RACE-READY CHECKLIST

Key skills, checks and race-day decisions to practise before you reach the start line.

RACE _____ RACE DATE _____

Tick each item when you've done it. Use your training plan and Athlete Guide to decide what applies to you.

1 / TRAINING FOUNDATIONS

- ○ Read the foundation pages in the Playbook
- ○ Record CSS, FTP and run threshold; set your zones
- ○ Re-test your baselines as your fitness progresses
- ○ Get swim-technique feedback if it would help you
- ○ Review your bike fit and address discomfort early

MY NEXT STEP _____

2 / OPEN-WATER SWIM

- ○ Swim with others in race-like conditions
- ○ Practise sighting, turns and swimming near others
- ○ Practise wetsuit fit, putting it on and taking it off
- ○ Complete a longer swim at a safe, supervised venue

  A full race-distance swim is not a requirement for everyone.

MY NEXT STEP _____

3 / BIKE & RUN PREPARATION

- ○ Complete the key long rides in your plan
- ○ Complete the key long runs in your plan
- ○ Practise running off the bike in brick sessions
- ○ Practise a puncture repair and basic bike checks
- ○ Test race shoes, socks, trisuit and anti-chafe kit
- ○ Service your bike early, then test ride it
- ○ Try a shorter triathlon or open-water event **(optional)**

MY NEXT STEP _____

4 / FUEL & RACE PLAN

- ○ Practise your race fuelling on long sessions
- ○ Measure sweat rate in different conditions
- ○ Practise your fluid and electrolyte plan
- ○ Consider a sweat-sodium test if useful **(optional)**
- ○ Complete a race-specific rehearsal in planned kit
- ○ Study your course, Athlete Guide and all cut-offs
- ○ Rehearse transitions; write pacing and backup plans
- ○ Plan taper, travel and race-week logistics

MAKE THE CHECKLIST WORK FOR YOU

A 5+ hour ride, full-distance open-water swim or sweat-sodium test is not essential for everyone.

Follow your training plan, choose safe supervised practice, and don't overdrink. Build confidence without cramming.

MY NEXT THREE CHECKPOINTS

Choose the next three things that will move your preparation forward.

○ _____ TARGET WEEK _____

○ _____ TARGET WEEK _____

○ _____ TARGET WEEK _____

Use this as a guide, not a pass-or-fail test. Follow your plan and your event's official instructions.