



5 Time Management Hacks for Triathletes

1. Have a “workout bag” ready to go at all times.

You never know when you might be able to fit in a quick run, swim or strength training session. Nothing is worse than having an hour or two to kill with access to a training opportunity and not have the right equipment. Having your bike with you at all times is pretty unrealistic, but here are some of the things you can consider to keep in your “go-to workout bag”:

- 2 shirts (long sleeved, short sleeved....warmer depending on weather)
- Pair of dri-fit socks
- Pair of running shorts/tights/capris
- Running shoes
- Hat/visor
- Swimsuit
- Cap and goggles
- Towel
- Shampoo/conditioner/soap
- Flip flops for pool deck/shower
- Deodorant
- Hair brush
- Plastic bag to put wet clothes in after workout

2. Learn to wash up on the go – bring body wipes and extra clothes.

You can save a lot of time and fit in many more workout hours if you aren’t fussing around with going home to shower, getting dressed, doing your hair and putting make up on. Be fast. Be efficient.

3. Look for opportunities to fit in a workout in new locations.

Meeting in the city and know you won’t have time after fighting traffic? Pack your things and hit the lakefront for a quick run before making the commute home.

4. Have your workouts easily accessible.

Things come up. Plans change. If you know that you won’t have time for that 2 hour bike ride, maybe you can swap it for that 45 minute run.

5. Plan running/riding routes in advance.

It can be frustrating and time consuming when you arrive to the start of your workout with no idea where you will go. Plan for it and have a “plan B” in case the first option falls through.