



INFORMATION & TRAINING GUIDE FOR YOUR PLAN

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WELCOME TO RISE ENDURANCE!

In the following pages, you'll find an in-depth reference for your training plan.

Please do not hesitate to contact me with questions you might have about your training plan and don't forget to connect with us on social media.

The purchase of your training plan includes:

- E-mail support is available to answer your questions regarding the plan
- This Athlete Guide
- A Zone Chart explaining effort/zones/intensity levels for reference with the workouts (included in this guide and also attached to the training plan's welcome note)
- Informational newsletter
- Access to Club Rise Endurance, our member-only resources area (see access information below)

If you supplied your email address while purchasing your plan, you will automatically receive a welcome email. If you didn't, please contact us to subscribe.

Athlete Resources

Register here for Member Resources: [http://
riseendurance.com/membership-join/membership-
registration/](http://riseendurance.com/membership-join/membership-registration/)

Club Rise Endurance Member Dashboard: [http://
riseendurance.com/member-resources/](http://riseendurance.com/member-resources/)

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<http://riseendurance.com>

Rise Endurance on Social Media:

Don't forget to follow us!

Strava: <https://www.strava.com/clubs/316285>

YouTube: <https://www.youtube.com/channel/UC26A7Nii0q4aS-UqRrRgQww>

Facebook: <https://www.facebook.com/RiseEndurance>

Instagram: <https://www.instagram.com/RiseEndurance>

X (Twitter): <https://x.com/RiseEndurance>

LinkedIn Company Page: <https://www.linkedin.com/company/rise-endurance>

Joan Scrivanich on Social Media:

Feel free to add me!

Facebook: <https://www.facebook.com/JoanScriv>

Instagram: <https://www.instagram.com/joanscriv/>

LinkedIn: <https://www.linkedin.com/in/riseendurance>

X (Twitter): <https://x.com/joanscriv>

Goodreads: https://www.goodreads.com/author/show/14590332.Joan_Scrivanich



1.

WORKOUTS & TRAINING TERMS

You will be prescribed a variety of workouts based on your season and races. Keep in mind that while you may have some challenging workouts, you should not be finishing every single workout feeling completely flogged.

Follow the workouts as they're written. They are in a particular order for a reason - so that we can work on certain physiological aspects of your training. Changing the order or intensity of workouts will change what the workout was meant to do and the results we're looking for.

Running and riding outdoors will help with running form and bike handling, so get outside as often as you can. Many of the workouts you're given can be done either outdoors or indoors on trainers & treadmills. So if time or weather prevents you from getting outside, you can use the same

workout inside. The exception to this are track sessions that have short, fast intervals. It is preferred that these running workouts are done on either an indoor or outdoor track because it would be difficult to carry them out properly on a treadmill.

Rest and Recovery

Rest and recovery are just as important as the intervals and hard work. Recovery days, both days off and active recovery days, are meant to be light and easy so that your body can recuperate from the previous days of training or racing.

Rest intervals during a workout should be taken in full as they are written and not shortened. Without the proper recovery period, you will not be able to complete the subsequent intervals at the intended intensity or speed.

Examples of Recovery Periods:

Track Workouts/Speed Session/Race Specific Runs
and Swim workouts:

Recoveries during these workouts should be just waiting for the next set to begin. In the pool, you'll be waiting at the wall for your next interval. During a track session, you can either wait at the start or do some easy walking. Do not sit and do not run or jog. Take this time to catch your breath and rehydrate.

Running or Cycling Base Training and Hill Workouts:

These workouts are at a lower intensity than speed sessions. The recoveries during these workouts are done at an easy pace without stopping between sets. The entire workout is done continuously without stopping.

Double Workouts

Days with double workouts (2 workouts in one day) are not designed to be done one immediately followed by another like a brick workout. If there are two workouts scheduled on one day, they can be done at any time, but ideally should be separated by a few hours. Many athletes find it convenient to do one in the morning and one later in the day or at the end of the day. The key is to give yourself time to recover between the two workouts.

