



Coach Alison's Favorite Gear

These are the things I actually use. I've tested a lot of gear over a lot of years of racing and coaching, and this is what made the cut. No sponsorships, no affiliate deals — just honest recommendations from someone who's been in the sport long enough to know what works.

Clickable links for each item are included. Happy shopping.



SWIM

Goggles — Snake & Pig snakeandpig.com

I've used lots of goggles over decades of swimming — well-known brands, fancy brands, high-tech brands. These are my favorites.

Paddles — Finis Agility Paddles finisswim.com

The tried-and-true paddles I come back to time after time. The strapless design won't let you cheat — if you're doing it wrong, you'll know immediately.



BIKE

Bike Storage — XLab xlab-usa.com

XLab is my absolute go-to for all things bike storage. Start with their Gorilla Cages so you never lose a bottle going over a speed bump, add the TurboWing for behind-the-saddle storage, and if you want the best between-the-bars hydration setup on the market, look at their Torpedo system.

Pedals — Wahoo Speedplay wahoofitness.com

I've been using Speedplay pedals since I bought my first road bike and I can't imagine using anything else. Great float, easy to clip in and out, and the walkable cleats make running through transition a whole lot easier than you'd expect.



RUN

Socks — Feetures feetures.com

Hands down, no questions asked, I'm a Feetures girl. Bonus points if you can find the merino wool ones — wool means no blisters, no matter how sweaty things get.

Handheld Water Bottle — Nathan SpeedDraw Plus nathansports.com

I thought I hated carrying a water bottle when running until I found the Nathan SpeedDraw. Their grip-free design makes you forget you're even carrying it, and the pocket is perfect for bringing along your gels.



FUELING

Chews — Clif Bloks clifbar.com

Clif Bloks are my favorite food group, full stop. Strawberry and mountain berry are my go-tos, but I've heard the margarita flavor is amazing.

Drink Mix — Precision Hydration Energy Drink Mixes precisionhydration.com

The best thing about PH drink mixes is that you can mix and match the carb-only and carb-plus-electrolyte options to dial in your perfect balance of carbs and sodium. Plus the lightly sweetened flavor doesn't get old — even after hours and hours on course.



RACE DAY

Transition Bag — Ogio Endurance 7 ogio.com

I'm an "everything in its place and a place for everything" kind of person — at least when it comes to race packing — and this bag makes me genuinely happy. Specific pockets for your sunglasses, helmet, wetsuit, run shoes, and water bottles. And it's a backpack, so getting your gear from car to transition is actually manageable.

Speed Laces — Caterpy caterpy.us

I've gone through four or five different speed laces over the years, and these beat them all. Easy to lace pre-race, easy to get your shoes on fast, snug fit while running. You'll never want to tie your shoes again.
