



Iron  Girl |  ATHLETA

TRAINING GUIDE

for run & triathlon events

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There are a lot of reasons why we run. For our health. To spend time with our friends. Because it feels good. Most of all, we do it because we love it. Racing is just an extension of that. A bunch of people putting themselves out there, doing what they love, and sharing the moment with others.

Training for a race adds focus and structure to everything we already love about running, swimming, and cycling. It isn't just about winning, it's about something bigger. Camaraderie. Commitment. Community. And being totally in the moment and having fun.

We've drawn up these easy-to-follow guides to help you harness that amazing power within you so you arrive at race day confident. To show you exactly how you're going to get from today to the finish line. By setting a goal, you've already taken the first step.

So now let's take the next step. Go. Train with friends. Inspire each other. And celebrate along the way.

Power to the She.

Please consult with your physician before commencing any physical activity or exercise program to ensure that there is no medical condition that precludes you from participating in any physical activity or exercise program. You are solely responsible for any injury or risk you may incur by participating in any activity or program. Neither World Triathlon Corporation nor Athleta, Inc. (nor any of their respective parents, subsidiaries, affiliates, or agents) shall be responsible for any such injury or risk.



Greatness doesn't come overnight. It comes one step at a time.

-Trish Downing

ATHLETA SPONSORED ATHLETE
& FIRST FEMALE PARAPLEGIC TO
COMPLETE AN IRONMAN



RUN A 5K.

Find out what you can do.

5K = 3.1 miles. Short enough to be manageable and long enough to really start to burn. It's the perfect distance to teach you how to focus your training on a specific goal, even if you're starting as a non-runner. The 5K is great for runners of all ages. And it'll help you gauge how you'll do for longer distances without overrunning your life. So, grab your favorite training partner and get on the road.

Just follow this 8-week schedule with 4-5 short workouts per week, and you'll be ready for that start line.

Your workouts are done in zones, determined by your heart rate (HR). For the 5K, you will be training in the two zones: Light and Moderate. Training within these zones will improve your basic endurance and aerobic fitness. HR zones vary for everyone, so refer to **Train with your heart rate** (p. 22) for simple instructions on finding yours.

5K: 8-WEEK TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	15 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	20 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	30 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	Cross train (yoga, swim, bike)
Week 2	20 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	25 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	30 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	Cross train (yoga, swim, bike)
Week 3	20 min run/walk (jog easy for 2 min once every 5 min) LIGHT	Cross train (yoga, swim, bike)	30 min run/walk (jog easy for 2 min once every 5 min) LIGHT	OFF	30 min run/walk (jog easy for 2 min once every 5 min) MOD	OFF	40 min walk LIGHT
Week 4	30 min run/walk (jog easy for 3 min once every 5 min) LIGHT	Cross train (yoga, swim, bike)	40 min run/walk (jog easy for 3 min once every 5 min) LIGHT	OFF	30 min run/walk (jog easy for 3 min once every 5 min) MOD	OFF	50 min walk LIGHT
Week 5	30 min run/walk (jog easy for 3 min once every 5 min) MOD	Cross train (yoga, swim, bike)	40 min run/walk (jog easy for 3 min once every 5 min) LIGHT	OFF	50 min run/walk (jog easy for 3 min once every 5 min) MOD	OFF	60 min walk LIGHT
Week 6	30 min run/walk (jog easy for 4 min once every 5 min) LIGHT	Cross train (yoga, swim, bike)	40 min run/walk (jog easy for 4 min once every 5 min) MOD	OFF	30 min run/walk (jog easy for 4 min once every 5 min) MOD	OFF	50 min walk LIGHT
Week 7	45 min run/walk (jog 4 min, walk 1 min, repeat 9x) LIGHT	OFF	30 min aerobic jog (walk only if necessary) MOD	OFF	40 min aerobic jog (walk only if necessary) MOD	OFF	OFF
Week 8	30 min run/walk (jog 1 min, walk 1 min, repeat 15x) LIGHT	OFF	20 min run/walk (jog easy for 1 min once every 5 min) LIGHT	OFF	OFF	15 min walk LIGHT	RACE DAY Good luck and have fun!