The only time two workouts should be done back-to-back are when it's specified that it is a brick workout or an off the bike run. In those cases, there is minimal time between workouts (less than 5 minutes).

Strength sessions, on the other hand, can be done right after another workout and can serve as a warm-up prior to strength training as long as you are not so tired that it affects your form.

The first workout listed on any particular day is the primary or key workout. So if you have time for only one workout that day, do the first one listed.

General Terms

W/U or WU: Warm-up

M/S or MS: Main set

C/D or CD: Cool Down

m: meters

yds: yards

Easy or EZ: Easy pace

Mod or Moderate: Moderate effort

Fast or Hard: Hard effort

Race Pace or Race Effort: The pace you can sustain during your goal race.

Build: Starting off the interval slowly, increasing the speed steadily, finishing at race pace effort.

Form: Easy to moderate effort where your focus is correct form, NOT effort.

Drill: Drill or exercise (your choice if not specified) that focuses on and improves technique.

Brick: Most commonly a run right after a bike workout, but can be any one sport followed immediately by another (e.g. swim followed by a bike).

Pick-Ups: Progressively pick up your speed, ranges in duration from 1 to 5 minutes. Recovery between each is at your discretion.

Negative Split: second half of the interval is faster than the first half.

Work:Rest or W:R: Work to rest ratio. e.g. if work:rest is 2:1 for a 4 min run, then the rest should be 2 min

Workout Structure & Examples

300: In a swim workout, when nothing is specified freestyle swimming is meant (In this case a distance of 300 yards).

5x100 (:20) or r:20: 5 times a 100 yard interval with 20 seconds of rest & recovery (no swimming) after each 100 interval.

8x100 DESC: Each 100 yd is faster than the previous one.

8x50 DESC 2-2-2-2: Descend by 2 intervals, rather than each one.

6x50 Free/Back: 6 repetitions of 50 yards completed as 25 freestyle 25 back stroke.

5 x 3min @ lower zone 4 with 1:30min easy recovery: 5 times a 3 min run at low zone 4 intensity with 1:30 min easy recovery jog after each 3 min interval.

4 x 800m @ lower Z5 with 2min recovery: 800 meters around the track 4 times at zone 5 intensity with 2 min rest after each 800 meter interval.

Rest may be easy walking or standing and shaking out your legs waiting for the next set.

Running

Tracks: Generally, indoor tracks are 200 m and outdoor tracks are 400 m

1600m = 1 mile

800m = 1/2 mile

1 mile = 4 laps around an outdoor track or 4 x 400m

Drills:

Running drill can be performed for 50-100 m. Recovery between each is at your discretion. If drills are new to you and 50m feels too tiring, you can shorten the length.

Strides: A short, relaxed acceleration that can be 50-100 m or up to 30 seconds at 85-95% of your maximum speed. The focus is on running with perfect and relaxed form with a quick turnover. It also teaches your legs how to go fast. While you're running strides, you should not feel out of breath, but you will be puffing a bit after you finish.

Each stride should start gradually with a few steps and build to a faster run, then end gradually.

You should have a full recovery after each stride. Start the next one when you feel you're completely recovered, your heart rate has lowered, and you're not out of breath.

A couple of cues to think of while doing strides: "fast feet", "quick turnover"

Metronome or Cadence Drill: This drill is best done during your warm-up and cool-down. It is performed with a metronome set to 180 bpm, synching ground impacts of each foot with the metronome cadence. Many athletes find it

easiest to download a metronome app onto their phone and run with that during this drill.

Cadence: Ideal cadence (or stride rate) while running is about 90 (the number of times either the right or left foot strikes the ground per minute). This leads to better running economy. Change in cadence is a gradual process and the focus should be on increasing the rate with smaller steps, not running faster.

Swimming

Yards are used in the workout descriptions, but if your pool is meters, you can substitute "meters" in the text.

Free: Freestyle

Back: Backstroke

Breast: Breaststroke

Fly: Butterfly stroke

Choice: Choice of stroke, whatever you like

Distance per stroke (DPS): Maximizing the amount of distance you travel in a single stroke, (requires patience and a slower cadence in the water). Count the number of strokes per 25 yds.

