



## Piranha National Series Strategy – Race 5

The fifth race on the Club Calendar has arrived. The Belfast Titanic Olympic distance race sees a large contingent of Piranhas, 40 at last count, race this Sunday 31<sup>st</sup> July. 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.

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## Who's Racing?

This is the list of people who I believe are registered for the race this weekend (40 in total – 12 ladies and 28 men):

First Name	Last Name	First Name	Last Name
Shannon	Kelly	Jason	McFetridge
Lorraine	Carrabin	Roger	Rice
Siobhan	Forman	Declan	Cunningham
Megan	Smith	John	Wallnutt
Sinead	Hartnett	John	Kearney
Fiona	Kelly	Tom	Ennis
Martina	Duignan	Richard	Doyle
Sinead	Hartnett	Ian	Allen
Daireen	Gill	Ronan	McDermot
Judy	Van den Ancker	Niall	McDonnell
Deirdre	Breslin	Ross	Condy
Siobhan	Campion	Conall	Heron
		Ross	Ringwood
		John	Lyons
		Tom	Curtin
		Rob	Keenan
		Pat	Linehan
		Richie	Dooley
		Killian	Nolan
		Cathal	O'Sullivan
		Paul	O'Donovan
		Adam	Goslin
		Stephen	Eustace
		Stuart	Russell
		Aidan	Hughes
		Ivan	Eustace
		Phil	Sykes
		William	Owens

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

The official race briefing is attached here so you can access it by clicking on the MS Word icon



BTT 2016 Race  
Briefing.docx

or alternatively clicking on the following link [http://communitymultisport.org/\\_webedit/uploaded-files/All%20Files/belfast%20titanic%20triathlon/BTT%202016%20Race%20Briefing.docx](http://communitymultisport.org/_webedit/uploaded-files/All%20Files/belfast%20titanic%20triathlon/BTT%202016%20Race%20Briefing.docx)

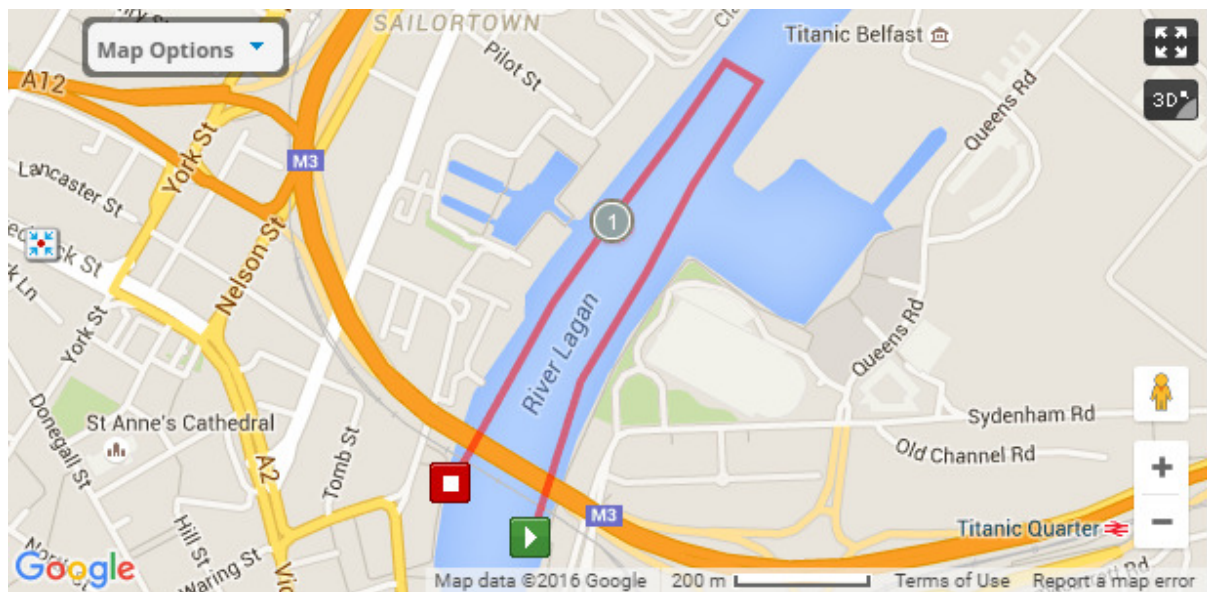
Things of note:

- **Registration** is possible on the morning of the race between **6am and 8am**. For anyone travelling up on Saturday, registration is open between **10am and 6pm**. This takes place at Victoria Square, Belfast ([www.victoriasquare.com/visiting](http://www.victoriasquare.com/visiting)). Registration will be in Unit 68 on the upper ground floor near the Ann Street entrance beside Specsavers. **Don't forget your TI Card or 1 Day TI license**
- **Transition** will be open for set up from **7am to c. 8.40am**. Race briefing begins at 8:30am
- There will be **3 swim waves** going off at 15 min intervals with the first wave off @ 9am and the last wave at 9.30am
  - o Wave 1 (Blue cap) – Standard distance male competitors 18 to 44
  - o Wave 2 (Pink cap) – Standard distance male competitors 45 and over, all standard distance female competitors
  - o Wave 3 (White cap) – Sprint distance, all competitors
- **Free parking** is available in the public car parks around Corporation Square, only 200m from transition. Road signage will guide you from the major access routes. If using sat nav, the postcode is BT1 3AJ. Please allow time for race related traffic diversions.
- Since it's a Bank Holiday here on Monday, there are a few of us staying in Belfast on Sunday night for **food and drinks**. If you are interested in this, please whatsapp me or Judy for details. We will also be doing a recovery / slow / sightseeing cycle on the Monday morning.

## Course Profile

### *Swim*

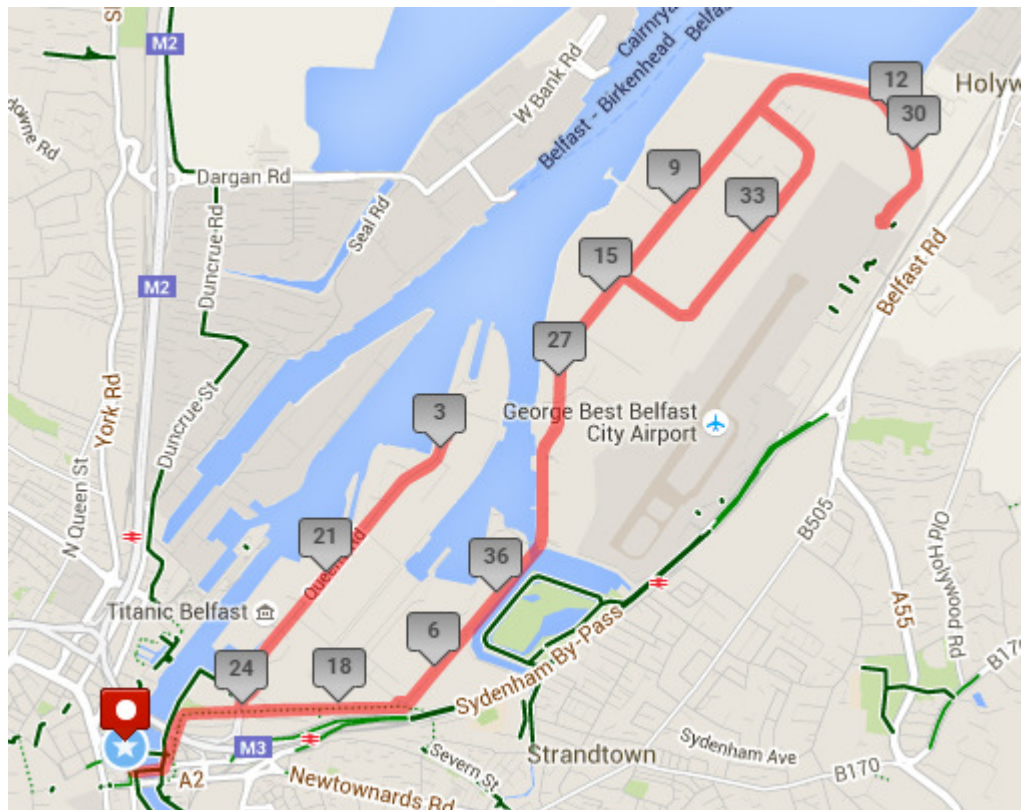
The swim course (on the River Lagan) will run anti-clockwise, heading along the southern bank before crossing and returning along the northern bank. Once under the last M3 bridge support, swimmers will spot the exit ramp directly ahead. Standard distance racers will complete one large lap turning left at the second buoy while sprint distance competitors will do a smaller lap turning left after the first buoy.