The only requirement
of having a dream,
is believing in it.

-Molly Barker

GIRLS ON THE RUN FOUNDER
& ENDURANCE ATHLETE



RUN A 10K.

Prepare for the long run.

10K = 6.2 miles. This distance is a pretty major accomplishment. After you run a 10K, you enter a new level of runner-ship. You can no longer refer to yourself as a non-runner. Are you ready to take that step (or, given the average runner takes 2000 steps per mile, are you ready to take those 12,400 steps)? Before you start your training, make sure you can run comfortably for 30 minutes at a time.

Your workouts are done in zones, determined by your heart rate (HR). For the 10K, you will be training in all three zones: Light, Moderate, and Hard. Your Hard workouts take place in the form of weekly “striders” – short bursts of speed as fast as you can go for 30 seconds at a time. Then you resume your normal pace to recover and then repeat. They’re tough, but they work. HR zones vary for everyone, so refer to **Train with your heart rate** (p. 22) for simple instructions on finding yours.

And remember: training should be fun, not brutal. Just follow this 8-week schedule with 5–6 short workouts per week, and you’ll be more than prepared for that start line.

10K: 8-WEEK TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	OFF	30 min run MOD	Cross train (yoga, swim, bike)	40 min run MOD	30 min run LIGHT	Cross train (yoga, swim, bike)	30 min run MOD
Week 2	OFF	30 min run MOD	Cross train (yoga, swim, bike)	45 min run MOD	30 min run LIGHT	Cross train (yoga, swim, bike)	40 min run MOD
Week 3	OFF	30 min run MOD*	Cross train (yoga, swim, bike)	40 min run MOD	45 min run LIGHT	Cross train (yoga, swim, bike)	50 min run MOD
Week 4	OFF	30 min run LIGHT	Cross train (yoga, swim, bike)	OFF	45 min run LIGHT	Cross train (yoga, swim, bike)	45 min run MOD
Week 5	OFF	30 min run MOD*	Cross train (yoga, swim, bike)	50 min run MOD	45 min run LIGHT	Cross train (yoga, swim, bike)	60 min run MOD
Week 6	OFF	30 min run MOD*	Cross train (yoga, swim, bike)	30 min run MOD	45 min run LIGHT	Cross train (yoga, swim, bike)	70 min run MOD
Week 7	OFF	30 min run MOD*	Cross train (yoga, swim, bike)	45 min run MOD	45 min run LIGHT	Cross train (yoga, swim, bike)	60 min run MOD
Week 8	OFF	30 min run MOD	Cross train (yoga, swim, bike)	30 min run MOD	OFF	20 min run LIGHT	RACE DAY Good luck and have fun!

*Add some "striders," or short bursts of speed, to your run to boost speed, strength & endurance. During your run, sprint as fast as you can for 30 seconds, tapping into your HARD 80-90% heart rate. Rest and repeat 5 times.



Harness the positive
energy of your mind.
It believes in you 100%.

- Colleen Cannon

FOUNDER OF WOMEN'S QUEST &
FORMER WORLD CHAMPION TRIATHLETE



RUN A 1/2 MARATHON.

Transcend your limits.

½ Marathon = 13.1 miles. Let's face it. It's a behemoth. A gargantuan goal. But if you're ready to train for it, you've already taken the first step. Perhaps, you've run a 5k or 10k and feel like you're ready for something longer. Congratulations. This is big. Before you embark upon this training, it is recommended you have at least 3 months of general fitness training under your belt AND be able to complete a 10k.

Your workouts are done in zones, determined by your heart rate (HR). For the ½ Marathon, you will be training in all three zones: Light, Moderate, and Hard. Your Hard workouts involve weekly "striders" – short bursts of speed as fast as you can go for up to a minute at a time. Then you resume your normal pace. Rest and repeat. This is where you'll really reap some benefits. Trust us, you'll be boosting your speed (and your confidence) in no time. HR zones vary for everyone, so refer to **Train with your heart rate** (p. 22) for simple instructions on finding yours.

