



## Piranha National Series Strategy – Race 1

The first race on the Club Calendar has arrived! The Carlow Tri 795 Sprint race see's 65 Piranhas race in what is for most their first triathlon of the season and for some, their first ever! Sunday is what we train for so make sure to leave it all out there. At the same time, enjoy it, race with a smile and give as much support as you can to your fellow Piranhas.

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## Who's Racing?

The following is a list of those registered to race this Sunday:

No	Race Number	Wave	First Name	Last Name	Club
1	11	Wave No 1	Daireen	Gill	Piranha TC
2	13	Wave No 1	Frank	Kehoe	Piranha TC
3	24	Wave No 1	David	Cahill	Piranha TC
4	33	Wave No 1	Richard	Dooley	Piranha TC
5	34	Wave No 1	Richard	Doyle	Piranha TC
6	42	Wave No 1	Declan	Cunningham	Piranha TC
7	43	Wave No 1	Paul	O'Donovan	Piranha TC
8	44	Wave No 1	Ivan	Eustace	Piranha TC
9	45	Wave No 1	Pierre	Bestue	Piranha TC
10	62	Wave No 1	Roger	Rice	Piranha TC
11	63	Wave No 1	Tom	Mcenery	Piranha TC
12	85	Wave No 1	Kevin	Beades	Piranha TC
13	86	Wave No 2	David	Killen	Piranha TC
14	87	Wave No 2	Brendan	O'brien	Piranha TC
15	88	Wave No 2	Robert	Keenan	Piranha TC
16	113	Wave No 2	Stephen	Eustace	Piranha TC
17	126	Wave No 2	Claire	Gorman	Piranha TC
18	127	Wave No 2	John	Macken	Piranha TC
19	151	Wave No 2	Gareth	Robinson	Piranha TC
20	152	Wave No 2	Cathal	O'sullivan	Piranha TC
21	153	Wave No 2	Fiona	Kelly	Piranha TC
22	154	Wave No 2	William	Owens	Piranha TC
23	184	Wave No 3	David	O'shea	Piranha TC
24	222	Wave No 3	Antje	Danneberg	Piranha TC
25	223	Wave No 3	Gina	Sheppard	Piranha TC
26	224	Wave No 3	Ciara	Brady	Piranha TC
27	225	Wave No 3	Ruairi	Hayden	Piranha TC
28	226	Wave No 3	Lorraine	Carrabin	Piranha TC
29	227	Wave No 3	Conall	Heron	Piranha TC
30	228	Wave No 3	Killian	Nolan	Piranha TC
31	229	Wave No 3	Steven	Moody	Piranha TC
32	230	Wave No 3	Bernard	Hanratty	Piranha TC
33	231	Wave No 3	Martin	Dunne	Piranha TC
34	232	Wave No 3	Ciaran	Long	Piranha TC
35	250	Wave No 3	Gordon	Grant	Piranha TC
36	251	Wave No 3	Mark	Pringle	Piranha TC
37	287	Wave No 4	Ross	Condy	Piranha TC
38	288	Wave No 4	Tom	Curtin	Piranha TC
39	289	Wave No 4	Michael	Foley	Piranha TC

40	290	Wave No 4	Deirdre	Breslin	Piranha TC
41	291	Wave No 4	Michael	Barry	Piranha TC
42	353	Wave No 5	Shane	Gavin	Piranha TC
43	354	Wave No 5	Conor	Barron	Piranha TC
44	355	Wave No 5	Marc	Coyle	Piranha TC
45	356	Wave No 5	Patrick	Loughnane	Piranha TC
46	357	Wave No 5	Ger	Fennelly	Piranha TC
47	358	Wave No 5	Deebra	Walters	Piranha TC
48	359	Wave No 5	Brendan	Hennessy	Piranha TC
49	377	Wave No 5	David	Bray	Piranha TC
50	378	Wave No 5	Siobhan	Forman	Piranha TC
51	379	Wave No 5	Gerry	Maher	Piranha TC
52	380	Wave No 5	John	Fay	Piranha TC
53	403	Wave No 5	Marie	Moran	Piranha TC
54	404	Wave No 5	David	Bradish	Piranha TC
55	405	Wave No 5	Deirdre	Mullowney	Piranha TC
56	446	Wave No 6	Adam	Goslin	Piranha TC
57	448	Wave No 6	Aisling	Costelloe	Piranha TC
58	470	Wave No 6	Aidan	Hughes	Piranha TC
59	476	Wave No 6	Simon	Lawlor	Piranha TC
60	478	Wave No 6	Tara	Bell	Piranha TC
61	481	Wave No 6	Neil	Ferguson	Piranha TC
62	486	Wave No 6	John	Lyons	Piranha TC
63	491	Wave No 6	Karen	Fenton	Piranha TC
64	497	Wave No 6	Catherine	Dolan	Piranha TC
65	501	Wave No 6	Ivan	Pedrazzini	Piranha TC

## Final Schedule and Race Briefing As Published By The Organisers

<https://drive.google.com/file/d/0B1tuHzylSMmZcGpHX29Rb0hDem9xSkIJdmJXWjIYUIV2T2R3/view>

Things of note:

- It's possible to sign on / register for the race on Sunday morning between 7am and 11am
- First wave starts at 12:15pm with every other wave starting 5 or 6 minutes later
- Main parking is at Carlow Rowing Club. Arrive early to get a space. You don't need the stress of driving around looking for a space
- Swim is 250m upstream and 500m downstream
- Nudity is not allowed in transition – Moody you have been warned!
- The cycle is largely on closed roads, is an “out and back” course and will either be flat or rolling i.e. no hills
- Run is an “out and back” course along the River Barrow and will be flat

## 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 license. 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.

## Strides Warm-up Video

### **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 65 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**

Registration and race day parking details are outlined in the Race Briefing. The main parking for the race is at Carlow Rowing Club. As registration closes at 11am and transition closes at 11:30am on Sunday morning I would advise aiming to be there by 10:00am to avoid the stress of any potential delays. With that in mind, you should be leaving Dublin somewhere between 8:15am and 8:45 which will allow for a potential fuel and/or coffee stop. The main route will see you get there via the N7, M7 and then M9. There will be little traffic Sunday morning but it should still take at least 1 hr 15 minutes to get there.

Finally, keep an eye out for the new Piranha flag which will be flying at the race site. This will be the Piranha meeting point and a place from where we can do a pre-race run warm up together.



Any questions then please do not hesitate to contact me.

Best of luck all!

**Will**

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