



Transition Tips

Transition Setup

Bike in correct gear

Set computer on bike

Bike racked by saddle facing out

Bike shoes set with elastic bands

Put talc in runners if not using socks

On bike shoes and runners, smooth Bodyglide around where you put your foot in

Sunglasses attached on bike using elastic bands (maybe on handlebar stem)

Roll socks into 'rings' so they can be quickly put on

Where is my transition spot?

Identify landmarks close to your spot – trees, signs, end of rack, rack number, etc

Plan transition entry. Walk from entry to transition spot – count racks

Plan transition exit. Walk from transition spot to exit

What do I need in transition?

As little as possible. When you leave transition for the swim start, only leave exactly what you need for the race (racked bike, helmet, sunglasses, runners, hat)

Before finishing the swim

100m out, think about swim exit

Swim Exit

Zip down

Goggles and hat off (and in hand)

Pull wetsuit to waist leaving goggles/hat in sleeve

At Rack (T1)

Pull wetsuit down to knees

Stand on wetsuit, Pull wetsuit down to ankles

Grab one lower leg and pull to release one foot, repeat

Helmet on

Grab bike and Go!



Mount

Practise, practise, practise (and don't even think about trying a flying mount in a race without practising)

<http://www.youtube.com/watch?v=NI7b6OhL7q0>

<http://www.youtube.com/watch?v=8d2TjFFkhsQ>

Before finishing the bike

500m out, pull feet out of shoes

Dismount

Left foot on left pedal

Swing right leg over, behind saddle and then in front of left leg

Before line, slow and step forward with right foot

(swap right and left if preferred)

At Rack (T2)

Rack bike facing in (or whichever way is quickest)

Helmet off

Shoes on

Grab hat and Go!