Just follow this 12-week schedule with 5–6 workouts per week, building up to running for 2 hours straight. That may sound daunting, but you'll find that following this training program will steadily build you up to a point where a 2-hour run can be done comfortably, and you'll be ready to achieve a new personal record!

1/2 MARATHON: 12-WEEK TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	OFF	30 min aerobic MOD	45 min run LIGHT	Cross train (yoga, swim, bike)	60 min run MOD	OFF	70 min run MOD
Week 2	OFF	30 min run MOD. Sprint* 5x30 sec HARD (rest btw)	45 min run LIGHT	Cross train (yoga, swim, bike)	60 min run MOD	OFF	80 min run MOD
Week 3	OFF	40 min run MOD. Sprint* 8x30 sec HARD (rest btw)	50 min run LIGHT	Cross train (yoga, swim, bike)	70 min run MOD	OFF	90 min run MOD
Week 4	OFF	30 min run LIGHT	45 min run LIGHT	Cross train (yoga, swim, bike)	45 min run MOD	OFF	70 min run MOD
Week 5	OFF	45 min run MOD. Sprint* 5x1 min MOD (2 min rest btw)	50 min run LIGHT	Cross train (yoga, swim, bike)	70 min run MOD	OFF	90 min run MOD
Week 6	OFF	45 min run MOD. Sprint* 10x1 min MOD (90 sec rest btw)	60 min run LIGHT	Cross train (yoga, swim, bike)	75 min run MOD	OFF	1:45 run MOD
Week 7	OFF	40 min run MOD. Sprint* 10x30 sec HARD (90 sec rest btw)	60 min run LIGHT	Cross train (yoga, swim, bike)	75 min run MOD	OFF	2:00 run MOD
Week 8	OFF	30 min run LIGHT	40 min run LIGHT	Cross train (yoga, swim, bike)	60 min run LIGHT	OFF	90 min run MOD
Week 9	OFF	40 min run MOD. Sprint* 4x30 sec HARD (rest btw)	70 min run LIGHT	Cross train (yoga, swim, bike)	75 min run MOD	OFF	2:00 run MOD
Week 10	OFF	45 min run MOD. Sprint* 10x1 min HARD (90 sec rest btw)	70 min run LIGHT	Cross train (yoga, swim, bike)	75 min run MOD	OFF	2:15 run MOD
Week 11	OFF	50 min run MOD. Sprint* 10x 30 sec HARD (rest btw)	60 min run LIGHT	Cross train (yoga, swim, bike)	45 min run LIGHT	OFF	90 min run MOD
Week 12	OFF	30 min run LIGHT	30 min run LIGHT	Cross train (yoga, swim, bike)	OFF	20 min run LIGHT	RACE DAY Good luck and have fun!

*Add some "striders," or short bursts of speed, to your run to boost speed, strength & endurance.



The exhilaration of crossing the finish line makes all the training worthwhile.

-Harriet Anderson

ATHLETA SPONSORED ATHLETE
& 20-TIME IRONMAN WORLD
CHAMPIONSHIP FINISHER



DO A SPRINT TRIATHLON.

Tackle the triad.

Swim 0.5 miles. Bike 12.4 miles. Run 3.1 miles. The distances often vary. And the word “sprint” is a little tongue-in-cheek. You won’t be sprinting this, but you WILL be completing it. It’s 3 races in 1, but you don’t have to be great at all three. It’s age-old advice, but in a triathlon it’s gold: play to your strengths and work on your weaknesses. Before beginning this training, you should be able to run comfortably non-stop for 30 minutes, and have some prior experience training and running (including 5k races).

Your workouts are done in zones, determined by your heart rate (HR). For the Sprint Triathlon, you will be training in all three zones: Light, Moderate, and Hard. Your Hard workouts take place in the form of weekly swim intervals where you’ll swim as fast as you can and then rest and repeat. This is where you’ll really reap some benefits. Trust us, you’ll be boosting your speed both in water and on land in no time. Since HR zones vary for everyone, refer to **Train with your heart rate** (p. 22) for simple instructions on finding yours.

