



#### **T&MC Products and Services**

Tailored individual training programs  
Max heart rate testing  
Strength & conditioning programs  
Casual group & individual training sessions  
Massages  
Nutrition plans

## **Triathlon Checklist**

At Triathlon & Multisport Coaching we have personally experienced the stress and anxiety of arriving at a race to realise you have left an essential item at home. Over the years we have developed and personally used a checklist to help relieve the pre-race anxiety and ensure we arrive at the race knowing we have everything we need. So most importantly the following checklist will remove the worry and stress and allow you to enjoy the race and most of all have fun.

### **Lead Up to the Race**

- Enter race
- Check bike is in good working order and have it serviced at your local bike shop if required
- Drink plenty of fluids in the final 24-48 hours leading into the race

### **Race Morning**

- Register when you arrive at the race
- Proceed to race numbering area if required
- Affix race number to your bike if required
- Proceed to transition and rack your bike in the designated area, setting up your gear on the right hand side of your bike
- Check out course map to ensure you know where you are going
- Check out all the exit and entry points to transitions

### **Swim**

- Wetsuit + spare
- Tri Suit/Bathers/Race clothing
- Goggles + spares
- Anti Fog Spray
- Swim Cap + spare
- Baby Oil to make wetsuit easier to remove
- Vaseline to place on area were wetsuit/clothing may cause chaffing/irritation
- Ear/Nose plugs
- Stop Watch or Heart Rate Monitor



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### Bike

- Bike
- Bicycle computer
- Race Wheels
- Bike Pump & Connections/Co2 cartridges & adaptor
- Spare tyres/tubes
- Sunglasses
- Arm Warmers
- Bike shoes
- Bike Socks
- Helmet
- Race Number Belt
- Bike Gloves
- Rain jacket
- Bento Box for store nutritional items

### Run

- Fuel Belt/Water Bottle Holder
- Hat
- Runners
- Shorts
- Socks
- Body Glide
- Talcum Powder (to make shoes easier to get on if not wearing socks and using elastic shoe laces)

### Miscellaneous Items

- Sports Drinks/Water Bottle Bidons
- Change of Clothing
- Heart Rate Monitor
- Sports Bars/Gels or other nutritional items
- Sunscreen
- Bike Tools
- Toilet Paper
- Tape
- Band Aids