Pull: Swim with a pull buoy held between the legs in order to improve force production with the arms and core. When using a pull buoy, there is no kicking at all done. Focus should be on the stroke with the feet kept still and relaxed

Kick: Kicking without using the arms for swimming, either with or without a kick board.

Fins: short swimming fins

Base: A training pace which is steady and aerobic in intensity (can hold for an Ironman)

Base +5: Base pace plus a time in seconds, 5 seconds in this example

Base -5: Base pace minus a time in seconds, 5 seconds in this example

Descend or DESC: Descend the intervals, meaning each interval should be faster than the one before it

Fastest Send-Off Possible or FSOP: meaning the fastest time interval possible for a set

B-3,4,5: Breathe every 3rd stroke, then every 4th, then every 5th

Cycling

Trainer: indoor trainer or turbo trainer. A piece of equipment that hooks onto the back wheel so that you can ride your bike indoors

ILT: Isolated Leg Training. A bike drill that should only be done while riding on a trainer. One leg is clipped in and pushing the pedal while the other is completely unclipped and resting on the trainer or stool.

Power: Wattage (measured by a power meter) that is generated when cycling

Cadence: the number of full pedal strokes taken in a minute.

When cycling, you should be aiming for a cadence of around 90rpm when you're on the flats. This will help improve both your cycling and your running. By cycling with a cadence of 90, there will be some carry over to your running cadence, which is a good thing.

By staying in the small ring and keeping a cadence of 90rpm, you will be using more of your cardiovascular system rather than pushing through muscularly. This is ideal because we can go longer aerobically whereas if we relied more on our muscular system we would tire out sooner.

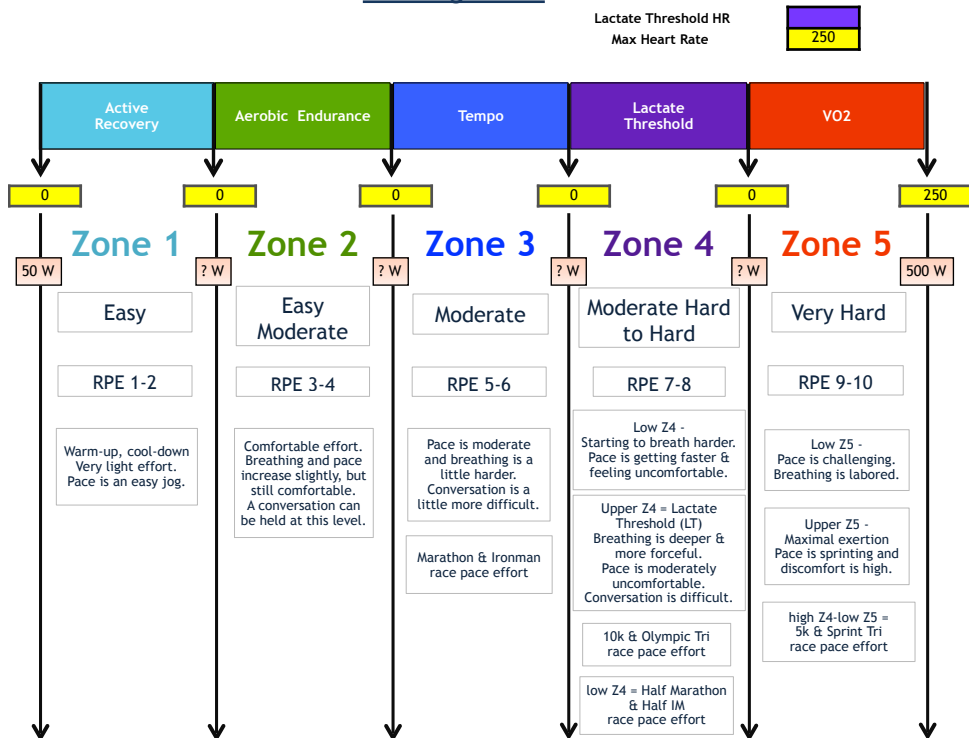
Stay in the small ring unless otherwise noted in your workouts. Any cycling strength workouts will specify big ring or hills as well as a lower cadence. These workouts will help build strength on the bike.

