



RACE DAY REHEARSAL

MORNING ROUTINE

- What time will you wake up?
- What will you eat?
- How much will you eat?
- Will it be available to you on race day (if you like oatmeal and you need to leave your hotel room @ 4:30am, will you be able to heat it? Is there a microwave in the room? Refrigerator if you like cold drinks?)?
- How much time from when you eat to when you start racing?
- Will you have something 30 minutes before the race?
- What will you wear to the race start?

SWIM

- What will you wear?
- Will you wear a wetsuit?
- Will you put on some sort of body glide before putting on the wetsuit?
- What is the water temperature?
- Have you practiced at the actual venue?
- Will you be wearing a watch?
- If your swim will be into the sun, have you practiced swimming toward the sun?
- Have you practiced in open water with no lane lines and others swimming around you?
- Will you change goggles if cloudy or sunny? Have you practiced in both?
- You will need to wear a cap for the race. Have you practiced swimming with a cap?

BIKE

- What is your target pace for the event?
- What will your nutrition be like on the day of the event?
- How often will you take in water?
- How often will you take in calories?
- Will that water be warm or cold on the day of the event?
- If using liquid calories, will they be warm or cold on the day of the event?
- Do you think you will need salt tabs or any other supplement?
- Will you rely on the fuel provided on the course?
- What will you be wearing?



- Will what you wear change based on race day temperature?
- Will you be wearing a watch?
- How much time will you be in the aero position?
- Have you ridden the actual bike course?
- Will you use race wheels? Aerohelmet? Compression sleeves?
- Do you wear a pony tail? Does it fit comfortably under your helmet?
- Will you be using a different cassette?
- What kind of socks will you wear?
- Will you wear sunglasses? Do you have different lenses based on weather (clouds)?
- How will you carry the tools necessary to fix a flat tire or minor mechanical problems?

RUN

- What is your target pace for the event?
- Will you wear a GPS or a watch to help you keep track?
- What will your nutrition like be on the day of the event?
- How often will you take in water?
- How often will you take in calories?
- Do you think you will need salt tabs or any other supplement?
- What will you be wearing?
- Will what you wear change based on race day temperature?
- Do you need any body glide or sunscreen?
- Will you walk through aid stations?
- Will you wear a hat? Visor?
- If you wear a pony tail, does it fit well with the hat/visor you are wearing?
- Will you wear compression sleeves?
- What kind of socks will you wear?
- Will you wear sunglasses? Do you have different lenses based on weather (clouds)?
- Will you be running with a fuel belt?
- How will you carry your nutrition?
- Will you rely on the fuel provided on the course?
- Which shoes are you doing your race in?
- Will you have regular laces or speed laces?