



The SBM Ironman Checklists & Worksheets

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| Sheet | Description | |
|--------------------|-------------------------|---|
| Athlete | Athlete Information | Enter your general info here |
| Travel | Travel Arrangements | Enter your hotel, flight, and car rental details/confirmation here |
| Training Nutrition | Worksheets for Training | Use this sheet to log your key workout training nutrition |
| Race Day Nutrition | Plan for Race Day | Use this sheet to plan your race day nutrition based on training variables. |
| Checklists | Complete Packing Lists | A checklist for packing, including all the Ironman bags |
| The Schedule | Day-by-day Schedule | A plan for your entire trip |

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ATHLETE INFORMATION SHEET

Bib Number:

Race Registration Email (Paste Below)

Other Athlete Info: (Enter Below) Examples to include: Insurance Information to add to race check-in, special needs or allergy notes to inform the race officials, etc.

TRAVEL INFORMATION

Tri Bike Transport (Paste Tri Bike Transport information here)

Flight: (Paste Flight Confirmation and Details Email below this line)

Hotel / House Rental (Paste detail below this line)

Car Rental: (Paste Car Rental Confirmation and Details Email below this line)

Nearest Grocery Store: Phone, Address and Store Hours (enter below this line)

- 1)
- 2)

Nearest Pharmacy: Phone, Address and Store Hours (enter below this line)

- 1)
- 2)

Nearest Bike Shop(s): Phone, Address and Hours (enter below this line)

- 1)
- 2)

Nearest Coffee Shop: Phone, Address and Hours (enter below this line)

- 1)
- 2)

Places You Can Find Quick Food: Phone, Address and Hours (enter below this line)

- 1)

- 2)
- 3)
- 4)

Places You Want to sight-see, eat, etc. post-race: Phone, Address and Hours (enter below this line)

- 1)
- 2)
- 3)
- 4)

TRAINING NUTRITION

Use this spreadsheet to track your key workout training nutrition; (Look on race website to see nutrition available on the course, and try to incorporate into training if possible so you can carry less on the course.)

| | | | | | |
|---|---|--|---|---|-----------------|
| KEY WORKOUT 1: | <i>[This is a sample entry]</i> | | | | |
| Type of Workout: | <i>Bike / Run Brick</i> | | | | |
| Terrain / Event / Notes: | <i>Hilly terrain, 5000 feet elevation; link to map my ride: http://www.mapmyride.com</i> | | | | |
| Duration Planned: | <i>5 hour ride, followed by 1 hour run</i> | | | | |
| Duration Completed: | <i>6 hour ride, followed by 1 hour run</i> | | | | |
| Notes: | <i>Very hard ride. Wanted to poke my eyes out. And on the run, more of the same</i> | | | | |
| | <i>Warm outside but not unbearable - about 82 degrees finishing</i> | | | | |
| Pre-Workout Food | Type | Amount | Timing Details | Notes | Calories |
| | <i>Quinoa, almonds, honey, banana</i> | <i>2 cups of quinoa, 1 banana, handful almonds</i> | <i>5:30:00 AM - workout started at 7:00</i> | <i>Awesome breakfast. Definitely race day material.</i> | <i>500</i> |
| | | | | | |
| Solid Nutrition (any food, gels, bloks, wafers, waffles, bars) | <i>Huma Gel</i> | <i>8</i> | <i>every 45 minutes</i> | | <i>800</i> |
| | <i>Shot Blocks</i> | <i>2 packs</i> | <i>1/2 pack every 2 hours</i> | <i>These were kind with 3x sodium</i> | <i>400</i> |
| | | | | | |
| | | | | | |
| Liquid (calorie free liquids) | <i>Water</i> | <i>3 bottles</i> | <i>Along the way</i> | <i>Plain water</i> | |
| | | | | | |
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|--|-----------------------------------|-------------------|--|--|-------------|
| Liquid Nutrition (calorie dense liquids) | <i>Ironman Perform</i> | <i>6 bottles</i> | <i>1 per hour</i> | <i>Filled up at rest stops- seemed to be enough hydration</i> | <i>600</i> |
| | | | | | |
| | | | | | |
| Electrolytes /Sodium (any capsules or tablets or fizz tablets) | <i>Klean Athlete Electrolytes</i> | <i>6 capsules</i> | <i>1 before workout, and one every hour after</i> | | |
| | <i>Nuun hydration</i> | <i>4 tablets</i> | <i>Halfway through</i> | <i>Thoughts for race plan: Add 2 to bottle in Special Needs bike and run</i> | |
| | | | | | |
| Other | <i>Doughnut</i> | <i>2</i> | <i>1 at rest stop 3 and another at rest stop 6</i> | <i>Oooops</i> | <i>400</i> |
| | | | | | |
| | | | | | |
| Total Calories / Summary | | | | <i>Aiming for 300-400 calories per hour = this was 385 an hour.</i> | <i>2700</i> |

