Race Week Plan – Part One: Race Week Preparation

Unlocking Triathlon • Alison Freeman

Logistics

Travel

Athlete Check-In

Athlete Briefing

Bike Drop-Off

Gear Prep

Pre-Race Fueling

Adapted from *Unlocking Triathlon: Training Plans and Coaching Support for a Confident Race Day.*

Race Week Plan – Part One

Pre-Race Hydration

Race-Day Packing

Wear

Transition

Pre-Race

Swim

Bike

Race Week Plan – Part One

Run

Post-Race

Sleep