

10 Racing Principles

- 1. Race Mentality:** Trust your training. Focus your mind.
- 2. Triathlon is one race with one time.** You must look at the entire event and pace yourself so as to minimize your time. The time you spend in the transitions count as much as your time swimming, biking, and running.

- 3. Visualize the race.** Ride the course beforehand — let your mind see what is in store. Practice every aspect of the perfect race over and over in your mind's eye.



- 4. Have a written race plan.** Focus on what you can control during the race and execute your plan.

- 5. Warm up.** You will race faster if you warm up properly.

- 6. Manage the pace on the bike.** Most triathletes push too hard, too early on the bike and pay the price on the run.



- 7. Nutrition.** Good nutrition will allow you to perform at your peak. Bad nutrition will ruin your day.

- 8. Focus on technique.** Don't focus on your times. Don't think about how far you have to go or how much it hurts. Everyone has "dark" periods during the race. Get through these by focusing on executing proper technique.

- 9. Don't do anything on race day that you haven't done in practice before.**

- 10. Pain is unavoidable. Suffering is optional.**