Just follow this 12-week schedule with 6 workouts per week to get you in fighting condition. That’s around 5-10 hours each week. Plan on swimming and running 2-3 times a week, and biking twice a week. By the end of this, you will feel strong enough and confident enough to tackle all 3 sections of the race.

SPRINT TRIATHLON: 12-WEEK TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	OFF	200–300m swim	30–40 min bike MOD + 10–20 min run LIGHT	Swim sprints* 5x25m then 5x50m (30 sec rest btw)	15–20 min run MOD	40 min bike MOD	20–30 min run MOD + 200–300m swim
Week 2	OFF	200–400m swim	30–40 min bike MOD + 10–20 min run LIGHT	Swim sprints* 5x25m then 5x50m (30 sec rest btw)	15–20 min run MOD	45 min bike MOD	20–30 min run MOD + 200–400m swim
Week 3	OFF	300–500m swim	30–40 min bike MOD + 10–20 min run LIGHT	Swim sprints* 10x25m then 5x50m (30 sec rest btw)	20–30 min run MOD	50 min bike MOD	25–35 min run MOD + 300–500m swim
Week 4	OFF	300–500m swim	30–40 min bike MOD	OFF	15–20 min run MOD	40 min bike MOD	20–30 min run MOD + 300–500m swim
Week 5	OFF	400–600m swim	40–50 min bike MOD + 15–25 min run LIGHT	Swim sprints* 10x25m then 10x50m (rest btw) then 2x100m (rest btw)	25–35 min run MOD	50 min bike MOD	25–35 min run MOD + 400–600m swim
Week 6	OFF	500–700m swim	40–50 min bike MOD + 15–25 min run LIGHT	Swim sprints* 10x25m then 10x50m (rest btw) then 4x100m (rest btw)	25–35 min run MOD	60 min bike MOD	25–35 min run MOD + 600–800m swim
Week 7	OFF	600–800m swim	40–50 min bike MOD + 15–25 min run MOD	Swim sprints* 10x25m then 10x50m (rest btw) then 4x100m (rest btw)	25–35 min run MOD	70 min bike MOD	25–35 min run MOD + 600–800m swim
Week 8	OFF	600–800m swim	30–40 min bike MOD	OFF	20–30 min run MOD	40 min bike MOD	20–30 min run MOD + 600–800m swim
Week 9	OFF	700–900m swim	40–50 min bike MOD + 15–25 min run MOD	Swim sprints* 10x25m then 10x50m (rest btw) then 4x100m (rest btw)	25–35 min run MOD	70 min bike MOD	35–45 min run MOD + 700–900m swim
Week 10	OFF	800–1000m swim	50–60 min bike MOD + 20–30 min run LIGHT	Swim sprints* 5x25m then 5x50m (rest 15 sec btw)	25–35 min run MOD	80 min bike MOD	40–50 min run MOD + 800–1000m swim
Week 11	OFF	800–1000m swim	40–50 min bike MOD + 15–25 min run LIGHT	Swim sprints* 5x25m then 5x50m (rest 15 sec btw)	25–35 min run MOD	90 min bike MOD	50–60 min run LIGHT + 800–1000m swim
Week 12	OFF	400–500m swim	30 min bike LIGHT	OFF	20–30 min run MOD	OFF	RACE DAY Good luck and have fun!

*Add a day of swim sprints where you swim as fast as you can for 25-100 meters tapping into your HARD 80–90% heart rate to boost speed, strength & endurance.



Think of race day as a celebration of the journey — a culmination of all your strength and hard work.

-Tracy Byrnes

ATHLETA PRODUCT GURU
& ENDURANCE ATHLETE



DO AN INTERMEDIATE DISTANCE TRIATHLON.

There's nothing intermediate about it.

Swim 0.93 miles. Bike 24.8 miles. Run 6.2 miles. Break it up in parts. You can run a 10K. You can ride 25 miles. You can swim almost a mile. The beauty of a triathlon is that if you're not as strong a swimmer as you are a runner, you'll hone your running and work on bringing your swimming up to speed. By the end, you'll arrive ready, confident in your abilities as all three: a swimmer, a runner, and a cyclist. But, it's recommended you have some experience swimming, biking, and running prior to the start of your training, and we encourage you to try out a few Sprint Triathlons, too.

