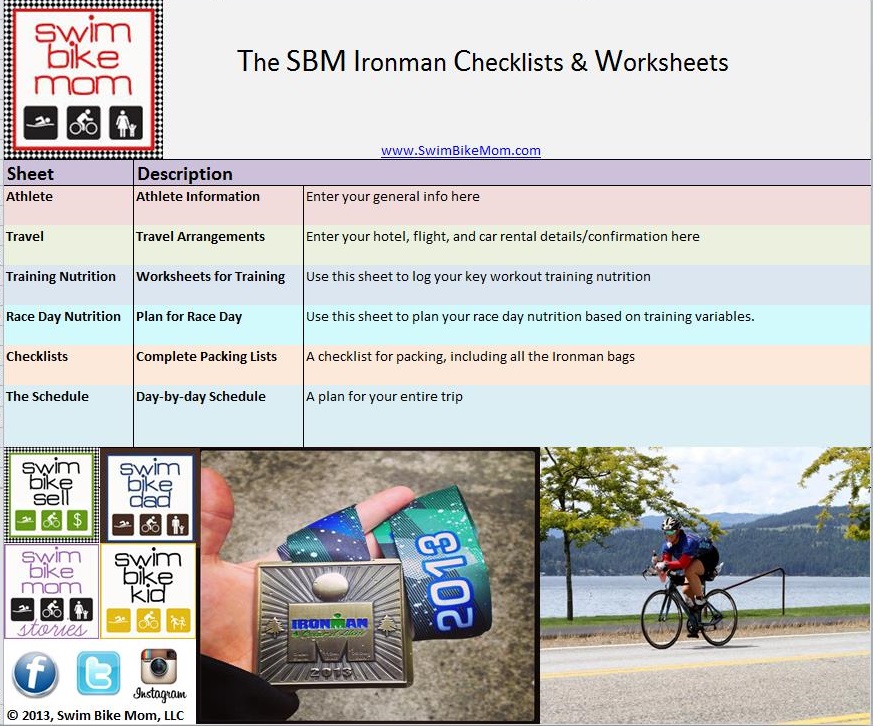
[](http://www.swimbikemom.com)

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| ATHLETE INFORMATION SHEET | | | | | |
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| **Bib Number:** | | | | | |
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| **Race Registration Email (Paste Below)** | | | | | |
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| **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. | | | | | |
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| TRAVEL INFORMATION | | | | | | |
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| **Tri Bike Transport** (Paste Tri Bike Transport information here) | | | | | | |
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| **Flight:**  (Paste Flight Confirmation and Details Email below this line) | | | | | | |
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| **Hotel / House Rental** (Paste detail below this line) | | | | | | |
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| **Car Rental:**  (Paste Car Rental Confirmation and Details Email below this line) | | | | | | |
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| **Nearest Grocery Store:** Phone, Address and Store Hours (enter below this line) | | | | | | |
| **1)** | | | | | | |
| **2)** | | | | | | |
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| **Nearest Pharmacy:** Phone, Address and Store Hours (enter below this line) | | | | | | |
| **1)** | | | | | | |
| **2)** | | | | | | |
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| **Nearest Bike Shop(s):** Phone, Address and Hours (enter below this line) | | | | | | |
| **1)** | | | | | | |
| **2)** | | | | | | |
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| **Nearest Coffee Shop:** Phone, Address and Hours (enter below this line) | | | | | | |
| **1)** | | | | | | |
| **2)** | | | | | | |
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| **Places You Can Find Quick Food:** Phone, Address and Hours (enter below this line) | | | | | | |
| **1)** | | | | | | |
| **2)** | | | | | | |
| **3)** | | | | | | |
| **4)** | | | | | | |
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| **Places You Want to sight-see, eat, etc. post-race:** Phone, Address and Hours (enter below this line) | | | | | | |
| **1)** | | | | | | |
| **2)** | | | | | | |
| **3)** | | | | | | |
| **4)** | | | | | | |
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| TRAINING NUTRITION | | |  |  |  | | |
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| 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:** | ***[This is a sample entry]*** | | | | | | |
| **Type of Workout:** | *Bike / Run Brick* | | | | | | |
| **Terrain / Event / Notes:** | *Hilly terrain, 5000 feet elevation; link to map my ride: http://www.mapmyride.com* | | | | | | |
| **Duration Planned:** | *5 hour ride, followed by 1 hour run* | | | | | | |
| **Duration Completed:** | *6 hour ride, followed by 1 hour run* | | | | | | |
| **Notes:** | *Very hard ride. Wanted to poke my eyes out. And on the run, more of the same* | | | | | | |
|  | *Warm outside but not unbearable - about 82 degrees finishing* | | | | | | |
| **Pre-Workout Food** | **Type** | **Amount** | **Timing Details** | **Notes** | **Calories** | | |
| *Quinoa, almonds, honey, banana* | *2 cups of quinoa, 1 banana, handful almonds* | *5:30:00 AM - workout started at 7:00* | *Awesome breakfast. Definitely race day material.* | ***500*** | | |
|  |  |  |  |  | | |
| **Solid Nutrition** (any food, gels, bloks, wafers, waffles, bars) | *Huma Gel* | *8* | *every 45 minutes* |  | *800* | | |
| *Shot Blocks* | *2 packs* | *1/2 pack every 2 hours* | *These were kind with 3x sodium* | *400* | | |
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| **Liquid** (calorie free liquids) | *Water* | *3 bottles* | *Along the way* | *Plain water* |  | | |
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| **Liquid Nutrition** (calorie dense liquids) | *Ironman Perform* | *6 bottles* | *1 per hour* | *Filled up at rest stops- seemed to be enough hydration* | *600* | | |
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| **Electrolytes /Sodium** (any capsules or tablets or fizz tablets) | *Klean Athlete Electroyltes* | *6 capsules* | *1 before workout, and one every hour after* |  |  | | |
| *Nuun hydration* | *4 tablets* | *Halfway through* | *Thoughts for race plan: Add 2 to bottle in Special Needs bike and run* |  | | |
|  |  |  |  |  | | |
| **Other** | *Doughnut* | *2* | *1 at rest stop 3 and another at rest stop 6* | *Oooops* | *400* | | |
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| **Total Calories / Summary** |  |  |  | *Aiming for 300-400 calories per hour = this was 385 an hour.* | *2700* | | |
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| **KEY WORKOUT 2:** |  | | | | | | |
| **Type of Workout:** |  | | | | | | |
| **Terrain / Event / Notes:** |  | | | | | | |
| **Duration Planned:** |  | | | | | | |
| **Duration Completed:** |  | | | | | | |
| **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** |  |  |  |  |  | | |
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| **Total Calories / Summary** |  |  |  |  | 0 | | |
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| **KEY WORKOUT 3:** |  | | | | | | |
| **Type of Workout:** |  | | | | | | |
| **Terrain / Event / Notes:** |  | | | | | | |
| **Duration Planned:** |  | | | | | | |
| **Duration Completed:** |  | | | | | | |