2.

TRAINING INTENSITY & DATA

Below are the zone breakdowns and descriptions that I use in all workouts.

Training Zones



Each zone is described by perceived effort, percent race pace effort, and RPE (rating of perceived exertion). Heart rate and power can are not included since it requires additional data to calculate from tests and workouts,

It's important for you to have a good understanding of these training zones and your effort levels so that you don't push too hard or go too easy in order to get the right results from the workouts. Performing a workout outside of the zone prescribed will change the goal of the workout, so do your best to understand and stay within the zones of the workouts.

For every workout, you should be thinking about what the intensity feels like. Intensity takes everything into account; your breathing, your muscles, your legs, your lungs, and your heart.

Your heart rate will be affected by lack of rest, stress, heat and humidity, fatigue, food and drink. This is why it's important to be able to use not only heart rate, but also all other available data, including RPE.

While heart rate, power, and GPS are valuable tools and excellent for gauging intensity and fitness level, nothing can replace the understanding and subjective measure of effort level and rating of perceived exertion (RPE). Being able to judge pace and intensity without looking at a device is more important than being able to use a high tech watch. Anything can happen on race day and a malfunction or loss of a device is not unheard of. When something like this happens, you want the peace of mind that you know how to race without relying solely on your device.

As an athlete, you want to be in tune with your body and the effort levels you go through while training and racing. This comes with experience and may take some time to develop if you are a new athlete. Combining the subjective measures of effort level and RPE along with heart rate and power, can take you very far as an athlete.

Racing with a Device

An important aspect of racing is to be able to race without relying on what your watch is telling you. Instead, you should use your watch as a tool and for reference while racing.

While racing, it's best to race according to feel or RPE and not race by heart rate. When racing with your device, all you have to do is start and stop it and the data can be analyzed afterward. Taking laps each mile and during each leg of the race is also helpful for post-race analysis.

3.

WARM-UP AND COOL-DOWN

Warm-Up

Performing a warm-up prepares your body for higher intensity exercise. It increases your heart rate, increases your core body temperature, increases breathing rate, and loosens up your muscles and joints. It also helps you mentally prepare for what you're about to do.

In addition, performing your usual warm-up before races brings down anxiety levels. You become more calm by performing your usual routine and feel at ease when you do the things you normally do on a daily basis. Performing a warm-up before training sessions helps you mentally prepare for your workout and helps you make that mental switch from co-worker, boss, or parent to athlete.

Warming up has evolved over the years. What used to be an easy jog followed by static stretching is now a bit of jogging followed by dynamic movements and then perhaps some strides. The static stretching that used to be done before the workout is now saved for after the workout.

Warm-ups don't always have to be the same; they vary depending on your training session or goal of the race. Generally, you want it to last anywhere from 5 to 30 minutes. The length of your warm-up will depend on the type of workout you have planned. If you feel you need a longer warm-up than what is suggested, then please extend your warm-up. You can usually shorten the cool-down when needed.

Sometimes, it may be enough just to start out with an easy pace as part of your run. But if you're planning a fast track session or are planning on racing your fastest in a race, then a full warm-up is needed.

A note about static stretching: Save it for after your workouts. Studies have shown that static stretching, or long held stretches, actually reduces the force your muscles can produce. And that's not something you want during a workout or important race.

During a good dynamic warm-up (also known as dynamic stretching), you actively stretch out your muscles and your joints go through a full range of motion. And that's exactly what you want before your workouts.

Dynamic warm-ups can vary, but the basic concept is the same. Here's an example of a short dynamic warm-up you can start including in your routine:

<https://youtu.be/DMqrFHJZ9DA>

Cool-Down

Walking or an easy jog after a workout gradually brings your body back to normal levels.

A cool-down is usually an easy jog at Z1, but can also be walking. It depends on how you feel. Do not do stairs or other strenuous activity for a cool-down.