Here is a link to the course on mapmyride <http://www.mapmyride.com/routes/view/519876548>

### *Bike*

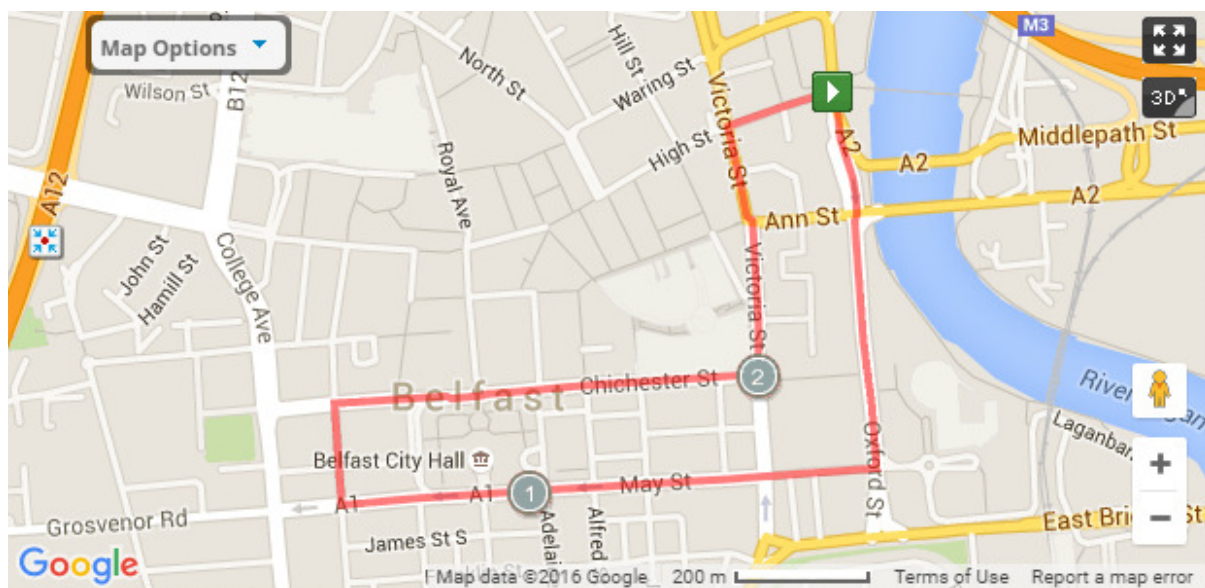
The bike is fast, flat and has two out and back sections, the first on Queens Road and the second on Airport Road. I've not done the race before but it looks like there are plenty of turns and there can be winds blowing down Belfast Lough to be negotiated. Below is a screenshot of the course and I've set markers at every 3km to give an idea of how the course is laid out.



Here is a link to the bike course on mapmyrun <http://www.mapmyride.com/gb/belfast-nir/btt-bike-course-standard-route-79780137>

## Run

The run course is 4 laps of 2.5km in the city centre. It's very flat and fast although there are plenty of turns.



Here is a link to the run course on mapmyrun <http://www.mapmyride.com/routes/view/519892292>

## 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 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 above. I am assuming most of you will be travelling up Sunday morning so you should allow 2 to 2.5 hours to get there from Dublin. Google says it will take 2 hours from Westwood in Clontarf and you are heading for Victoria Square (<https://www.google.ie/maps/place/Victoria+Square+Shopping+Centre/@54.5980944,-5.9279641,17z/data=!3m1!4b1!4m5!3m4!1s0x486108544f0a57b9:0x9faf6098a86b2d1f!8m2!3d54.5980913!4d-5.9257754>) or if using Satnav type in the following postcode is BT1 3AJ.

With that in mind, I would suggest leaving Dublin around **5am** and no later than 5:30am given that you will need to get parking when you get there and join the 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 are a few Piranhas staying in Belfast Sunday night for food and drinks. This is being organized by Judy. If you want further details whatsapp myself or Judy.

Best of luck all and see you up there.

**Will**

William Owens

National Series Coordinator