

# The Triathlete's Guide to Race Week



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## **Introduction**

There are a multitude of training books and plans on the market that can help the novice to experienced triathlete get the proper equipment and train to be physically ready for a triathlon. This is not a training book in that sense, although this book will get you ready for your race. I will teach you things that many triathletes have learned over several years of racing through trial and error. After reading this book, you will know what to expect and how to prepare for your race once you have your wetsuit, bike, running shoes, and all your training is in the bank.

We know that a triathlon is a swim, bike, and run event and you've most likely put in many months of training to get ready for race day. Although each race will be unique, there are many similarities in their structure and routine. Knowing what to expect and how to prepare for race day will make your race day much more enjoyable and successful. This book will take you step-by-step through the logistics of getting ready for your triathlon and race day itself so you will have fewer worries when it is your time to race.

### **The Proof is in the Plan!**

No matter the distance of your race: sprint, Olympic, half-ironman or ironman, your basic preparation will be similar. All distances require you to swim, bike, and run. You just go a little (or a lot) farther in some of them. I recommend, especially if you are new to triathlon, that you plan and structure your race week and your race day as much as possible. This said, the reason we plan is so that we are prepared for the curve balls that show up during a race weekend. There will be hardly a race where your plan is executed exactly as written, but knowing what needs to get done and when will go a long way in your race preparation. So let's get started!