A cool-down can be thought of as the reverse of a warm-up. Where a warm-up gradually increases blood pressure, body temperature, heart rate, and breathing rate, a cool-down will bring down your blood pressure, body temperature, heart rate, and breathing rate.

Cooling down also prevents blood from pooling in your legs. After exercising, blood will collect in the working extremities because your muscles are no longer contracting and pushing the blood in your veins back up to your heart. This can result in dizziness or fainting in some people.

After a hard effort, don't just stop and sit down. Keep moving so that the physiological changes your body has gone through will gradually return to normal levels.

After your cool-down is a good time to include static stretching in your routine. Stretching after a workout not only feels good, but is great for stretching out tight areas, such as

the hip flexors. Stretching can be done once you feel your heart rate and breathing have slowed.

Including stretching into your workout routine benefits you by:

- Improving imbalances in the body
- Giving you a greater range of motion (which will lead to less joint pain and stiffness)
- Improving posture (which will make you look and feel better)
- Enhancing recovery from training

You'll have to experiment with how much stretching you need. Some athletes feel best with 15-20 minutes of stretching after each workout, others feel good with just a few minutes. I suggest including at least a bit of stretching into your routine to counteract the tightness from a day's work as well as the repetitive movements of swimming, cycling, and running.

4.

FORM IMPROVEMENT

Having good form is more than just looking good in those race photos. Improving your form and technique are as important as the workouts you do because it's a way of moving more efficiently at your sport.

By moving more efficiently, you will:

- Become less injury prone
- Run and swim faster
- Reduce the stresses on your joints

Working on form and technique is something that should be worked on continuously. This can be done by incorporating drills and strengthening exercises into your routine, and getting a video analysis.

Drills should be performed a minimum of once or twice a week but can be done before every workout as part of your warm-up.

If you're interested in getting a video analysis, you can learn more about it here: <https://riseendurance.com/video-analysis/>

5.

TREADMILL RUNNING & THE TRACK

Treadmill

Most running workouts prescribed by your coach can be done as written on a treadmill. The exception are track or speed workouts. Since they required quickly getting up to speed and stopping, they are more difficult to do correctly on a treadmill and may result in injury.

Base runs and strength/hill runs can be done on a treadmill without any changes. If you have a speed/track workout planned and need to run on a treadmill, please contact your coach for guidance.

If you need to perform a workout on a treadmill, I recommend you start running on the treadmill at a lower speed and progressively increase the pace until the prescribed level

before you start any intervals. I do not advise jumping onto a treadmill while it is operating at high speed.

Tips for treadmill running:

- Set the incline to 1% - 1.5% to equal running on even ground.
- Focus on your running form; be conscious of having a forward lean coming from your ankles.

Track

Track or speed sessions are generally very high intensity and should be run on a track. If you don't have access to a track, the workouts can also be done on a flat, smooth trail.

During the recoveries, it's best to stand, shake out your legs, and wait out your recovery time in order to be able to recover enough so that you can run the next interval at the required intensity. Easy walking is also ok during a recovery period. Many times, easy running during a recovery of a traditional track session will be too much and you won't get the full benefit of the intended workout.

Stay close to the start line if you're running on a track so that you're ready to go after your rest interval. Make sure you use the full rest period indicated. Do not sit down during the rest periods.

6.

STRENGTH TRAINING

Regardless of the distance you race, strength and corrective exercises will help you become a better, more efficient athlete. Including strength in your training now will save time in the future by rewarding you with better form and less injuries.

It's important to incorporate exercises that work areas where you are weak in order to prevent injury, keep the body balanced, and become a faster athlete. Strengthening the core, shoulder girdle, and glutes (in particular the glute medius & minimus) are particularly important. [Corrective exercises](#) can be included in your usual strength training sessions two to three times per week.

Working the core muscles (the abdominals, pelvis, back, glutes & hips) are important for endurance athletes because the core plays a big role in good running & swimming form. Becoming a faster athlete requires attention to good form so that you are more efficient and use less energy at faster speeds. If you compete at longer distances, your form will

break down as fatigue sets in. This is why strengthening these areas and having good form play an important role in your training.

