

IRONMAN 70.3 UK Preparation Day 3rd / 4th May 2014

IRONMAN 70.3 UK team and thetrilife.com are pleased to welcome you to our IRONMAN 70.3 UK Preparation Day. The objective of the day is to help you prepare mentally for this exciting challenge. We will be providing a swim session in Wimbleball lake (please note that you will not be swimming the whole of the race swim course), riding one lap of the bike course with you, running one lap of the run with you and walking you through race day and your transitions. In addition, you will hear from experienced coaches on how best to use your precious training time from now through to race day, how to race smart on the day, how to develop a successful nutrition strategy and finally you will have the opportunity to get all of your outstanding questions answered.

About your coaches

thetrilife.com is the leading coaching company in the UK, delivering swim, bike and run coaching via online training programs, training day camps, overseas camps and one-to-one sessions. Our highly qualified coaching team includes former elite IRONMAN Richard Jones and Beijing Olympic Coach Dan Salcedo. The team of 9 coaches provides coaching for athletes of all levels of fitness and ability from first time iron distance athletes through to seasoned professionals and elite performers. Your coaches on the day will be Richard Jones, Dan Salcedo and Mike Redshaw.

Where to go

Our base for the day is the race venue:
Wimbleball Lake Country Park, near Dulverton, Somerset, TA22 9NU

The day will start at 7.00am. Please be already changed into your swim kit underneath warm clothing so that you can make a quick change into your wetsuit and be ready to swim at 7.30am.

Preparation and what you will need to bring

So that you may have the best possible experience on the bike course:

- Please ensure that your bike is in good mechanical order, preferably recently serviced (this would be advisable in any case before race day). Suggested gear ratio for day would be 39x25 or 27 or compact.
- Please ensure that your bike has 2 bottle cages in place and you have bottles ready for the ride.
- Please carry your own pump, 2 inner tubes and tyre levers.
- Adequate clothing: Expect the worst and dress appropriately.
- Nutrition: The ride of one lap will take between 2 and 3 hours (we will not be riding at race pace but will be stopping to highlight areas of the course). Calculate how much nutrition you should be carrying with you. As a starting point, calculate your requirement based on 60g of carbohydrate per hour.

Kit List (in addition to above)

- Bike
- Helmet
- Cycling shoes
- Cycling mitts
- Cycling clothing appropriate for conditions – you may need leg and arm warmers, gilet and rain jacket
- Inner tubes, tyre levers and pump
- Sunglasses (we hope)
- Water bottles and bottle cages
- Ride nutrition – drinks, bars, gels, etc
- Swim kit, goggles, wetsuit (an absolute must). (An optional extra - for this training session you may also benefit from neoprene swimming socks and hat as the water will be colder in May than on race day). Warm clothing to put on after swim session while waiting for bike ride.
- Bin liner/ bag for transporting wet wetsuit
- Run shoes
- Run kit
- Personal medication
- Additional warm clothing for after the swim, run and bike sessions
- Notepad and pen

Timetable (Please note that precise timings are dependent upon the ride duration and may be adjusted on the day)

Time	Activity	Location	Comments for Athletes
07:00	Athletes to arrive at seminar room – registration by thetrilife.com coaching team. Introductions to team, IMUK staff and outline of day.	South West Lake Trust Conference Room	Please arrive in your swim kit under warm clothing
07:30	Swim part of swim course and develop skills	Wimbleball Lake	
9:00-9.30	1 lap of bike course	Start in Car Park nearest to South West Lake Trust Conference Room	28 miles
12:30	Lunch Break	Tea Rooms or on the grass if weather is nice!	There is a cafe on site but you can also bring a packed lunch if you prefer
13:30	thetrilife.com seminar on final preparations and race execution	South West Lake Trust Conference Room	Please be changed into your run kit with warm clothing on top so that we can begin run session directly after presentations
14:30	General IRONMAN UK 70.3 Q & A	South West Lake Trust Conference Room	
15:30	Walk through of transition areas and 1 lap of run course	Start in Car Park nearest to South West Lake Trust Conference Room	
16:45	Final stretch, comments and close		

Lunch

Packed lunch or Tea Rooms (cafe with sandwiches/snacks and hot and cold drinks).

Getting to the venue

Near Dulverton
 Map Ref: LR181 960300
 Sat Nav: TA22 9NU

From Tiverton take the A386 and follow brown signs from the Exeter Inn roundabout, this will lead to Bampton and then Wimbleball.

From Dunster take the A396 towards Dulverton. Follow brown signs to the lake from Machine Cross, and then the B3190 towards Bampton, the turning for Wimbleball is brown tourism signed from this road.

We look forward to seeing you on the day!