

Top 10 TriShave Triathlon Racing Tips








By Christina Thomas Of Energy Link Coaching

Transition:

1. When setting up your gear in transition make sure everything is secure and it is a good idea to put your shoes on a bright coloured towel – this way it will be easier to find your position in transition!
2. Make sure that your bike has been racked in the correct gear for you to start your race. You don't want to get onto the bike and waste time with gears. You can get this right in a warm up ride.
3. Know where the entry from the swim will be and the bike exit.

Take a mental note of your bike position on the rack. Count the racks and positions and have a plan that you will remember on swim and bike exit. You may be able to use a navigation point such as a tree, sign or light pole.

Swim / Bike / Run

4.  The TRISHAVE swim is reasonably easy to navigate, as it is a straight swim with a turn into the exit. It is a good idea to use a background landmark (like a hill or a large tree that lines up with the turning buoy) when navigating; this will be easier to spot from the water.
5.  If you are nervous about your first pack start then it is a good idea to count to 5 or 10 after the gun goes then start your own swim. This way you won't have to worry about others. It is always a good idea to position yourself towards the outside of the swim start line.
6.  Give your legs a good kick coming into the swim exit to help your blood move down into the legs for a good bike start!
7.  The TRISHAVE bike course is smooth and fast. Try and find a comfortable rhythm/rpm. The most efficient cadence/ rpm (leg turnover) to race the bike and then run well off the bike is 90-95rpm. You can count a single leg for 60 seconds to get this figure.
8.  Make sure that you drink some fluids on the bike and the run.
9.  Bike to run transition can be frantic so have a plan and think it over that way you will go into automatic pilot and things will run smoothly. Know where the bike entry point is and the run exit.
10.  Keep consistent on the run, work into the run and try to finish strong.

Believe in yourself, you can do this!

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