



# WCCTC Tri News

## Race Preparation

part 2

### Over-training

Over-training is often the leading component for injury. Over-training is the result of changes in your training regime that your body cannot adapt to and can result in excessive fatigue and injury. Symptoms of over-training include: increased irritability, trouble sleeping, unusually poor concentration, constant fatigue (whole body and local muscle fatigue), inability of the body to recover from training runs or races, poor training or racing performances and injury. If any of these symptoms are apparent please notify your coach immediately so I can recommend training changes. If an injury does occur make recovery assessments with your coach and stay in the game mentally. Do not let injuries prevent you mentally from completing the training and the triathlon. Injuries should only be looked at as a physical limitation.

Day 0 (Race Day):

Nutrition: The following recommendations are offered as pre-competition food intake: ingest 1-5 grams, per kilogram of body weight, of a solid, yet easily digestible high carbohydrate food, 2-3 hours prior to competition (e.g. bagel, banana, toast, pancake, with some peanut butter. Avoid cheeses meats and a lot of milk products since these are difficult to digest). 15-20 minutes prior to the race intake a ½ pack of CHO gel or approximately 200-300 ml or 6oz or ¾ cup of a CHO drink. This will top off those CHO reserves and help your overall performance. Hydrate well in the morning after waking up with water.

Wake-up Call: Races are in the morning, thus its is necessary to wake up 2-3 hours prior to the start of your race. This will ensure that you have plenty of time for breakfast, organizing your travel if that appropriate and getting to the race site and starting line on time. Know how to get to the stating line and estimate how long it will take you to get there. Be sure all you race gear and food are packed in a large duffel bag since that bag will travel with you into the transition area of the race.

Get to the starting line at least 45 minutes – 1 hour prior to the race starting. Often times it is necessary to park several blocks or up to a ½ mile from the starting line and walk, so leaving from the hotel up to an hour and half is not unusual. Take care of any restroom needs prior to getting to the starting line. If a restroom stop is necessary prior to racing get to the starting line 30 minutes to an hour prior to racing and immediately get in line. *There will always be a line.*

Think positive throughout the morning. It OK to get nervous and anxious but it should be channeled into positive self-talk. Do not allow any negative thoughts to hinder your chance for a good performance. With all the training you have participated in you are more than ready for this triathlon. If you find that you're overly anxious, feeling almost nauseous, distract your thinking to anything but the race itself. Direct your thinking to anything that relaxes and comforts you and try to picture that in your mind. This is a fun day, one you will always remember so do not let nerves be a roadblock.

The Starting Area: The starting area is usually chaotic and crowded. The first order of business is to check in, get your transition area set up, and get body marked There are designated personnel performing this function. Numbers will be placed with removable ink markers, on your legs and arms. There are designated personnel performing this race function as well. The starting or transition area is often the area for transitioning to each of the disciplines.

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Within the transition area the first order of business is to find your designated bike rack or any that is available. Typically the racks area either numbered based on race numbers or alphabetized based on last names. Once you have found your designated rack or rack area, pick the spot to place you bike. IF you have a choice choose a spot that is preferably close to the exit, giving yourself room to place your transition gear and near the end of the rack closest to an aisle. Once you have racked the bike place some type of easily identifiable maker (bright colored handkerchief) on the rack itself so when you are in the transition area you can easily find your spot. In addition, be sure that the bike is in an easy or low numbered gear. Thus when you transition on to the bike the peddling is easy and comfortable.

Hook the saddle or seat on the rack. Once the bike is secured lay down your towel next to the bike. Place your cycling helmet, glasses (if needed), and cycling shoes near the rear tire in such a way that is easy to grab and put on. Near the middle of the bike, place your running shoes in such away as to make them easy to get on. Note: often times if you are going to wear a cycling shorts or a running singlet during the race it is preferable to wear them under your wet suit during the swim so the changing time is not a factor in the transition area. If the race does not allow wet suits then these items would be placed in the transition area if you desire to wear then during the race. If you are comfortable in doing so, it is preferable to ride the bike and run in your swimsuit. This cuts down on the amount of time you spend in the transition area changing cloths.