The shoulder girdle is responsible for scapular stabilizing, which helps in swimming. These muscles can be strengthened with exercises such as the [YTWL](#), [Scapular Push Ups](#), Shoulder Shrugs, Shoulder External & Internal Rotations, Lat Pull Downs, etc.

[Glute & hip strength](#) plays a vital role in injury prevention. Weaknesses in this area have been associated with injuries in the knees, shins, and ankles. And as mentioned above, these muscles also help with correct form.

Everyone is individual, so don't compare yourself to others with what they do and what they lift.

7.

NUTRITION

Daily nutrition and sports nutrition are important aspects of your sports performance and health.

To begin taking steps toward better health and athletic performance, it's important to understand that both the exercise you do and your daily nutrition impact your metabolic efficiency, which is how well your body burns fat both at rest and during exercise. This, along with the quality of the food you eat and the ingredients used, directly impacts your overall health and longevity.

Metabolic Inefficiency leads to:

- Poor utilization of fat
- A roller coaster of blood glucose levels
- Cravings
- An increased need for supplemental carbohydrates
- Higher risk of GI distress
- Increased body weight and fat
- Increased risk of disease, such as diabetes, inflammation, cardiovascular disease, cancer, and obesity

Being metabolically efficient, on the other hand, leads to:

- Better blood sugar regulation
- Less cravings
- No GI distress
- Weight loss and fat loss
- Steady energy
- Improved mood
- Lower calorie needs
- Improved sleep
- Lower risk of disease and better long term health

The first steps toward better health and sports performance is consuming the correct amount of protein, reducing processed foods, and less artificial ingredients.

If you'd like to learn more about Nutrition Coaching, visit <https://riseendurance.com/nutrition-coaching/>

8.

INJURY & SORENESS

Injuries can sometimes happen, but our goal is to reduce the chance of that ever happening. If you feel an injury coming on (any aches or pains that are not normal soreness from hard workouts), please talk to me immediately. I take the conservative approach for your health and sporting life. I would rather you take it easy or take a day off, than push through a developing injury that can get worse later on. When in doubt, get advice from a medical professional.

In many cases, a simple adjustment to your training, such as focusing on recovery techniques, reducing mileage, or reducing pounding, can help speed up healing and get you on your way.

When coming back from an injury, you'll sometimes need to hold back. If you push it before you're healed, you'll miss out on even more later on.

A Note About Using Medication for Pain:

NSAIDs (nonsteroidal anti-inflammatory drugs such as Aspirin, Motrin, Advil, etc.) are not safe to take before or during racing or training in any amount. They put too much strain on the kidneys and increase blood pressure (and exercise is already increasing your blood pressure normally).

This is not something you want to add on top of the stress and changes in physiology your body goes through while training and racing.

If you absolutely must take something, Tylenol (acetaminophen) is safer.

If you're trying to avoid the normal pain of exertion while racing, my suggestion is to learn to embrace it. Training & racing are tough and our overcoming it and training smart make us better athletes and stronger people.

If you have pain due to injury, then take care of it, don't cover it up. We shouldn't be trying to hide pain, it's there for a reason. It's our body's way of telling us something is wrong.

9.

USING TRAININGPEAKS

Structured workouts are available for your convenience. When following structured workouts, the laps on your watch will be taken automatically.

You have the choice of following the structured workout on your watch or just doing the workout and taking manual laps on your watch. Athletes who do not export the structured workout to their watch sometimes find it easier to write down the workout and take it with them.

If you follow the structured workouts, be sure you completely read the written workout since the structured part doesn't give 100% detail. It's only meant as a reminder of what should be done.

After completing a workout, you can sync your watch so that the “completed” column of the workout automatically fills in

what you've done. If you did not have your watch or other device, then you can manually type in the time, distance, etc. that you did in the "completed" column of that workout.

