Race Week Plan – Part Two: The Triathlon

Unlocking Triathlon • Alison Freeman

Goals

The Swim

Start Format/Time

Effort Level

Course Notes

Think About

T1: The Swim-to-Bike Transition

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

Race Week Plan – Part Two

The Bike

Effort Level

Fueling

Course Notes

Think About

T2: The Bike-to-Run Transition

The Run

Effort Level

Fueling

Race Week Plan – Part Two

Course Notes

Think About