

TIPS FOR TAKING ON A TRIATHLON



SAFETY

Avoid any unforeseen problems by making sure all your performance apparel is in good condition (bike, speed suit, running shoes, goggles, helmet, number sticker, water bottle, etc.).



WARNING

Check out the course prior to the event. Being familiar with it is a recognised safety practice and will help you pace yourself and ensure you cross the finishing line.



HEALTHY LIVING

Don't change your eating habits. Competing on an empty stomach, experimenting with new foods or taking on too much glucose before an event is not advisable.



HYDRATION

During the event, pace yourself in accordance with your capabilities and objectives. Don't forget to drink and use water to keep yourself cool!



PREPARATION

Make a note of the start time and plan your warm-up with it in mind. Loosening up too early serves no useful purpose.



STRATEGY

Run through the event in your mind. Visualising your strategy (decision-taking, study of changeovers, etc.) will help you reach your goal.