



## **Piranha National Series Strategy - Race 4**

The fourth race on the Club Calendar has arrived. The Two Provinces Sprint distance race sees a large contingent of Piranhas, 45 in total, race this Saturday 16<sup>th</sup> July. This is the National Series Sprint Distance Championship race so the competition will be high but there will also be lots of National Series points on offer. Go hard, take as many people as you can on the run and enjoy it. Also please don't forget when you are finished to give as much support as you can to your fellow Piranhas still out on the course.

This note has the following sections:

- **Who's Racing?**
- **Final Schedule and Race Briefing**
- **Course Profile**
- **Pre-Race Day Training and Race-Day Warm-Up Advice**
- **Race Day Checklist**
- **Car Pooling - How To Arrange A Lift**
- **Getting There**
- **Post-Race Meal and Drinks**

## Who's Racing?

This is the list of people who I believe are registered for the race this weekend:

First Name	Last Name	Gender	Notes
Ciara	Brady	Female	
Anne	O'Leary	Female	
Siobhan	Forman	Female	
Siobhan	Campion	Female	
Claire	Gorman	Female	
Megan	Smith	Female	
Tara	Whyte	Female	
Gina	Sheppard	Female	
Brianne	Mulvihill	Female	
Deirdre	Breslin	Female	
Marie	Moran	Female	
Margaret	Quigley	Female	
Joanna	Peart	Female	
Karen	Fenton	Female	
Rachel	Hayes	Female	
Sinead	Hartnett	Female	
Deirdre	O' halloran	Female	
Martina	Duignan	Female	
Fiona	Kelly	Female	
		<b>19</b>	
Simon	Montgomery	Male	
Nick	Walsh	Male	
Roger	Rice	Male	
Ger	Fennelly	Male	
Richard	Doyle	Male	
Martin	Dunne	Male	
Ivan	Eustace	Male	
Stephen	Eustace	Male	
Adam	Goslin	Male	
John	Wallnutt	Male	
John	Fay	Male	
Declan	Cunningham	Male	
Stuart	Russell	Male	
Shane	Gavin	Male	
Cathal	O'sullivan	Male	
Robert	Keenan	Male	
Michael	Barry	Male	
William	Owens	Male	
Thomas	Ennis	Male	
Aidan	Jones	Male	
John	Lyons	Male	

Alex	Colin	Male	
Ian	Allen	Male	
Dara	Lawlor	Male	
Conall	Heron	Male	
Anthony	Mulholland	Male	CAT1

**26**

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

All details regarding the race are published on line at the following location  
<http://twoprovincetriathlon.com/two-provinces-triathlon/>

Things of note:

- Registration is possible on the morning of the race between 7:30am and 10:00am. This takes place at Coop Hall, which is located on Main Street beside Johnston's Health Bank (across from Supervalu) on Main Street. Based on prior experience you should get there to register as early as possible. Many people drive down on the morning to register rather than the night before so registration is always very busy and the queue doesn't move that quickly. **Don't forget your TI Card or 1 Day TI license**
- Transition will be open for set up from 7.30am to 10.15am. Race briefing begins at 10:30am
- There will be 4 swim waves going off at 15 min intervals with the first wave off @ 11.00 am and the last wave at 11.45
- Parking is available right beside transition so the logistics are very easy. If you are coming into Lanesboro via the N63 from the Longford town direction, you will see marshals directing you across the road to the carpark. Again, it's best to arrive early to you ensure you get a space.
- There is a **Piranha Club Season Dinner** organized by Judy in Dublin after the race. See the bottom of this briefing for more details

## Course Profile

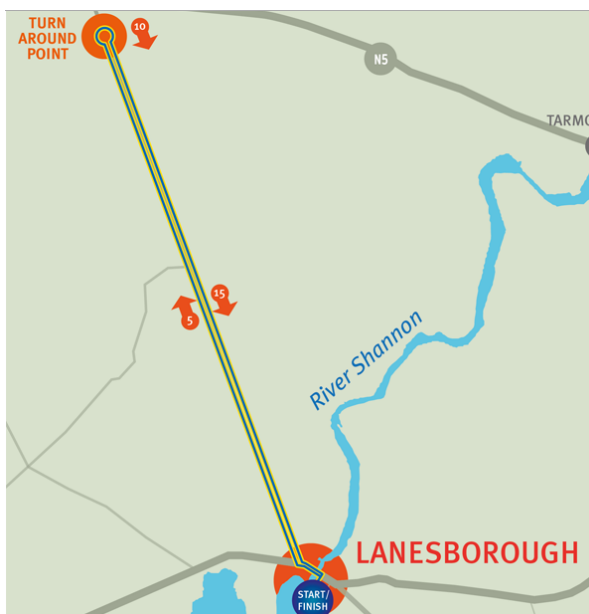
### Swim

The 750m swim is in Lough Ree which is calm and warm (there is a power station on the Lake which keeps the water warm so don't worry about it being cold!). You start with the water at waist height and it's a very straight forward.



