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*The time for improved fitness is over.  
There is nothing more you can do to prepare physically for the race.  
You can, however, do stupid things that will jeopardize a good race.*

**STUPID THINGS RACERS DO ON TAPER WEEK INCLUDE, but are not limited to:**

1. Taking Pole Dancing Classes
2. Trying a “mock triathlon” to check for fitness one more time....
3. Changing your nutritional choices for race-day fuel
4. Re-organizing your home or garage due to your increase in energy and/or time
5. Weeding your garden or your neighbor’s (now that you have time to notice....)
6. All-night TV fests of your guilty pleasure show like *Breaking Bad* or *Justified*... all episodes.

**SMART THINGS YOU CAN DO TO PREPARE FOR A FABULOUS RACE DAY:**

1. Get extra sleep and rest this week and especially 48 hours before the race.
2. Review race website a million more times.
3. Confirm your race entry.
4. Read the *Race Preparation and Execution* learning component from the TLV site.
5. Use the *Triathlon Race Checklist* to verify your equipment and put it together by FRIDAY!
6. Visualize a successful race and a victorious finish. Replay that scene in your head!
7. Change your bike tire again to be sure you know what to do.
8. Push aside the nauseous feeling that creeps in when you think about the race.
9. Have faith in your training and know that you CAN do this and do it WELL!
10. Get extra sleep and rest the 48 hours prior to the race (reprise).

**MARTHA’S FAMOUS RACE MORNING ADVICE:**

1. Arrive 30 minutes prior to T1 opening (all races).
2. Race morning is NOT the morning to sleep in or press snooze. Early arrival minimizes stress.
3. Potty: it is both natural and normal to have diarrhea or loose bowels the morning of the race. Think of it as the great clean-out so you don’t have to worry about it later! 😊
4. **Race Day Strategies:**
  - Swim: let the crazy people go first if you are new. When swimmers start coming from behind, stay cool and keep moving forward. Stopping will only get you run over more.
  - Transition: be sure to walk the path from swim-to-bike before the race and look for landmarks to find your bike. It will look different after swim but your gear won’t move!
  - Transitions: move through your transitions quickly and efficiently. DO NOT EAT OR DRINK in transition. Get settled on the bike on the course then start drinking.
  - Bike: put your gearing in a low (easy) gear to start.
  - Run: Have fun! Run from one water station to another with vigor!! Smile!

**DOING IT WELL!**

There are a few things in your control on race day. They include, but are not limited to:

1. Nutrition and hydration! Don’t just prepare water/fuel/salt, USE water/fuel/salt.
2. Transition set-up and organization. Efficient and organized. Only what you need.
3. Pace execution: race your OWN race. You will never regret a bit of extra energy on the run to carry you to a strong finish in the last miles. You will be plagued forever by a race in which you “bonk” or lose energy because you went too fast on the swim or bike.
4. Controlling your thoughts. Positive thoughts cast out bad thoughts. This IS in your control!
5. Appreciating that you are doing something amazing every step of the way.