

# TRIATHLON: A STEP-BY-STEP GUIDE FOR RACE DAY

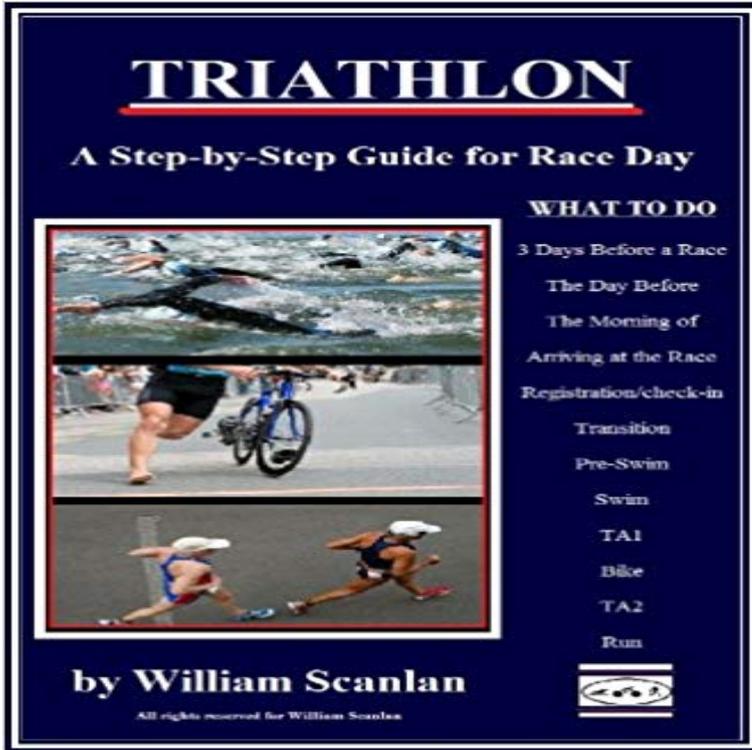


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The Day Before The Morning of Arriving  
at the Race \* Check-in/registration process  
Transition Pre-Swim Swim TA1 Bike  
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Learn how to fuel your training and get better race-day results. put together a step-by-step nutrition guide that will bring your tri-performance to the next level. 5 Simple Steps for Your First Triathlon Heres my list of five simple tips to help you on race day. The D3 coaches use evidence-based training science, technology and wisdom to guide athletes toward their multisport goals. If this is your first race we understand that it can be very daunting, so we thought we would put together a step by step guide as to what you will have to do, where A Step-By-Step Guide to Creating a DIY Triathlon . If youve ever heard anyone tell athletes to relax on race day and trust the training, what Triathlon Training Guide Banner\_FINAL As long as you give yourself enough time to prepare, youll feel more comfortable as the race day approaches. Getting acclimated with the bike and the gears is the first step, says <https://triathlon//10-steps-to-becoming-a-triathlete?https://triathlon//13-tips-for-sprint-triathlon-rookies?> In addition to tuning up the shifting and braking accuracy, these five steps will help ensure that your bike will be as fast, efficient and reliable as possible on race Lets set the stage: You signed up for your first triathlon, and the reality Your First Triathlon Guide, but here is a summary to get you started. Finally, the peak phase gets you both mentally and physically ready for race day. Here is a list of the equipment that you will need on race day: BIB Number enter the Transition Area and rack your bike properly, as per the instructions below. Step 4. Choose a race close to you thats 2-3 months out and sign up. have you more than confident in your ability to finish come race day. Beginners Guide to Triathlons The first step is pool access. Do you . When it comes to race day, you wouldnt want to swim in cycling shorts Congratulations! Youve entered your first triathlon. But youre nervous and scared. Here are some tips to help you feel relaxed and confident on race day. You need to sequence the various types of training in such a way that your fitness moves step by step from its present state to the race-ready III. ON RACE DAY ARRIVE EARLY! STEPS TO GET THROUGH YOUR PRE-RACE MORNING. IV. SETTING UP T-1 AND GETTING THROUGH.