### Bike

The bike is a pretty flat out and back 20km course on mostly closed roads. This should make for fast times.



## ***Run***

The run course starts out via the quarry and then onto Rathcline Road. The Rathcline Road section is an out and back course returning through the quarry and out to Rathcline road via the trail through the woods and returning via a private road and then into the car park and onto the finish chute. Water stations will be located at 0.5km at the quarry exit and 2km/3km along the route. The finish line is located beside the transition area. At the turn around point on the run you have about 2km left so you can really push on from here and try take a few places.

## **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.

[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.

## **Race Day Checklist**

### Race Goals

You should have goals for every race you do, even training races. Write down the 2-3 things you would like to accomplish or learn today.

### Things To Bring

- Swim
  - Tri shorts, swimsuit, or tri suit
  - 2 sets of goggles (i.e., one tinted and one normal)
  - Bright-colored towel
  - Wetsuit
  
- Bike
  - Bike
  - Helmet
  - Cycling shoes and socks (if wearing)
  - Sunglasses
  - Water bottle(s)
  - Nutrition
  - Tool Kit: tube, CO2, levers, multi-tool

- Floor pump(pump up your tires before you leave home but leave the pump in your car just in case)
- Run
  - Running shoes (2 pairs if you have a late start time. One to leave in transition and one to warm up in)
  - Race belt
  - Hat/visor
- Other
  - Training device (Garmin, Timex, etc.) & heart rate strap
  - Body Glide
  - Sunscreen
  - Vaseline, powder, band-aids
  - Blunt nose scissors for sticker origami
  - Post-race, warm change of clothes
  - Post-race recovery drink/snack with a 4:1 ratio of carbs vs. protein
  - Triathlon Ireland Card or One Day License

### Race Day To-Do's

- Wake up early and eat 3-4 hours before your start time. Eat only familiar, easily-digestible foods (example: banana and a bagel with jam).
- Stop drinking fluids about 2 hours before your start time. Continue sipping as needed. Pee, pee, and then pee again (don't worry, everybody pees in their wetsuit).
- Get to the race early to secure a good spot in transition (if a space isn't already allocated). Ideally, this is a spot on the end of the rack close to the bike in/out.
  - Make a mental note of landmarks to help you easily find your rack.
  - Use a bright-colored towel so your area stands out...and be courteous. NO BEACH TOWELS!
  - Leave the balloons at home - you will not make any friends if your balloon is tangled around someone else's bike.
- Organize your gear in the order you will use it - run through transitions in your mind.
- Complete a good 10-15 minute running warm-up about 45 minutes before start time.
- Put on your wetsuit and hop in the water for a good swim warm-up 15-20 minutes before your start time. Be on the line 5-10 minutes before the gun.
- Remember that this is why you put in all those training hours. Believe in your training, do your best - and have fun!

## **Car Pooling - How To Arrange A Lift**

If you are interest in giving or getting a lift, please post up on the forum and on WhatsApp.



If you are taking a lift please contribute towards petrol / diesel and tolls, if applicable.

## Getting There

Registration and race day parking details are outlined in the race website. I am assuming most of you will be travelling down Saturday morning so you should allow 2 to 2.5 hours to get there from Dublin. With that in mind, I would suggest leaving Dublin around 6:30am and no later than 7am given that you will need to get parking when you get down and join the long queue for registration!

Finally, keep an eye out for the Piranha flags 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 and get a pre-race pic.



## Post-Race Meal and Drinks

There is a Piranha Club Season Dinner organized by Judy in Dublin after the race. It is heavily discounted by the club, starts at **7:30pm** and the venue is **Cactus Jack on Middle Abbey Street**. If you haven't signed up for the meal yet and want to go, please put your name down at the following location <http://www.piranhatri.com/forum/topic/club-season-dinner-sign-up-2/>

Best of luck all and see you down there.

## Will

William Owens

National Series Coordinator