Your workouts are done in zones, determined by your heart rate (HR). For this triathlon, you will be training in all three zones: Light, Moderate, and Hard. These are intended to build up your speed, strength, and overall endurance. Since HR zones vary for everyone, refer to **Train with your heart rate** (p. 22) for simple instructions on finding yours.

Just follow this 12-week schedule with 5–6 workouts per week to get you in prime condition. Plan on swimming, biking, and running 2-3 times each per week. That's 10-15 hours of training every week. Also, some days will include double workouts, in the morning and evening. The good news? You'll come out of these 12 weeks stronger than you ever thought you could be.

INTERMEDIATE DISTANCE TRIATHLON: 12-WEEK TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	OFF	500–1000m swim	OFF	500–1000m swim + 45 min bike LIGHT	30 min run LIGHT	500–1000m swim + 60 min bike LIGHT	40 min run LIGHT
Week 2	OFF	30 min run LIGHT	500–1000m swim MOD + 45–60 min bike LIGHT	45–60 min bike LIGHT	30–40 min run LIGHT	750–1250m swim + 60–75 min bike LIGHT	40–50 min run LIGHT
Week 3	OFF	750–1250m swim + 35–45 min run LIGHT	30–45 min bike LIGHT + 20–30 min run LIGHT	750–1250m swim + 45–60 min bike LIGHT	OFF	750–1250m swim + 70–80 min bike LIGHT	45–55 min run LIGHT
Week 4	OFF	Swim sprints* (+200m warm-up/cool-down) + 40 min run LIGHT	45–60 min bike LIGHT	30–40 min run LIGHT	OFF	1000–1500m swim + 75–90 min bike LIGHT	45–55 min run LIGHT
Week 5	OFF	Swim sprints* (+200m warm-up/cool-down) + 45 min run LIGHT	45–60 min bike MOD + 20–30 min run LIGHT	OFF	45 min run LIGHT	1000–1500m swim + 90–100 min bike LIGHT	50–60 min run LIGHT
Week 6	OFF	Swim sprints* (+200m warm-up/cool-down) + 40 min run LIGHT	40 min bike LIGHT + 25 min run LIGHT	Swim sprints* (+200m warm-up/cool- down)	OFF	1000–1500m swim + 90–100 min bike LIGHT	50–60 min run LIGHT
Week 7	OFF	Swim Sprints* (+200m warm-up/cool-down) + 40 min run LIGHT	45–60 min bike LIGHT + 30 min run LIGHT	Repeat TUES + Bike sprints*	40–50 min run LIGHT	1000–1500m swim + 115–120 min bike LIGHT	60–70 min run LIGHT
Week 8	OFF	500–1000m swim + 30 min run LIGHT	OFF	500–1000m swim + 45–60 min bike LIGHT	30–40 min run LIGHT	500–1000m swim + 60 min bike LIGHT	30–45 min run LIGHT
Week 9	OFF	500–1000m swim + 45 min run LIGHT	45–60 min bike MOD + 30 min run MOD	Swim sprints* + bike sprints*	OFF	1500m swim + 25 mile bike + 6 mile run	65–75 min run LIGHT
Week 10	OFF	45 min run LIGHT	45–60 min bike MOD + 20–30 min run MOD	Swim sprints* + bike sprints*	45 min run LIGHT	1250–1500m swim + 120 min bike LIGHT	65–75 min run LIGHT
Week 11	OFF	500–1000m swim + 40 min run LIGHT	45 min bike MOD + 20–30 min run MOD	500–1000m swim + 45–60 min bike LIGHT	30 min run LIGHT	500m swim + 60 min bike LIGHT	50–60 min run LIGHT
Week 12	OFF	500m swim	30 min bike LIGHT + 20 min run LIGHT	OFF	Morning: Bike + 10–15 min run LIGHT	OFF	RACE DAY Good luck and have fun!