Additionally, ensure that you have a spare tube, tire irons and pump with you during the bike portion of the triathlon just in case of a flat tie. There is no sag wagon pick-up or if the race director provides such an amenity it usually will not arrive for up to an hour to the area of your flat. The tube and tire irons can be placed in your bike satchel that secures underneath your seat. The bike pump will secure under the top tube in the usual place. Lastly, place your wet suit, swim cap and goggles on top of the biking gear.

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## Common Injuries Pat 2 of 4

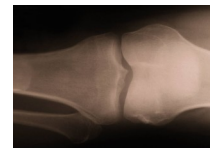
**Low Back** - Pain or numbness associated along the side, middle or inside portion of the lower back and down the back portion of the leg. Caused by long term static positioning that can occur while riding, a sudden impact, twist, jump, cut etc. or repetitive motion and/or incorrect lifting technique. Treatment – RICE. It is critical that RICE procedures be followed immediately after injury. Icing should continue 2-3 times a day 10 – 15 minutes for 2-3 days. A physician is usually required for a more thorough examination to assess if tendons, ligaments, muscles and/or bone structures have been affected. In addition, it is necessary to take extreme caution on exercise such as squats, military press, bench press, and lat pullover. Forced flexion of the spine, as in crunches, may also aggravate the injury. Any exercises that are considered should be ones in which the pelvis is stabilized.

Typical injuries include a tendon, or ligament tear, muscle pull, bulging or ruptured disc, and pinched nerves due to a muscle spasm and or bulging disc. If the injury is chronic and you continue to train reduce the intensity and volume of your routine, while continuing ice therapy. In addition, a low back support may be required until strength in the area is regained and a solid stretching routine is required.

**Muscular Strains** - Pain and weakness associated along belly of the muscle. Swelling may also be associated with the injury if it is sudden or acute. Caused by a violent force applied to the muscle, muscle imbalance (quadriceps inordinately stronger than hamstrings) or an overuse of the muscle and/or use of a muscle that has not properly healed. Treatment – RICE. It is critical that RICE procedures be followed immediately after injury. Icing should continue 3-5 times a day 10 – 15 minutes for 3-5 days. A physician is usually required for more sever tears so a more thorough examination to assess if tendons, ligaments, muscles and/or bone structures have been affected.

Continue training only if the pain is not present during the training session and cease at the onset of pain. In addition, if training is continued the training regimes should be reduced in both intensity and volume while the injury is healing. Typical injuries include a hamstring and rotator cuff tears or pulls. To prevent and aid in the healing process, a regular stretching and strengthening regime is necessary. Start slowly on a stretching and strengthening routine after an injury only when the swelling, pain and other symptoms have subsided.

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This will ensure that you can put the swim gear on easily just prior to the start of the race. Once you are transition area spot is secured, you may want to find a restroom, or complete a short 15 minute warm-up and stretch (running is preferable).

*30 Minutes Prior:* If it is cold try to keep moving as much as possible prior to the race so you do not tighten up. This can include walking in and around the transition area if necessary. Find the start and exit of the swim portion of the triathlon. Listen for wave announcements

In most races the race organizers will stage you at the swim starting line by your age, these stages are designated as "waves". The waves are usually set in increments of 5 years, will start 3-15 minutes a part, will alternate between male and female wave starts and begin with the younger waves and progresses to the older competitors. Depending on the race size the waves may vary in age increments, starting times between waves and whether the wave starts will alternated between female and male. Thus it is important to know what the format is the night before the race and definitely at least 30 minutes prior to the race. Staged areas may also be roped off.

*15 Minutes Prior:* Listen for the race director's announcements prior to the race starting. These announcements will include how long to the start of the race and may also include any special directions such as obstacles to avoid at the start of the race, finish line instructions, what course officials are wearing, etc.

