



Triathlon Prep

Pre-Race Kit Check

Swim: Wetsuit, Tri Suit, Race belt, Goggles x2, Silicon hat x2,

Bike: Bike, Wheels with appropriate Cassette, Bike Shoes, Helmet, Sunglasses, Watch, Elastic bands, Bottles, Gels, Puncture kit (1/2 tubes, valve extenders, pump/canisters, tyre tools), Bento Box

Run: Socks, Runners, Hat, Gels

Other: Transition Bag, Towel, Bodyglide, Vaseline, Talc, Suit Juice, Food & Drink, Sun Lotion, Cycling jacket, Gloves, Track pump, Bike Tool kit (inc electricians tape)

Transition Prep

Check tyre pressures

Check brakes

Check wheels spin freely

Cycle 500m, check gears

Check 200m in/out of transition

Check spares

Fill and Fit Bottle(s)

Fit and Fill Bento Box

Bike in correct gear Flat ground = 53/25 or 50/23

Computer set to Cadence/Speed and timer reset

Set up Bike Shoes (elastic bands, open straps, bodyglide)

Set sunglasses on bike (maybe on handlebar stem)

Rack bike

Set up Helmet

Set up Towel, Runners (talc, bodyglide), Hat

Spot Transition place

Spot and walk to/from Mount line

Bodyglide on calves, wrists and neck.

Race belt on under the wetsuit

Race swim hat over silicon hat with goggles strap sandwiched between.



Food & Drink

Sun lotion