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The Science of Triathlon

Triathlon Transitions and Racing Tips



T1

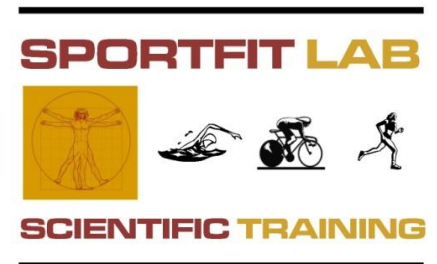


T2



Transitions

- Practice makes perfect!
- Make transition practice part of training!
- Smooth & coordinated actions = fast
 - Fast transitions best way to improve time quickly
 - Easy way to take 3-5 minutes off overall time!
- Pre-race visualization
 - Memorize transition sequences



Transitions

- Plan and place everything for speed & convenience
 - Items need to be all within easy reach, ready to wear without adjustment, as much standing as possible
- Before the race, walk the routes:
 - Swim entrance to rack (count racks, sight landmarks)
 - Rack to bike exit
 - Bike entrance to rack
 - Rack to run exit
- Running with the bike options:
 - Seat carry?
 - Shoes on/shoes off?



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Racing Tips

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- Catastrophe preparation:
 - Lost shoe, dropped chain, etc
- Elastic shoelaces to slip on running shoes
- Glide for easy removal of wetsuit
- Race belt for race number
- Remember sunscreen, sunglasses, electrolyte drink for race/transition, hat?
- Get there early!! (no line at bathroom ;-)



USAT Rules

- **Swim:**
 - Water temperature threshold for wetsuit legal 78 degrees
 - 78-84 degrees allowed, but time does not count for awards
- **Bike:**
 - Helmet must be on and buckled prior to mounting bike – during, before, and after the race (penalty is disqualification)
 - Variable time penalties:
 - Bike must be racked by seat at designated race number position
 - Must have race number visible on helmet and bike frame
 - Bar-end plugs must cover handlebar ends
 - No drafting (3 bike lengths, pass within 15 seconds)
 - Keep to right hand side of road except when passing, and must allow others to pass and exit draft zone when passed
- **Run:**
 - Must wear race number at all times in front & clearly visible
- **General Rules:**
 - No profanity/foul language or unsportsmanlike conduct (disqualification)
 - No outside assistance; equipment abandonment; headphones; race number transfer

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