

Tactic	How Are You Making the Tactic Happen?	When & Why to Implement:	Stocking the Tactic Tool Kit
Bike			
Pacing	Monitoring power output with cycling power meter.	Periodically thru-out the bike leg. Power will be a more objective metric of energy expenditure than perceived exertion, mph/kph, or heartrate.	Ensure your meter is calibrated and powered on race day. Be confident with maximum sustainable output to reach your time and place objectives.
Sling shot legal drafting	In a continuous movement pedal up directly behind the person you're passing. While accelerating take advantage of his wind block, then proceed with your pass.	Every time possible when traffic is clear and you're in a passing zone. It's a legal draft if the pass does not take longer than stated in the rules to complete. The draft can provide a temporary boost in bike speed to gap the person and continue pulling away from him.	Ensure compliance within the time constraints of passing once you entered the draft zone. Staying in the zone beyond the limits violates the drafting rules. You may be assessed a penalty, or even DQ, if multiple penalties are assessed. Even if not observed by an official, someone competing out of compliance, violates the ethics of the sport.
Pogoing	Leap frog each other with one leading beyond the drafting box and the other trailing. Then the trailer can surge, slipstreaming the front rider until overtaking him with a pass within the 15-second time limit. The trailer slows out of the draft box.	When cycling near competitors of similar pacing. The pogoing can be repeated through-out the race. This conserves physical and mental energy though requires tenacity to follow the rules. To consistency stay with others nearby without drafting. Different riders may be faster on the hills while others faster on the flats.	I struggle with this tactic's concept as it weakens the intent of the anti-drafting rules. However, in longer races many of the competitors implement this tactic instead of blatant drafting like others in longer races. Practice with other riders to judge spacing, speeds, and timing.
Follow outside the box	Set your pace at the same level as a rider in front of you just beyond the drafting box. You initiate the role solo as a tracker and do not share duties as in the pogoing tactic.	When cycling near competitors of similar pacing. This conserves physical and mental energy though requires tenacity to follow the rules. To consistency stay with others nearby without drafting.	Takes some of your individuality away when you become the tracker of a competitor. Sometimes you may be faster if setting your own pace. Sometimes you may be more effective by balancing out biking requirements with running requirements during a race.
Being Passed	Maintaining steady pace as faster cyclists pick up their pace in your starting heat or faster cyclists from other waves starting behind you.	At any point on the bike course. Don't over cook your bike to maintain pace above your plan.	Know how to stay calm while others pass you in the race. Be relaxed. Execute on your race plan.
Stay aero	Riding a bike that fits properly, equipped with proper aero bars, and with correct body positioning.	Throughout the race except when safety situations triggers you to sit up or when climbing. Aero positioning will save you race time and energy output for a faster pace and quicker finish.	Start with the right size frame and cranks for your body measurements. Consider a professional bike fit. Add a seat your butt feels comfortable riding on. Then buy additional bike gear as your wallet allows.

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Hill climb surge	Increasing speed relative to nearby racers on a hill or mountain road climb.	When your competitors least expect your move. Could be first climb on the bike leg, its last, at multiple climbs in-between. By out-climbing competitors, you put space between you and them. Displays confidence in your abilities. Strike with speed with the intent to intimidate your competitors.	Gravity gives natural advantage to lighter riders with powerful muscles. Take advantage of your strong power to weight ratio. Gaps can be accomplished with quickened cadence or power pedaling with your quads or gluts.
Downhill gap	Tucking in aero position then spinning up to max wattage with top gearing.	Can be implemented on any or all descents in the race. Start acceleration just a few meters away from the crest of the mountain when your competitors least expect your move.	Gravity gives natural advantage to heavier riders with powerful muscles. Gaps can be accomplished with quickened cadence or powering in higher gearing. Coasting is more efficient if you spin out. You may want to select custom gearing for your strengths.
Spectators surge	Increasing speed relative to nearby racers in the vicinity of spectators.	Locations on the course where spectators are congregated. Spectators cheering tends to boost competitors' mental wellbeing and adrenaline that can be translated into faster biking.	Don't overcook the legs just because spectators support gives you a temporary boost. Keep your emotions and adrenaline in check.
Aid Station Drop	Increasing speed relative to nearby racers when exiting aid station areas.	At aid stations when your competitor least expect an acceleration from you. Other competitors may not spin up to desired pace timely after restocking of fluids and foods which allows you to gap some distance on them.	Use common sense to reload with nutrition when going through aid station areas. Respect the volunteers who are standing and handing out re-supplies to you. Don't over ride the volunteers' hand-offs. Move away from the volunteers once you get your goodies while watching for faster moving buckaroos coming up behind you. Don't ride over anyone!
Turn pass	Look well ahead to turn point and determine your line. Feather your breaking going in. Accelerate your pedals while exiting the turn. Adjust your line based on traffic, road conditions, and speed. Keep body weight close to your bike. Think low center of gravity. Hold handle bars firmly but relaxed. Lean your body to turn instead of turning handle bars.	Pass in the turn when there is room and when pace is conservative. When your competitor least expects your move. Speed coming out of a turn is more important in dropping others than speed going into a turn.	Being safe going thru a turn is more important than taking a risk to gap others.

TACTICAL TRIATHLETE

Go Faster by Racing Smarter



Different Races Require Different Tactics

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Spin up cadence	Change to a lower gear and increase your cadence by 10%.	For the final 500 Meters or last minute of your bike leg. The easy speed helps flush out some of the lactic acid in your quads and glut muscles. Will help make the run legs feel better thru transition and on the start of the run leg.	Consider pulling your feet out of your shoes and spinning with your feet on top. Encourages you to use an easier gear and prepares you for a quicker dismount off the bike.
Dismount	Standing with one foot on a pedal with your full body to one side of the bike coasting to dismount 2 meters from the line.	With 25 meters from the dismount line, lift opposite side leg from the opposite pedal and swing trailing leg over the bike seat balancing on one pedal starting. Saves a few seconds to dismount and keeps your body's momentum going forward towards your transition spot.	Ensure your path is clear of competitors and volunteers. Ensure you do not mistime the dismount and go beyond the line to be assessed a penalty. Balance and smoothness is critical. Practice and be prepared to execute.