

15 TIPS

Every TRIATHLETE Needs to Know



At Experience Triathlon we believe that anything is possible! Triathlon is so much more than a race – it is a powerful, profound life experience that can help you unleash your unlimited potential to change your life in amazing ways, long after you cross the finish line.

Whether you are a first timer or a veteran athlete, Experience Triathlon coaches provide education, workouts and a training plan that is safe, healthy and fun. Make new friends who share your enthusiasm and encourage you on the journey. Arrive at the starting line prepared, confident and injury-free.

Get ready to transform your dreams into reality. Experience Triathlon – where *being a winner* is as important as *being the winner*.

Use these training tips to help improve your overall race performance! Enjoy, Share, and aim for a PR this race season!



Tip #1- Focus on What you can Control

Focusing on the things you can control while letting the uncontrollable variables go is the best way to reduce race day stress and improve overall performance. You can control variables like attitude, stress levels, pacing, following the race plan, enjoying the experience and venue. You can't control things like the weather, where you finish within your age group, being faster than your training partners, if you'll qualify for Nationals or Boston, and specific finish times.

Tip #2- Get More Rest

It's okay to rest—rest days are at least as critical as your training days. Your body needs rest in order to see maximum benefit from your training load. Make sure you are getting adequate sleep at night and when your training plan calls for a rest day, make sure you spend time resting and not just filling the hours you would have spent on your swim, bike, or run with some other busy activity!

Tip #3- Consume More Potassium

Concerned about the side effects of all of the sodium consumed in sports foods and beverages? Follow up your salt-heavy workouts with several servings of fruit and vegetables. These are high in potassium and will help you excrete extra sodium and normalize blood pressure quickly. Foods high in these nutrients include bananas, oranges/orange juice, tomatoes (just watch the juices and sauces – they're also high in sodium), potatoes (half of the potassium is in the skin, so go baked and eat the whole thing), and melons.



Tip #4- Learn How to Change a Flat Tire

Wintertime is a great time of the year to practice changing a flat tire. Pull a tire from your bike, deflate it and start the tire changing process. Once you are done, do it again and again. You will never be nervous about changing a flat tire again and it will feel fresh in your mind by the time springtime comes for outdoor riding.

Tip #5- Run with Efficiency

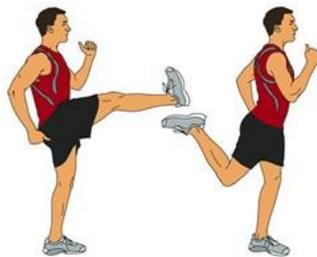
One way to improve your run performance is to focus on your efficiency. A critical part of running economy is your leg turnover, or cadence. Counting how many times your left and right foot strikes the ground. The trick here is to target 88 foot strikes a minute. To do this, just time yourself for 15 seconds while you're running, the goal here is to hit 22 left foot strikes in that 15 seconds. This method keeps your feet on the ground more of the time where you need them to propel yourself forward faster.

Tip #6- Avoid the Time Trap

Setting a specific, aggressive finishing time at a new distance or race venue with a major change in terrain or weather is a sure fire way to increase stress and set yourself up for failure. There are just too many unknowns and uncontrollable variables at play. To set yourself up for success, avoid the time trap and set your goals to follow your pacing plan, race as strong as you can and enjoy the new distance or venue.

Tip #7- Do Dynamic Stretching Before Your Workout

Do dynamic stretching before a swim, bike or run workout. Dynamic stretching includes movements that simulate the workout such as high knees and “butt kicks” before running. Static stretching such as toe touches should be done after the workout.



Tip #8- Land Mid-foot When Running

Footstrike is an important aspect of proper running form. Where your foot contacts the ground is much more important than how it contacts the ground. It is recommended to land more on the midfoot. Try to have your feet hit the ground as close to your body as possible by shortening your strides and increasing your stride cadence.

Tip #9- Engage Your Glutes When Biking

Engage your glute muscles as much as possible during hard interval work on the bike trainer. This will help ensure that you maintain good form during a state of fatigue. To feel the sensation of using your glutes, try doing these two exercises before a trainer ride, focusing on your glute muscles: 1) plank, and 2) glute bridge.



Tip #10- Eat More Vegetables

Eat more vegetables. Really. Eat them in every color, with every meal, in every season. They’ve got a ridiculous amount of anti-inflammatory, antioxidant and anticarcinogenic compounds. Think of them as workout recovery boosters!

Tip #11- When Running, Go Slow to Go Fast

Running fast in our races isn't all about going fast on every workout, sometimes it's about going slow. Putting too much strain on your body on every run opens you up to not only fatigue but injury. Listening to your coach and following the prescribed workout will help you attain a higher level of performance and reduce your risk of injury. Isn't that what we all want?

Tip #12- Improve Performance by Recording Workouts

Always write down your workouts in a log—You can use a notebook, a spreadsheet, or Training Peaks. Whatever method you use, keeping track of the details of what you did and whether or not it went well will provide a very useful record for you and your coach to determine how to best make progress in your training.



Tip #13- Incorporate Interval Training

In order to be faster, you must go faster. Incorporate speed and interval training in your workouts such as 4x2 minute speed sets where you are running a 5k pace or faster for 2 minutes with a short recovery jog in between sets.

Tip #14- Insert Bottle Without Looking

Use Computrainer or indoor bike trainer rides as a chance to work on “staying aero” while sipping from your water bottle. Engage your core, stabilizing from your hips and deep stomach muscles, and then reach down for your bottle. Practice replacing it in its cage without looking down. This will all pay off come race day!

Tip #15- Pull Harder When Swimming

Feel the water with your hands during your pull! Gliding effortlessly under the water means minimal forward momentum. Use swim paddles and drills like fist drill and sculling to improve your ability to “feel” the catch and build pulling strength.

BONUS- Race Strong

To reduce race day stress and improve overall performance, try setting your primary race goal to come away from the event knowing that you controlled everything well and raced as strong as you could on that day. You'll be able to "look in the mirror" afterwards and feel good about your performance. By taking this approach to goal setting, you'll often be surprised that you finished faster and ranked higher than expected!



THANK YOU FOR DOWNLOADING OUR FREE E-GUIDE TO THE 15 TIPS EVERY TRIATHLETE SHOULD KNOW.

Want to learn to swim, get faster on the bike, or run longer? Experience Triathlon can help you reach your goals. We provide private and group coaching for all aspects of endurance training such as swimming, cycling, running, triathlon, nutrition and strength conditioning. Do your first 5K run race or step up to your dream of doing a marathon or the Ironman triathlon. Our **professional and certified staff** can support your journey and get you to the starting line injury free with science based training plans and instruction.

Contact Coach [Joe LoPresto](#) Today!

Experience Triathlon

(630) 430-9006



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