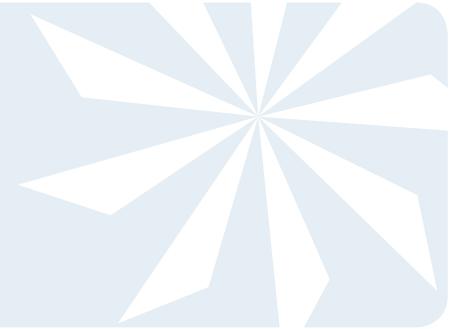
***Swim Sprints.** Swim at the speed of your choice for the first two, and then swim as fast as you can for the last. **WEEKS 4 & 5:** 1) 4x50m (20 sec rest), 2) 4x100m (30 sec rest), 3) 4x50m (20 sec rest). **WEEK 6:** 1) 6x25m (15 sec rest), 2) 6x100m (20 sec rest), 3) 300 yd w/pull buoy, 4) 4x50m (20 sec rest). **WEEK 7:** 1) 6x50m (15 sec rest), 2) 4x200m (30 sec rest), 3) 6x50m (30 sec rest). **WEEKS 9 & 10:** 1) 6x50m (15 sec rest), 2) 4x200m (30 sec rest), 3) 6x50m (30 sec rest).

***Bike Sprints.** Spin your legs as fast you can to boost speed, strength & endurance. Warm-up & cool-down for 20 minutes. **WEEK 7:** 1) 5x30 sec HARD (30 sec rest), 2) 6x1 min HARD (1 min rest). **WEEKS 9 & 10:** 1) 6x30 sec HARD (30 sec rest), 2) 3x2 min HARD (2 min rest), 3) 2x2 min HARD (1 min rest)

TRAIN WITH YOUR HEART RATE.

Don't train harder, train smarter.

A heart rate monitor will act like your personal coach, telling you when to keep pace, take it up a notch, or slow down. All by keeping tabs on your heart rate. Because when you train at the right intensity, you'll get the effect you're looking for. The following is a guide on the different zones you'll be training in to maximize your performance (and potential). Learn more at polarusa.com.



Step 1. CALCULATE.

Your watch will have instructions on finding your exact Maximum Heart Rate (MAX), but here's a simple calculation to get you started right away.

$220 - \text{Your Age} = \text{Your Maximum Heart Rate}$

So, if you're 30 years old, your maximum heart rate is 190 ($220 - 30 = 190$).

Step 2. TRAIN IN YOUR ZONES.

Each zone does something different (and equally important) for your training. That's why you don't go out and go as hard as you can in every session. Your body needs to work within several zones in order to maximize your endurance, aerobic fitness, and recovery. You've already calculated your max heart rate. Your zones are based on percentages of that max.

VERY LIGHT / 50-60%

WHAT IT DOES. Improves overall health & helps recovery.

WHAT IT FEELS LIKE. Warming up. You can easily have a conversation with a training partner.

LIGHT / 60-70%

WHAT IT DOES. Improves fat burning & basic endurance.

WHAT IT FEELS LIKE. You can comfortably maintain a casual conversation.

MODERATE / 70-80%

WHAT IT DOES. Improves your aerobic fitness.

WHAT IT FEELS LIKE. It takes more effort to talk, but you can still chat a bit.

HARD / 80-90%

WHAT IT DOES. Increases your maximum performance capacity.

WHAT IT FEELS LIKE. This should be hard. No joke.

Talking is minimal.

MAXIMUM / 90-100%

WHAT IT DOES. Develops maximum performance & speed.

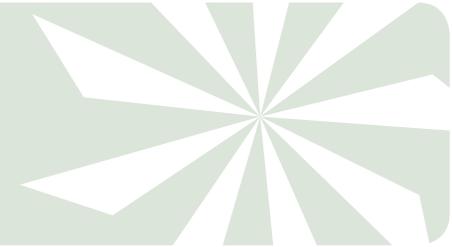
WHAT IT FEELS LIKE. This takes so much effort, it's only meant for shorts bursts at a time. Talking is forgotten.

FUEL YOUR BODY.

Get the right nutrition.

