



Top Five Things You Should Be Doing Now to Prepare for the St. Anthony's Triathlon

St. Petersburg's Jennifer Hutchinson, a USA Triathlon Elite Level 3 Coach and a registered dietitian / board certified sports dietitian, offers the following great tips to help you prepare for race day.

- 1) **Know the course.** Review the race website course maps and drive the course if you can. The more familiar you are with the course the better you can prepare both mentally and physically for race day.
- 2) **Practice swimming in the open water.** Open water swimming is very different than pool swims. You need to get comfortable swimming in murky water and not being able to touch the bottom. The swim portion of the race can produce the greatest anxiety for participants, and athletes should avoid using race day as the first experience swimming in the open water. Check with your local tri clubs for group open water swim opportunities.
- 3) **Plan a bike-to-run training session.** The legs can feel very heavy after a hard bike, and you don't want to wait until race day to learn why triathletes call running off the bike "brick runs." Simply adding a 10-15 min. easy run after many of your bike sessions should help prepare your legs to feel less like "bricks" on race day.
- 4) **Start planning your race day nutrition plan.** What will you eat before the race? Review the race day timeline to help you with the timing of your morning meal. What will you use to hydrate and fuel during the race? If you're doing the sprint race, you may only need a sports drink and/or water and a sports gel. If you are doing the Olympic distance race, you will need to plan on how you will fuel the longer distance based on your anticipated finish time. If you need help, seek out guidance from a sport dietitian or ask area veteran triathletes for advice.
- 5) **Get your bike tuned up.** Taking care of your bike will help ensure you do not have any mechanical issues out on the course. Most area bike shops offer bike tune-up services that will check all aspects of the bike and make recommendations for service. You want to make sure that your bike shifts properly, the wheels and tires are in good shape, and check your bike cleats for excess wear if you use clip-in bike shoes. If you find any problems, you will have more than enough time to get them fixed.

To learn more, visit Jennifer's Facebook page, IronClad Nutrition and Coaching at:

<https://www.facebook.com/IroncladCoaching?ref=hl>

For registration for all the races, visit www.SATriathlon.com; or call (727) 953-9005. For more details about the 2014 races, athletes can also visit St. Anthony's Triathlon's Facebook page: [facebook.com/stanthonystriathlon](https://www.facebook.com/stanthonystriathlon).