Links to the Most Common Questions on Using TrainingPeaks:

How to apply/unapply a training plan: <https://help.trainingpeaks.com/hc/en-us/articles/204071974-How-do-I-apply-unapply-my-plan>

Autosync workout data to your TrainingPeaks calendar: <https://help.trainingpeaks.com/hc/en-us/articles/204070114-What-Devices-are-Compatible-with-TrainingPeaks->

Adding an Event (or race) to your calendar: <https://help.trainingpeaks.com/hc/en-us/articles/205076770-Events>

Enter weight, sleep, etc: <https://help.trainingpeaks.com/hc/en-us/articles/204072364-TrainingPeaks-Metrics-How-to-enter-Weight-HRV-Sleep-etc>

Exporting structured workouts: <https://help.trainingpeaks.com/hc/en-us/articles/115000325647>

Enable daily emails of planned workouts: <https://help.trainingpeaks.com/hc/en-us/articles/204073464-Enable-Daily-Emails-of-Planned-Workouts>

Manually upload workout data to TrainingPeaks:

<https://help.trainingpeaks.com/hc/en-us/articles/204072994-How-do-I-manually-Upload-a-workout-file-into-TrainingPeaks->

Syncing your workouts to an Outlook/iCal/Google calendar:

<https://help.trainingpeaks.com/hc/en-us/articles/204072184-Sync-your-calendar>

TrainingPeaks Athlete User Guide here: <https://>

help.trainingpeaks.com/hc/en-us/articles/231472468-TrainingPeaks-Athlete-User-Guide

10.

ABOUT INSIDE TRACKER

About InsideTracker

Embrace the data-driven approach to health + performance

Created by health and longevity experts from Harvard, Tufts, and MIT, InsideTracker provides a personal health analysis and data-driven wellness guide, designed to help you live healthier longer. By analyzing your body's biomarkers, InsideTracker provides a clear picture of your inner health along with a custom set of actionable recommendations for your nutrition, supplements, exercise, and lifestyle. Discover what's within you.

Adding InsideTracker to our wellness plan

1. Establish a baseline for your wellness

Get a comprehensive health analysis to eliminate guesswork and identify clear targets for what you need to work on to feel and perform your best.

2. Unlock science-backed guidance

Receive a personalized Action Plan with specific nutrition, supplement, exercise, and lifestyle recommendations to help optimize the biomarkers that will set us up to achieve your wellness goals.

3. Integrate InsideTracker's plan with ours

Combining InsideTracker's data-driven plan with ours is the best way to optimize your path to improved performance while also maintaining a long-term focus on living healthier longer.

4. Retest, recalibrate, and reassess

Routine retesting with InsideTracker provides us with an objective way to identify trends and inform our preparation for specific life or performance events, based on your most relevant available data.

How to get started today



1. Visit [InsideTracker.com](https://www.insidetracker.com) to learn more and select your plan



2. Apply my discount code at checkout to save 25%



3. Accept the prompt to share your results (optional)



4. Complete your InsideTracker account setup



5. Follow instructions to schedule your blood draw

11.

