
	Small Towel		
	Race Belt (incl Number)		<i>Tip: If you forget your race belt simply use shoe laces – obviously not off the shoes you plan to run in ☺</i>
Bike	Bicycle		
	Helmet		
	Cleats		
	Tube		
	Pump		
	Sun Glasses		
	Socks		
	Elastic Bands		
Run	Water Bottles		
	Runners		<i>May need 2nd pair of runners for warm up if transition closes early</i>
	Visor/Hat		
Miscellaneous			
	Sun Cream		
	Watch (& HRM)		
	TI Card		
	Race Receipt		<i>Registration Details</i>
	Spare Kit (Shorts/Top)		
	Bath Towel/Toiletries		
	Gloves		
Nutrition	Tracksuit/Top		
	2 Bottles - Bike		<i>1 Energy + 1 Water</i>
	Energy Bars/Gels		
	Bananas		