Training is a time when you can relish eating. Consider it fuel for your performance.

The following is a guide to the foods and snacks that provide sustained energy for the long haul.



MEET MARNI, Your Nutrition & Training Expert.



A registered Dietitian with a Master's degree in Exercise Physiology and far too many credentials, Marni is your bona fide nutrition and training whiz. Have a question about your daily diet? What to eat for health? How to properly fuel your body

for a race? She's your woman. Moreover, Marni's a five-time finisher of the Ironman distance, twice qualifying for the Ironman World Championships in Kona, Hawaii. So, she doesn't just talk the talk, she walks the walk (or rather, swims/bikes/runs). To get you on course, she'll share her food & training tips for before, during and after your race.

Visit www.trimarnicoach.com for more training advice and services or email trimarnicoaching@gmail.com.

MARNI'S TIPS

Minimize pre-packaged & processed foods. In short, if it's in a box, has a long ingredient list, or has artificial ingredients, try to eat less of it.

Stabilize your blood sugar. By eating wholesome carbohydrates with quality proteins and heart-healthy fats, you'll have fewer energy swings (and your digestion system will thank you).

Don't overdo the salt. Salt isn't the only electrolyte you need. Eating a well-balanced diet will provide a variety of electrolytes, minerals and vitamins.

FUEL YOUR BODY.

WEEK BEFORE THE RACE

A balanced pre-race diet should include a mixture of wholesome, nutrient-dense foods, including:

Whole grains (2–3 servings/day): Oats, wild rice, quinoa, bulgur, barley, millet, corn, popcorn, buckwheat

Protein (5–7 servings/day): Eggs, plain nonfat yogurt, nonfat milk, tempeh, tofu, legumes, edamame, beans, fish, lean grass-fed meat

Fruit & Veggies: The more the better

Fat: Nuts & nut butter, fruit & nut oils, avocados, seeds.

PRE-RACE FOOD (Traveling to the race)

Fruit. Mother nature's candy is nutrient dense, to give you energy without the guilt.

Veggies in a bag. Wash them. Chop them. Stuff them in a bag & eat them.

Trail Mix. Mix nuts, raisins, and dark chocolate chips in a bag and shake. You can even toss in a few pretzels or good ol' plain Cheerios for a hearty snack.

Bars. Not a replacement for "real" food, wholesome bars combine a balance of nutrients with quality ingredients. They're great for travel delays or other "emergency" situations.

MORNING OF THE RACE

Open-faced Sandwiches. The perfectly balanced, easily assembled, easily consumed pre-race meal. For long lasting energy, use 1 slice whole grain bread (or 1/2 whole grain bagel) along with your favorite protein or fat.

Protein & Fat. Quality proteins and heart-healthy fats help stave off cravings, prevent overeating, and encourage an efficient race day performance. When eaten with easy-to-digest carbohydrates, they're a great choice to jump-start your engine.

Water. Research changes every day for fluid recommendations, but aim for 8-20 oz. of water, several times a day. And hydrate more for longer events (like, say, a triathlon), aiming for 16-24 oz.

DURING THE RACE

Hydrate: Every 10-20 minutes (even during water workouts). Use a fuel belt, carry a water bottle, or use your aid stations. Quench your thirst before you feel the need to quench your thirst!

Energize. Use energy gels & sport drinks to boost your energy and provide your body with electrolytes. Rule of thumb? Don't wait until you're dragging. Aim for liquid calories every 10-20 min, whether you think you need it or not. Experimentation is key to minimize tummy upset.

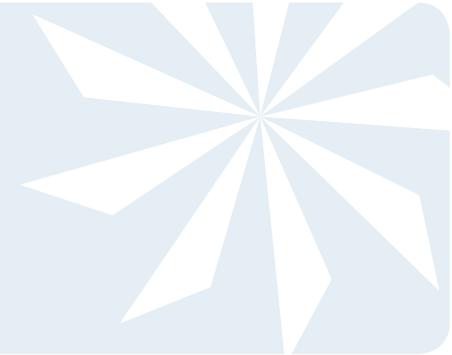
POST RACE

Repair & Replenish. Enjoy a well-deserved post-race meal, but don't overlook the importance of proper nutrition. Load up on fruits & veggies, or have a recovery drink (e.g. a glass of milk).

