

Piranha National Series Strategy – Race 2



After the Piranha success in Carlow the next race up is Westport Sprint on Saturday 11th June. With the weather hotting up so is the competition between all Piranhas looking for Podium's, bragging rights or just completing their first race. Good luck to everyone and remember every point and place counts so if you can catch that person in front of you push yourself to do it, you might surprise yourself!!! It's these races that make us train so much for this sport, so go out and enjoy it. We will all have a little bit of nerves just manage them, have a race plan and then go and nail it. As always as soon as you finish please go back on to the run course and support your fellow Piranha's.

This note has the following sections:

- **Who's racing?**
- **Final Schedule and Race Briefing**
- **Pre-Race Day Training and Race-Day Warm-Up Advice**
- **Car Pooling – How To Arrange A Lift**
- **Getting There**
- **Post race pints and meal**

Who's racing?

First Name	Last Name	
Aidan	Hughes	DINNER
Aidan	Jones	DINNER
Bernard	Hanratty	
Catherine	Dolan	DINNER
Claire	Gorman	
Daireen	Gill	DINNER
Dara	Lawlor	
David	O'shea	DINNER
David	Bradish	
David	Cahill	
Debbra	Walters	DINNER + 1
Deirdre	Breslin	
Diarmuid	Meldon	
Fiona	Kelly	
Gina	Sheppard	
Ian	Allen	
Ivan	Eustace	
Jill	Donegan	
Joanna	Peart	DINNER
John	Lyons	DINNER +1
John	Macken	
John	Wallnutt	
Karen	Fenton	DINNER
Lorraine	Carrabin	DINNER
Louise	Bennett	
Marc	Coyle	
Martina	Duignan	DINNER
Megan	Smith	DINNER
Michael	Barry	
Muiriosa	Ryan	DINNER
Paul	O'Donovan	DINNER
Peter	Sweeney	
Philip	Sykes	
Regina	Bowe	
Richard	Doyle	
Richie	Dooley	DINNER
Ross	Condy	DINNER
Simon	Montgomery	
Simon	Lawlor	DINNER
Siobhan	Forman	DINNER
Siobhan	Campion	DINNER
Stephen	Eustace	
Stephen	Cawley	
Tara	Bell	DINNER
Tara	Whyte	DINNER
William	Owens	

Another massive entry for Piranha with 46 members entered! Fantastic to see so many Piranha ladies racing (21)

Final Schedule and Race Briefing As Published By The Organisers is not yet available check this link later in the week . <http://www.westporttriclub.ie/race2016/>



This is a TI sanctioned race and part of the National Series

Westport Triathlon club members run this race and just like DCT All of the profit earned from the race goes back into the club to develop both junior and senior athletes and to encourage a healthy approach to life within Westport and its surrounding areas. Please make sure to thank the organisers and Stewards.

- Post Event Hot Showers
- Post Event Hot Meal
- Event Goody Bag
- Event Medal
- Age group and team prizes
- Guidance and support from the friendliest marshals in the universe (known).
- Blue Flag Swimming Area

The course

1. The 750 M swim is a loop in the sheltered bay at the Quay in Westport.
2. The 20 Km cycle out and back along the coast road through the picturesque village of Murrisk to Croagh Patrick taking in the stunning views of Clew bay on the way! Bike course is very flat.
3. Finishing off with a 5 Km run though the closed roads and scenic grounds of the jewel of Westport, Westport House and Estate. Most of the run is on tarmac and again generally flat. There is one section which is trail and is uphill to a U turn and then back down. As far as I remember its only about 300m up. Transition is set up on the green area to the right in the image below. The building in this picture are the Harbourmill apartments so you have a 1minute walk from your apartment to Transition!!!



Pre-Race Day Training and Race-Day Warm-Up Advice

Pre-race day drills:

Swimming: If swimming in open water:

- 10 minutes aerobic front crawl swimming- focus on open water skills- sighting/turning around buoy
- 4 x 20 seconds hard with 30 seconds recovery
- Another 5-10 minutes very easy swim (Mixture of front and back crawl)
- Stretch

or

If using pool, 20 minutes easy swim to include,

- Warm up: 200m as 50m front/50m back easy
- Main set: Include 4 x 25m at higher intensity with 30 seconds recovery between each 25.
- Cool down: 5-10 minutes easy front or back crawl

Bike: 30 minutes easy cycle, with 3 x15 seconds at zone 4 Hr (effort 8/10) in the middle of the session- separate each of these efforts with 90 seconds easy spinning. Keep to a flat route today, and focus on maintaining high cadence.

Run: 5 minutes easy run with 3 x 7 second strides at increased intensity at the end.

Tip 1: Particularly for the longer distances, do these sessions early on Friday, and then keep off your feet to get recovery before Saturday morning

Tip 2: Focus on hydrating by sipping water throughout day

Tip 3: If doing swim in open water (recommended if possible)- Hang your wetsuit out to dry early. A dry wetsuit will be a lot more comfortable in the 15 minutes before race start

Tip 4: Start packing now and check what you need to bring. There is no need to be stressing Saturday evening that you can't find your race belt or tri suit. It is important to be relaxed and get good rest in the days leading up to the race to maximize your performance. There are numerous checklists online for items you need to bring on race day. An example checklist and some advice on race day breakfast is [here](#). One additional item not noted here is your TI card or one day licence. Do bring those too!

Race day warm up:

Logistically these are hard to organize as a group, especially with the large number of us racing, but maybe try arrange to warm up with a few more experienced members so you can ask any last minute questions you have.