| **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** |  |  |  |  |  | | |
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| **Total Calories / Summary** |  |  |  |  | 0 | | |
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| **KEY WORKOUT 4:** |  | | | | | | |
| **Type of Workout:** |  | | | | | | |
| **Terrain / Event / Notes:** |  | | | | | | |
| **Duration Planned:** |  | | | | | | |
| **Duration Completed:** |  | | | | | | |
| **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** |  |  |  |  |  | | |
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| **Total Calories / Summary** |  |  |  |  | 0 | | |
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| **KEY WORKOUT 6:** |  | | | | | | |
| **Type of Workout:** |  | | | | | | |
| **Terrain / Event / Notes:** |  | | | | | | |
| **Duration Planned:** |  | | | | | | |
| **Duration Completed:** |  | | | | | | |
| **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** |  |  |  |  |  | | |
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| **Total Calories / Summary** |  |  |  |  | 0 | | |
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| **KEY WORKOUT 7:** |  | | | | | | |
| **Type of Workout:** |  | | | | | | |
| **Terrain / Event / Notes:** |  | | | | | | |
| **Duration Planned:** |  | | | | | | |
| **Duration Completed:** |  | | | | | | |
| **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** |  |  |  |  |  | | |
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| **Total Calories / Summary** |  |  |  |  | 0 | | |

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| RACE DAY NUTRITION PLAN | | | | | |
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| Use this spreadsheet to plan your race day nutrition | | | | | |
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| **Pre-Race Dinner** |  | | | | |
| Time: |  |  |  |  |  |
| What: |  |  |  |  |  |
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| **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) | | | | |
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| **Notes:** |  | | | | |
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| **Race Day Breakfast** | **Type** | **Amount** | **Timing Details** | **Calories** | **Notes** |
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| **Solid Nutrition** |  |  |  |  |  |
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| **Liquid** (water and zero calorie drinks) |  |  |  |  |  |
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| **Liquid Nutrition** (calorie dense liquids) |  |  |  |  |  |
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| **Electrolytes /Sodium** |  |  |  |  |  |
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| **Other** |  |  |  |  |  |
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| **Total Calories Planned** |  |  |  | 0 |  |
| **Notes:** |  | | | | |
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| THE CHECKLISTS | | | |
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| 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 athlete check-in, you can just transfer. Check it off once it's packed! | | | |
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| **GENERAL CHECKLISTS** | *Sample gear \*not an extensive list* | |  |
| **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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| **Run -** (the big list of all things needed for the run--both in practice and race day) | **Check** | **Gear** | **Notes** |
| *X* | *Running Shoes* | *2 pairs* |
| *X* | *Extra socks* |  |
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| **Non-Race Clothing, Shoes, Toiletries** | **Check** | **Gear** | **Notes** |
| *X* | *Jeans, Shorts, 3 shirts, 1 dress, sandals, flipflops* |  |
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| **BAG CHECKLISTS** | | | |
| **Morning Bag** | **Check** | **Gear** | **Notes** |
| *X* | *Wetsuit* |  |
| *X* | *Goggles* | *2 pairs* |
| *X* | *Timing Chip* |  |
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| **T1 Bag** | **Check** | **Gear** | **Notes** |
| *X* | *Helmet* |  |
| *X* | *Cycling Shoes* |  |
| *X* | *Gloves* |  |
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| **Special Needs Bike** | **Check** | **Gear** | **Notes** |
| *X* | *C02 cartidges* |  |
| *X* | *6 Huma Gels* |  |
| *X* | *Tube* |  |
| *X* | *Peanut Butter M&MS* |  |
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| **T2** | **Check** | **Gear** | **Notes** |
| *X* | *Running Shoes* |  |
| *X* | *Extra socks* |  |
| *X* | *Body Glide* |  |
| *X* | *Aleve* |  |
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| **Special Needs Run** | **Check** | **Gear** | **Notes** |
| *X* | *Extra Shoes* |  |
| *X* | *Extra socks* |  |
| *X* | *Salt tabs* |  |
| *X* | *A handwritten note from a family member* |  |
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| THE OFFICIAL SCHEDULE | | | |
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| 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* |
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| **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* |  |
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| **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* |  |
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| **RACE DAY!!!!!** | **Time** | **Item** | **Notes** |
| *3:300 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* |  |
|  |  |  |
|  |  |  |
| NOTES: |  |  |  |