



## **Piranha National Series Strategy – Race 3**

The third race (and second away weekend) on the Club Calendar has arrived! The Kilkee Hell of the West (“HOTW”) Olympic distance race see’s a large contingent of Piranhas race this Saturday 25<sup>th</sup> June 2016. We are doing really well in the National Series with some amazing performances to date so hopefully we can build on that this weekend so I want to wish all those racing the very best and I hope the sun shines for you. I know you will all race the best of your ability but also remember to 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?

Limerick Tri have had an issue this year capturing club data for all of the registered athletes so below is an incomplete list of Piranha's racing this weekend:

Kevin	Beades	Piranha TC	Male
Ciara	Brady	Piranha TC	Female
David	Cahill	Piranha TC	Male
Myles	Conduit	Piranha TC	Male
Declan	Cunningham	Piranha TC	Male
Mike	Foley	Piranha TC	Male
Siobhan	Forman	Piranha TC	Female
Gordon	Grant	Piranha TC	Male
Hugh	Larkin	Piranha TC	Male
Dara	Lawlor	Piranha TC	Male
Ciaran	Long	Piranha TC	Male
Killian	Nolan	Piranha TC	Male
Paul	O'Donovan	Piranha TC	Male
Anne	O'Leary	Piranha TC	Female
mark	pringle	Piranha TC	Male
Megan	Smith	Piranha TC	Female
Gerard	Vowles	Piranha TC	Male
Nick	Walsh	Piranha TC	Male
Tara	Whyte	Piranha TC	Female

There are 19 Piranha's listed above but I know there are many more racing such as John Wallnutt, Judy, Aileen Flynn and Bernardo. If you don't see your name above, don't worry you are still registered and National Series points should still be awarded to you (and Piranha) correctly on the TI website in due course. The only impact this should have is that all of the Piranha's may not be beside each other in transition like in prior years.

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

### [Kilkee HOTW 2016 Race Briefing](#)

Things of note:

- Registration will take place from 6-10 pm on Friday 24th June at the Kilkee Bay Hotel. Limited registration is available from 7-8am on Saturday morning but Limerick Tri advise you to register on Friday if at all possible. Don't forget your TI Card or 1 Day TI license
- Transition will be open for set up from 7.30am to 8.30am. Race briefing begins at 9:00am
- There will be 5 swim waves going off at 5 min intervals with the first wave off @ 9.30 am and the last wave at 9.50
- Post-race and post-showers, I suggest grabbing a bite to eat, a nap **(N.B)** and heading to a pub to watch the Ireland v South Africa rugby match at 4pm. There is a meal booked for 25 people at 7pm (see details below) and the partying will finish off in the disco in the Kilkee Bay Hotel

## Course Profile

### *Swim*

The 1500m swim is in Kilkee Bay which can be a little choppy at times. Although nothing to be worried about it can sometimes be a little hard to sight so ensure you sight often and try stay on someone's feet. This 1500m swim can easily become a 1700m swim if you don't sight properly and lose you valuable time so be warned. Here is a link to someone's Strava file showing you the swim route:

<https://www.strava.com/activities/335745641>

### *Bike*

The bike is an undulating 44km out and back "lollipop" shaped course. There is only 312m of elevation so not much in the way of climbing. In my experience it can be windy and the last time I raced it there was a strong headwind on the way back. Remember to pace yourself on the bike as there is a hard 10km run after. Here is a link to someone's Strava file showing you the bike route:

<https://www.strava.com/activities/360736973>

Here is the elevation profile of the bike:



## ***Run***

This 10km is an out and back course. The first part of this run is pretty tough. After running out of transition you will run for about 500m before turning left to run out the Dunleek Road which is pretty much uphill for the next 4.5km – if you haven't done this run before, the steepness is similar to Howth Hill (Sutton side). There is a water stop at 3.5km and 6.5km at a point where it levels out for a bit. At the turnaround point at 5km you can empty the tank as its all downhill. From here its all about trying to catch the person ahead of you! Here is a link to someone's Strava file showing you the run route:

<https://www.strava.com/activities/334463056/overview>

Here is the elevation profile of the run:



## **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 x 15 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 DAY CHECKLIST - KILKEE HELL OF THE WEST		
<b>GENERAL</b>	<b>SWIM</b>	<b>PERSONAL REMINDERS</b>
<input type="checkbox"/> T.I. card (with Photo)	<input type="checkbox"/> Trisuit	
<input type="checkbox"/> or One Day Licence	<input type="checkbox"/> Wet suit	
<input type="checkbox"/> Photo ID	<input type="checkbox"/> Hat provided @ registration	
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Goggles	
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Body Glide	
<input type="checkbox"/> Race Belt		
<input type="checkbox"/> Watch	<b>CYCLE</b>	
<input type="checkbox"/> Towel(s)	<input type="checkbox"/> Bike	
<input type="checkbox"/> Water bottle	<input type="checkbox"/> Helmet	
<input type="checkbox"/> Gels / Energy Bar	<input type="checkbox"/> Socks	
<input type="checkbox"/> Heart rate monitor	<input type="checkbox"/> Spare tubes & pump	
<input type="checkbox"/> Warm clothing	<input type="checkbox"/> Cycling shoes	
<input type="checkbox"/> Collect and wear timing chip	<input type="checkbox"/> Elastic bands	
	<input type="checkbox"/> Water bottle	
	<b>RUN</b>	
	<input type="checkbox"/> Running shoe	
	<input type="checkbox"/> Visor/hat	

*Don't worry about forgetting an important item.  
Use this checklist to ensure you arrive at your race relaxed and prepared*



## Car Pooling – How To Arrange A Lift

Since there are XX 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. I am assuming all of you will be travelling down Friday so you should allow 3 ½ to 4 hours to get down to Kilkee from Dublin. The main route will see you get there via the N7, M7, N18, M18 etc.

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

Judy Van Den Ancker (086 049 0446) has booked a restaurant for 25 people for 7pm on Saturday. The name of it is **Strand Bistro** (<http://www.thestrandkilkee.com/index.php?page=restaurant>). Prior to that there will be post-race pints in a local pub while watching the Ireland v South Africa rugby match which starts at 4pm and is televised on Sky Sports 1 – if you want to know which pub you can contact John Wallnutt. There is also a number of Euro 2016 matches so it should be a good day for sport.

John Wallnutt (087 237 1116) is racing this weekend so if you have any questions then please do not hesitate to contact him.

Best of luck all!

## Will and John

William Owens and John Wallnutt  
National Series Coordinators