Be in the transition area at this time replacing your warm-up gear with your swim gear. All your warm-up gear can be placed back in your duffel bag you brought to the starting line. The first thing you want to put on is Glide if wearing a wet suit. Place it around your armpits and around your neck, where the wet suit will rub. Also place it on your heels so the wet suit will slip off easier when transitioning to the bike. **It is important that when you finish getting your wet suit on to wipe your hands off the Glide before handling your goggles.** If you do not clean your hands of the Glide then handle your goggles the goggles will be coated with the Glide and impossible to see out of for the swim and sometimes even difficult to clean.

Additionally, it is safer to place the swim goggles on your head before you put a swim cap on. The cap over the goggles will secure the goggles to your head so it will be difficult for them to come off during a dive into the water or because of a hit to the head from another competitor during the swim.

*10 Minutes Prior:* Be in the area of the swim start. Re-familiarize yourself with the direction of the swim course. The race starter will make announcements to that effect but if he/she does not and you are unsure of the swim course ask another competitor. The course is typically marked with large anchored orange buoys floating on top of the water. The course will navigate either clockwise or counter clockwise in some type of geometric design (square, triangle, hexagon, etc). When the wave that is to start in front of your wave begins the race, get into the water to acclimatize yourself, especially if the water is cold, making sure your goggles are sealed and your wet suit

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## Common Injuries Pat 2 of 3 continued

IT Band Syndrome - the IT band is a long ligament that runs from the outside upper portion of the hip to the outside portion of the knee. Most common injuries that occur from the irritation of this ligament occur at the outside portion of the knee. This area of the knee will have a dull steady ache during running and/or biking but may discontinue when training ceases. This ligament can get irritated like any ligament due to over use, weak structural area around the thighs, inflexibility or a sudden fast ballistic movement. Specifically, over-pronation, worn out running shoes, running down hill or running on slanted surfaces and/or having your seat post too high are possible contributors to IT band syndrome. Treatment involves the RICE principles and regular stretching. Treatment may also involve lowering your seat post, getting fitted for running orthotics if your injury is chronic, a solid stretching routine, changing the surface you run on, and/or purchasing new running shoes.



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and cap feel comfortable. You do not want to start the race without having swum a few yards (100-150) and knowing how the water feels. If the race starts from a treading water position complete your short swim warm-up and find your spot at the starting line to tread water, keeping warm and afloat until the race begins. If the race starts from the shore, complete your short warm-up, tread water just briefly to relax and then exit the water to the starting area. You can also warm-up in between any other wave starts if you require a longer warm-up. The warm-up should consist of short 25-yard freestyle swims out and back from the starting area concentrating on good form, and staying relaxed. This time can be one of the most exciting and nervous times during this entire triathlon experience. Thus it is important to remain relaxed. A nervous swimmer means a tense swimmer and a tense swimmer means a very uncomfortable swim and a poor performance.

Even if the water is cold be sure to get a warm-up. Not only will this prepare you for the swim portion of the race but it will acclimatize you to the cold water which can be extremely un-nerving when your first get into the water. A feeling you do not want to have at the start of the race since many times cold water can leave you with a shortness of breath which will only add to that anxiety. In addition being short of breath will limit the necessary oxygen needed for working muscles.

Since the start of a triathlon is generally chaotic, it is important to position yourself according to your swim ability. Most elite swimmers will position themselves at the front of the field and nearest the line of buoys (the shortest distance between two points is a straight line). For novice swimmer it is recommended you remain near the back of the field and to the outside of the buoys. Since the field is going to be converging on the first buoy by being on the outside and in the back of the field you do not have to worry about getting kicked and hit by all the faster swimmers. For example if the first buoy you make a turn at or the line of buoys is on your right then line up near the back and on the left hand side of the field.

Listen for the final calls to the starting time and be at your starting point so you'll be ready when the race starts. From this point to the start of the race relax and go through your race strategies again.