| | | | | | |
|---------------------------------|-------------|---------------|-----------------------|--------------|-----------------|
| KEY WORKOUT 2: | | | | | |
| Type of Workout: | | | | | |
| Terrain / Event / Notes: | | | | | |
| Duration Planned: | | | | | |
| Duration Completed: | | | | | |
| Notes: | | | | | |
| Pre-Workout Food | Type | Amount | Timing Details | Notes | Calories |
| | | | | | |
| | | | | | |

| | | | | | |
|---------------------------------|--|--|--|--|---|
| Solid Nutrition | | | | | |
| | | | | | |
| | | | | | |
| Liquid | | | | | |
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| | | | | | |
| Liquid Nutrition | | | | | |
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| Electrolytes/Sodium | | | | | |
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| | | | | | |
| Other | | | | | |
| | | | | | |
| Total Calories / Summary | | | | | 0 |

KEY WORKOUT 3:

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|---------------------------------|-------------|---------------|-----------------------|--------------|-----------------|
| KEY WORKOUT 3: | | | | | |
| Type of Workout: | | | | | |
| Terrain / Event / Notes: | | | | | |
| Duration Planned: | | | | | |
| Duration Completed: | | | | | |
| Notes: | | | | | |
| | | | | | |
| Pre-Workout Food | Type | Amount | Timing Details | Notes | Calories |
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|---------------------------------|--|--|--|--|---|
| Solid Nutrition | | | | | |
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| Liquid | | | | | |
| | | | | | |
| | | | | | |
| Liquid Nutrition | | | | | |
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| | | | | | |
| Electrolytes/Sodium | | | | | |
| | | | | | |
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| Other | | | | | |
| | | | | | |
| Total Calories / Summary | | | | | 0 |

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| KEY WORKOUT 4: | |
| Type of Workout: | |
| Terrain / Event / Notes: | |
| Duration Planned: | |

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|-----------------------------|-------------|---------------|-----------------------|--------------|-----------------|
| Duration Completed: | | | | | |
| Notes: | | | | | |
| Pre-Workout Food | Type | Amount | Timing Details | Notes | Calories |
| | | | | | |
| | | | | | |
| Solid Nutrition | | | | | |
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| Liquid | | | | | |
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| Liquid Nutrition | | | | | |
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| Electrolytes /Sodium | | | | | |
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| Other | | | | | |
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|---------------------------------|--|--|--|--|---|
| Total Calories / Summary | | | | | 0 |
|---------------------------------|--|--|--|--|---|

KEY WORKOUT 6:

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| KEY WORKOUT 6: | |
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| Type of Workout: | |
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| Terrain / Event / Notes: | |
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| Duration Planned: | |
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| Duration Completed: | |
|----------------------------|--|

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|---------------|--|
| Notes: | |
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| Pre-Workout Food | Type | Amount | Timing Details | Notes | Calories |
|------------------|------|--------|----------------|-------|----------|
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|------------------------|--|--|--|--|--|
| Solid Nutrition | | | | | |
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| | | | | | |
| Liquid | | | | | |
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| Liquid Nutrition | | | | | |
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| Electrolytes/Sodium | | | | | |
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| Other | | | | | |
| | | | | | |
| Total Calories / Summary | | | | | 0 |

KEY WORKOUT 7:

Type of Workout:

| | | | | | |
|---------------------------------|-------------|---------------|-----------------------|--------------|-----------------|
| Terrain / Event / Notes: | | | | | |
| Duration Planned: | | | | | |
| Duration Completed: | | | | | |
| Notes: | | | | | |
| | | | | | |
| Pre-Workout Food | Type | Amount | Timing Details | Notes | Calories |
| | | | | | |
| | | | | | |
| Solid Nutrition | | | | | |
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| | | | | | |
| Liquid | | | | | |
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| Liquid Nutrition | | | | | |
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| Electrolytes/Sodium | | | | | |
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| | | | | | |
| Other | | | | | |
| | | | | | |
| Total Calories / Summary | | | | | 0 |

RACE DAY NUTRITION PLAN

Use this spreadsheet to plan your race day nutrition

| | | | | | |
|---|---|---------------|-----------------------|-----------------|--------------|
| Pre-Race Dinner | | | | | |
| Time: | | | | | |
| What: | | | | | |
| | | | | | |
| RACE DAY NUTRITION | | | | | |
| Provided Course Nutrition | (Look on website to see nutrition available on the course) | | | | |
| Calories Per Hour | (Enter the amount of calories you aim to consume each hour) | | | | |
| Duration Planned: | (Estimated finish time) | | | | |
| | | | | | |
| Notes: | | | | | |
| | | | | | |
| | | | | | |
| Race Day Breakfast | Type | Amount | Timing Details | Calories | Notes |
| | | | | | |
| | | | | | |
| Solid Nutrition | | | | | |
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| Liquid (water and zero calorie drinks) | | | | | |
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|--|---|--|--|--|--|
| Liquid Nutrition (calorie dense liquids) | | | | | |
| | | | | | |
| | | | | | |
| Electrolytes/Sodium | | | | | |
| | | | | | |
| Other | | | | | |
| | | | | | |
| Total Calories Planned | 0 | | | | |
| Notes: | | | | | |



THE CHECKLISTS

Use this spreadsheet to plan your packing (at home) checklists, your special needs bags, and your T1 and T2 bag. A good tip I had from a good friend was to pack T1, T2, and special needs bags into garbage bags at home. Then when you pick up the official bags from m athlete check-in, you can just transfer. Check it off once it's packed!