PACK YOUR GEAR.

Check off the list.

You've done the hard part. You've trained. You've sweated. You've kicked asphalt. The last thing you need on race day is to rummage through your bag and realize you forgot something important (like your running shoes). Here is a list of some items you absolutely need, plus some extra suggestions that we've found make your race run even smoother. And don't forget to journal what worked or didn't work for future races. We all know this race won't be your last!



RUNNING PACKING LIST

WHAT YOU NEED

- Confirmation card/registration email
- Timing chip
- Race number bib

WHAT to WEAR PRE/POST

- A dress with built-in support (easy to throw on & go)
- Sweatpants
- Hoodie or fleece
- Beanie & gloves (for colder mornings)
- Vest or jacket (for colder mornings)

WHAT to WEAR DURING

- Your favorite run bottoms (shorts, skort, capri, tights)
- Your favorite sport bra and top, or favorite support top
- Running socks
- Running shoes (this is not the day to break in new ones)

WHAT to EAT

Race day is not the time to experiment. Go with what you know works (anything that worked during training).

PRE-RACE

- Trail mix
- Water
- Morning cup of Joe (if you're a coffee drinker)
- Oatmeal or a PB&J

DURING RACE

- Your favorite sport drink
- Cold water for cooling the body
- Your favorite energy gels

POST-RACE

- Recovery drink or milk
- Well-deserved post-race meal and mini meals throughout the day

OTHER USEFUL THINGS Everything else to make your race more enjoyable.

- Hat or visor
- Body Glide (to prevent chafing)
- Sunglasses
- Race belt
- FuelBell® (wear your hydration on your waist)
- Camera
- Heart rate monitor
- Watch
- Gym bag
- Flip-flops
- Water bottle
- Towel

PACK YOUR GEAR.

TRIATHLON PACKING LIST

WHAT YOU NEED

- Confirmation card/registration email
- Timing chip
- Race number bib

WHAT to WEAR PRE/POST

- A dress with built-in support (easy to throw on & go)
- Sweatpants
- Hoodie or fleece
- Beanie & gloves (for colder mornings)
- Vest or jacket (for colder mornings)

WHAT to WEAR for SWIM

- Swimsuit or Tri suit (tri shorts work as cycling & run shorts)
- Wetsuit
- Swim cap (provided in race bag)
- Goggles
- Sunscreen

WHAT to WEAR for BIKE

- Your favorite cycling shorts
- Your favorite jersey (throw it on over your swim top)
- Cycling shoes
- Socks
- Helmet (mandatory)
- Sunglasses
- Cycling gloves

WHAT to BRING for BIKE

- Patch kit
- Spare tube
- Hand pump
- Water bottle

WHAT to WEAR for RUN

- Your favorite run bottoms
- Your favorite sport bra and top, or favorite support top
- Running socks
- Running shoes (this is not the day to break in new ones)

WHAT to EAT

Race day is not the time to experiment. Go with what you know works (foods you've used in training).

PRE-RACE

- Trail mix
- Water
- Morning cup of Joe (if you're a coffee drinker)
- Oatmeal or a PB&J

DURING RACE

- Your favorite sport drink
- Cold water for cooling the body
- Your favorite energy gels

POST-RACE

- Recovery drink or milk
- Well-deserved post-race meal and mini meals throughout the day

OTHER USEFUL THINGS Everything else to make your race more enjoyable.

- Hat or visor
- Body Glide (to prevent chafing)
- Sunglasses
- Race belt
- FuelBelt® (wear your hydration on your waist)
- Camera
- Heart rate monitor
- Watch
- Gym bag
- Water bottle
- Wet clothes bag
- Transition area towel
- Flip-flops

CHANGING TIP

Wear a performance swim top and bottom that double as a sport bra and cycling short to cut your changing time. Or, bring along a pull-on skirt as a portable changing room so you can take off your swim bottoms on the fly.