Cycle

Before you rack bike try to get 10-15 minutes easy cycle- this will give you a feel for you race position, changing gears and pedaling technique. Keep this cycle at easy intensity- This can be a couple of hours before the race start and the purpose is to give you a feel for the bike (Use run/swim as warm up before race)

When racking your bike: Do a couple of jogs through the transition and visualise where you have to enter and exit for T1 & T2. Know exactly where your bike is – memorise how to get to your bike quickly. Placing a ridiculously colourful towel on the ground by your bike is sometimes useful as it can

be easy to spot as you run along a row of bikes. You can place your runners, gels, visor, sunglasses etc on the towel so you can grab them before you head out on the run.

Run

After racking your bike and setting up your transition completely- I'd recommend to do run warm up next – complete 10-15 minutes jog with 5x 10 strides seconds at intensity of 7/10 (see link below) – try to be finishing the run warm up approximately 20-25 minutes of starting your race- then get wetsuit on for swim warm up below.

Swim

I would recommend dynamic movements of your arms and shoulder e.g. circling your arms and practicing the swim motion then get into the water for at least 5-10 minutes if possible for swim. Start with some aerobic swimming and add 4 x20 seconds at race intensity, with 1 minute easy between each.

Car Pooling – How To Arrange A Lift

Since there are 47 of us heading down to race it makes sense that we try and minimize our carbon footprint and carpool where possible! If you are interest in giving or getting a lift please post up on the forum and take it from there.

If you are taking a lift please take it as read that you should chip in for petrol / diesel and tolls, if applicable!

Getting There

As most, if not all of us will be leaving Dublin on Friday afternoon / Evening there is no rush to get to Westport so drive safely and if you are feeling tired pull in and get a coffee. Travel time is about 3hrs from the M50. (about 250km). Exit the M50 at Junction 7 and take the N4. At Kinnegad take the N5 . Stay on the N5 till you get to Westport. Drive through the town following signs for Croagh Patrick or Westport house and when you see the sea you should see the The Harbourmill apartments. There should be loads of Parking and transition is on the green area in front of the Harbourmill apartments

Post Race Pints and Evening Meal

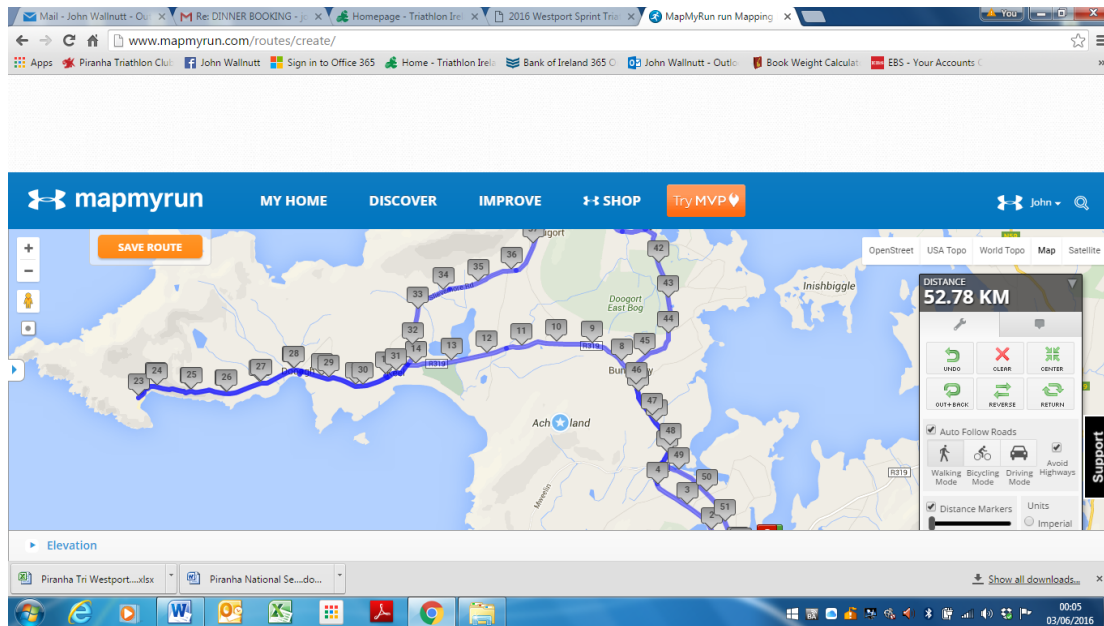
Westport Tri put on a good spread of hot food after the race in the Atlantic Coast hotel beside the Harbourmill apartments. This is where the prize giving is also. We will meet up later in the afternoon for a few pints in Matt Molloy's pub in the town. (great spot and usually a bit of Music being played)



Dinner is booked in the Helm Restaurant for 7.30pm . The Helm is right beside the Harbourmill apartments. I have done a deal with the owner for 3 course meal of starter / Mains / Dessert and tea / coffee for €27.50 per person. Currently I have it booked for 28 people. He will also reserve some tables for us in the bar area after our meal for pints. Again it's a nice spot, Music and a good buzz. Those who want can head back into the town (5mins)

The Next Day

On Sunday the intention is to take to the bikes for a spin on Achill Island. We did the Greenway route last year and it was OK but some of the route was fairly boring. This year you can arrange to drive to Achill sound and park in the Hotel just before the bridge and then take a spin around the Island of Achill and all its sights. I have set out a route below which is just over 50km which should clear the heads for the drive home.



Any questions then please do not hesitate to contact me.

Best of luck all!

Johnny

Johnny Wallnutt

National Series Coordinator helper !

M: 087 237 1116 | Email: johnwallnutt@gmail.com