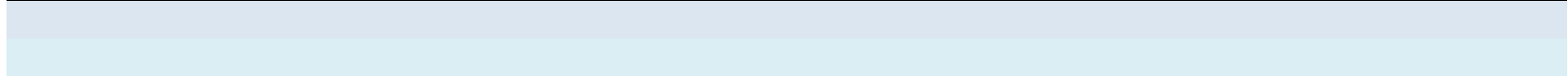
GENERAL *Sample gear *not an extensive list*

CHECKLISTS

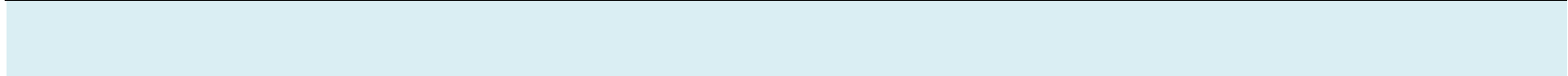
| Swim (the big list of all things needed for the swim--both in practice and race day) | Check | Gear | Notes |
|--|-------|-----------|--|
| | X | Wetsuit | |
| | X | Goggles | 2 pairs |
| | X | TriSlide | |
| | X | Tri Kit | Pack multiples for practice swims and race day |
| | X | Swim cap | |
| | X | Ear plugs | |
| | | | |
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| Bike (the big list of all things needed for the bike--both in practice and race day) | Check | Gear | Notes |
|--|-------|---------------|-------|
| | X | Helmet | |
| | X | Cycling Shoes | |
| | X | Gloves | |
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| Non-Race Clothing, Shoes, Toiletries | Check | Gear | Notes |
|---|--------------|---|--------------|
| | X | <i>Jeans, Shorts, 3 shirts, 1 dress, sandals, flipflops</i> | |
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BAG CHECKLISTS

| Morning Bag | Check | Gear | Notes |
|--------------------|--------------|----------------|--------------|
| | X | <i>Wetsuit</i> | |

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| Special Needs Bike | Check | Gear | Notes |
|-----------------------|-------|-------------------------------|-------|
| | X | <i>C02 cartidges</i> | |
| | X | <i>6 Huma Gels</i> | |
| | X | <i>Tube</i> | |
| | X | <i>Peanut Butter M&MS</i> | |
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| T2 | Check | Gear | Notes |
|----|-------|----------------------|-------|
| | X | <i>Running Shoes</i> | |
| | X | <i>Extra socks</i> | |
| | X | <i>Body Glide</i> | |
| | X | <i>Aleve</i> | |
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THE OFFICIAL SCHEDULE



Use this spreadsheet to plan each day leading up to the race, so you and your family can know exactly what's going on.

EXAMPLE SCHEDULE

| Wednesday | Time | Item | Notes |
|-----------|----------|---|---|
| | 5:00pm | Arrive at hotel, check in | |
| | 7:00 AM | Dinner and grocery shopping | Pick up quinoa, fruit and water bottles |
| | | | |
| | | | |
| | | | |
| | | | |
| Thursday | Time | Item | Notes |
| | 8:00am | Swim at race venue / quick bike | |
| | 10:00 AM | Athlete Check-in / Ironman Village | Time to visit Ironman store. |
| | 1:00pm | Pick up bike from Tri Bike Transport tent | |
| | | | |
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| | | | |
| Friday | Time | Item | Notes |
| | 8:00 AM | swim at race venue / quick run | |

| | | | |
|---------------------|-------------|--|--------------|
| | 10:00 AM | confirm bike is okay, and tuned | |
| | 12:00 PM | pack special needs bags and gear bags. | |
| | 5:00 PM | Athlete dinner and race briefing | |
| | | | |
| | | | |
| Saturday | | | |
| | Time | Item | Notes |
| | 8:00 AM | quick bike | |
| | 12:00 PM | check special needs bags and gear bags. | |
| | 1:00 PM | bike check-in at Ironman village | |
| | | | |
| | | | |
| | | | |
| RACE DAY!!!! | | | |
| | Time | Item | Notes |
| | 3:30 am | wake up | |
| | 4:30 AM | transition opens | |
| | 6:45 AM | GO!!!! | |
| | | | |
| Monday | | | |
| | Time | Item | Notes |
| | 7:00 AM | Pick up finisher's jacket from Ironman village | |
| | | | |
| Tuesday | | | |
| | Time | Item | Notes |
| | 3:00 PM | Head home | |
| | | | |

| <p>NOTES:</p> | | | |
|---------------|--|--|--|