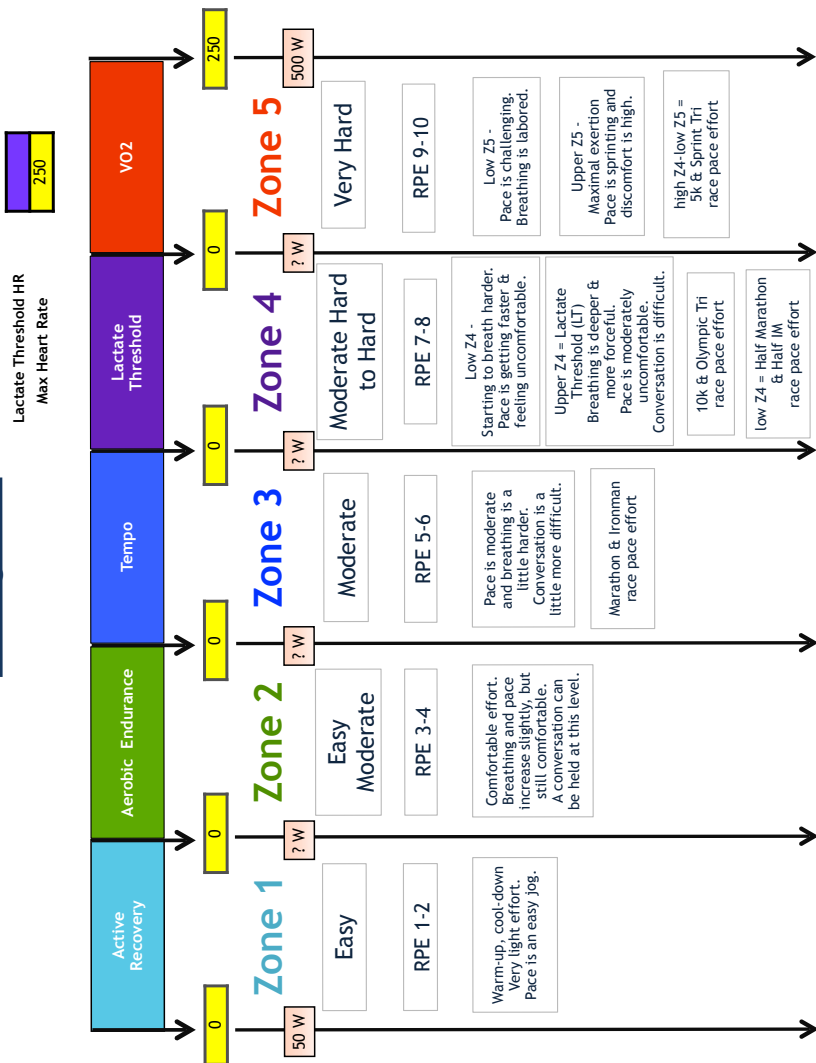
PARTNER DISCOUNTS

Our partners are generous enough to support us & offer us discounts, help support them, too. All of our partner discount codes and links can be found at <http://riseendurance.com/member-resources/member-discounts/>. These are the companies and products we like and want to share them with you. So be sure to check them out.

12.

TRAINING ZONES

Training Zones



13.

CHECKLISTS



Running Pre-Race Checklist

General/Pre-Race

USATF Member Card	Sports Watch	Backpack/Bag	First Aid Kit
ID	Race Belt	Sunscreen	Toilet Paper
Money	Race Number & Timing Chip	Anti-Chafing Product	Elastic Hair Band
Keys	Phone	Pre-Race Nutrition	

Run

Running Clothes (top, running shorts, sports bra)	Sunglasses	Socks
Running Shoes	Hydration Belt	
Hat/Visor	Race Nutrition & Electrolytes	

Post-Race

Post-Race Recovery Nutrition	Post-Race Clothes
Towel	Comfy Post-Race Shoes/Sandals



Triathlon Pre-Race Checklist

General/Pre-Race

USAT Member Card	Sports Watch	Sunscreen	First Aid Kit
ID	Race Belt	Anti-Chafing Product	Toilet Paper
Money	Race Number & Timing Chip	Pre-Race Nutrition	Elastic Hair Band
Keys	Towel/Transition Mat	Transition Bags (for IM races)	
Phone	Backpack/Transition Bag		

Swim

Bathing Suit/Tri Suit	Goggles (tinted & clear)	Spare Goggles
Wetsuit	Ear Plugs	
Cap	Neoprene Cap & Booties (for cold water races)	

Bike

Tri Suit/Cycling Clothes (jersey, bike shorts/tri shorts, sports bra)	Bike Shoes	Saddle Bag (tools, spare tubes, & CO2 w/ adapter)
Bike	Sunglasses (tinted & clear)	Race Nutrition & Electrolytes
Wheels	Bike Gloves	Water Bottles
Helmet	Socks	Bike Computer

Run

Running Clothes/Tri Suit (top, running shorts/tri shorts, sports bra)	Sunglasses	Socks
Running Shoes	Hydration Belt	
Hat/Visor	Race Nutrition & Electrolytes	

Post-Race

Post-Race Recovery Nutrition	Post-Race Clothes
Towel	Comfy Post-Race Shoes/Sandals

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