

BEGINNER -- TACTICAL TRIATHLETE

Go Faster by Racing Smarter



Different Races Require Different Tactics

| Tactic | How Are You Making the Tactic Happen? | When & Why to Implement: | Stocking the Tactic Tool Kit |
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| Overall Race Day Tactics | | | |
| Plan a little, tri a lot | Establishing a race specific plan based on goals, conditioning, location, competition, and weather. | Start plan when training begins. State your major goal, then outline objectives to reach it. Knowing what you want to accomplish and how to obtain reinforces your commitment to the process. | Add details to your race plan as the race day draws nearer. Train to your strengths. Learn to love what you hated when you started for motivation to reach your big goal. Visualize specific tactics that you will use on race day. |
| Run | | | |
| Special Needs' Bag treat | Placing a mid-race treat in the special needs bag. | About mid-way point in full tri distance races. Provides an incentive for reaching mid-point of a race. Promotes your well being. And allows you to personalize your mid-race nutrition like you do during training runs. | Who said every triathlete lives for delayed gratification post race time? |
| Aid-station grazing | Walking through the aid-stations. | At any or all aid-stations. Encourages optimal re-hydrating and energy consumption. Especially pertinent to half and full distance triathlons. | You may experience a pogoing affect or leap frogging others who run through the aid-stations faster than you walk but do not run faster than you run. Often best to walk here than between aid stations on the course. |
| Buddy Run | Running with a friend or club mate. | During any or all of the race. May be your best survival tactic to finish your race objectives. | Running isn't a lone wolf experience every time out. Peer pressure does wonders for ease of completion and compliance. |
| Run and walk | Running and walking while consistently moving forward to the finish line. | During the entire run leg. To reach your race goal. | Often a better approach than running hard and sitting down to rest and recover. Worked for the tortoise when racing the hare. |