Again, the **start is usually very chaotic. It is not unusual to be hit on the head, swam up the back, bumped into from the side, etc during the first 100-200 yards of a race.** Being on the edge will allow you to avoid a lot of this chaos and will allow you to pass other triathletes or help avoid any mishaps. It can be a scary feeling being caught-up in the middle of a mass of swimmers in the middle of open water getting pounded on all sides. **DO NOT LET IT HAPPEN TO YOU!!!!!!!!!!**

*Race Start:* A race official will be indicating a count down to the race start and a horn or gun or cannon or what ever is being used to signify the start of the race will sound. If you want to time your race start your watch when your wave begins. This will ensure a more accurate finish time since the official time that appears at the finish line is the time from the start of the first wave. The race start will either begin on the shores of the water or as you tread water. If they start on the shore enter the water at a speed you feel comfortable, running or walking. Of course if you start from a treading water position simply begin swimming when the race begins.

Once the race starts do not panic or get overly anxious "GO WITH THE FLOW". Try not to waste a lot of physical energy fighting the crowd of triathletes. That energy can best be served to help you perform better. Also do not waste a lot of mental effort in dealing with the crowd of triathletes. Enjoy the excitement and the competitors you are around. You'll soon be in an open area to "spread your wings" and swim comfortably.



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### 3.) Pull Throughs

This one is the hardest drill from a coordination point of view, if you can master this one you can feel pretty happy with yourself. What we are aiming to achieve with this drill is to develop the timing and power to get your leg in position to power yourself through your stride, hence increasing your stride length.

Going from a walk in a nice upright position extend your leg out in front of you like a hurdler and then bring your leg down and through to contact the ground in a powerful fashion directly under your centre of gravity. As your foot contacts the ground, drive up on your toes and swing your other leg forward and repeat. Do about 12 to 15 steps on each leg like this. Do a bit of a jog after each repetition concentrating on your form.

#### *Technique Tip:*

This is a tricky one and it can be hard to visualize what you are meant to do. If in doubt find someone who knows his or her running drills to help you out. The key is to get a nice snap when bringing your leg back into position. I find it also helps to concentrate on my arm swing and imagine I am marching - go figure.

## Injury Matrix

	<b>Plantar Faciatis</b>	<b>Shin Splints</b>	<b>Achilles Tendonitis</b>	<b>Hamstring Strain</b>	<b>IT Band</b>	<b>Low Back Strain</b>
<b>Injury Recognition</b>	Pain Stiffness Function reduced	Pain Function reduced	Pain Stiffness Function reduced	Pain Stiffness Function reduced	Pain Stiffness Function reduced	Pain Stiffness Function reduced
<b>Injury Assessment</b>	Sharp Superficial Chronic Bottom of Foot at Heal Near arch	Mod Sharp Superficial or Deep Chronic Front/Inner lower leg	Dull or sharp Superficial Chronic/ Acute Pop Pre -Exist Back of Lower leg; At Calf or ankle insertion	Dull Pain; Deep Acute Pre -Exist Back of up leg	Sharp Pain Superficial Chronic Pre -Exist Outer portion of knee	Dull Pain Tingling Deep Chronic/ Acute Pre -Exist Back of tingling at glutes, sacrum or leg/toes
<b>Injury Prevention</b>	Good Shoes, Progress Slow	Stretch Calves, Progress Slow	Stretch Calves	Stretch, Strengthen	Stretch	Good shoes, Strengthen Abs
<b>Injury Care</b>	RICE, Softball, Boot	RICE, Insoles, Wrap	RICE, Heal lift	RICE, Wrap	RICE, Message	RICE, Limit Lifting
<b>R - Rest</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>I - Ice</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>C - Compression</b>	No	Yes	No	Yes	No	No
<b>E - Elevation</b>	Off feet	Off Feet	Yes	Yes	Off feet	Off feet