



## The SBM Ironman Checklists & Worksheets

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

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



## **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

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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)

**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)

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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)

## 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.)

<b>KEY WORKOUT 1:</b>	<i>[This is a sample entry]</i>				
<b>Type of Workout:</b>	<i>Bike / Run Brick</i>				
<b>Terrain / Event / Notes:</b>	<i>Hilly terrain, 5000 feet elevation; link to map my ride: <a href="http://www.mapmyride.com">http://www.mapmyride.com</a></i>				
<b>Duration Planned:</b>	<i>5 hour ride, followed by 1 hour run</i>				
<b>Duration Completed:</b>	<i>6 hour ride, followed by 1 hour run</i>				
<b>Notes:</b>	<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>				
<b>Pre-Workout Food</b>	<b>Type</b>	<b>Amount</b>	<b>Timing Details</b>	<b>Notes</b>	<b>Calories</b>
	<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>
<b>Solid Nutrition</b> (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>
<b>Liquid</b> (calorie free liquids)	<i>Water</i>	<i>3 bottles</i>	<i>Along the way</i>	<i>Plain water</i>	

<b>Liquid Nutrition</b> (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>
<b>Electrolytes /Sodium</b> (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>	
<b>Other</b>	<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>
<b>Total Calories / Summary</b>				<i>Aiming for 300-400 calories per hour = this was 385 an hour.</i>	<i>2700</i>

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



<b>Solid Nutrition</b>					
<b>Liquid</b>					
<b>Liquid Nutrition</b>					
<b>Electrolytes/Sodium</b>					
<b>Other</b>					
<b>Total Calories / Summary</b>					0

<b>KEY WORKOUT 3:</b>					
<b>Type of Workout:</b>					
<b>Terrain / Event / Notes:</b>					
<b>Duration Planned:</b>					
<b>Duration Completed:</b>					
<b>Notes:</b>					
<b>Pre-Workout Food</b>	<b>Type</b>	<b>Amount</b>	<b>Timing Details</b>	<b>Notes</b>	<b>Calories</b>

<b>Solid Nutrition</b>					
<b>Liquid</b>					
<b>Liquid Nutrition</b>					
<b>Electrolytes/Sodium</b>					
<b>Other</b>					
<b>Total Calories / Summary</b>					0

<b>KEY WORKOUT 4:</b>	
<b>Type of Workout:</b>	
<b>Terrain / Event / Notes:</b>	
<b>Duration Planned:</b>	

<b>Duration Completed:</b>					
<b>Notes:</b>					
<b>Pre-Workout Food</b>	<b>Type</b>	<b>Amount</b>	<b>Timing Details</b>	<b>Notes</b>	<b>Calories</b>
<b>Solid Nutrition</b>					
<b>Liquid</b>					
<b>Liquid Nutrition</b>					
<b>Electrolytes /Sodium</b>					
<b>Other</b>					

<b>Total Calories / Summary</b>					0
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KEY WORKOUT 6:

<b>KEY WORKOUT 6:</b>	
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<b>Type of Workout:</b>	
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<b>Terrain / Event / Notes:</b>	
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<b>Duration Planned:</b>	
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<b>Duration Completed:</b>	
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<b>Notes:</b>	
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Pre-Workout Food	Type	Amount	Timing Details	Notes	Calories

<b>Solid Nutrition</b>					

<b>Liquid</b>					
<b>Liquid Nutrition</b>					
<b>Electrolytes/Sodium</b>					
<b>Other</b>					
<b>Total Calories / Summary</b>					0

<b>KEY WORKOUT 7:</b>	
<b>Type of Workout:</b>	

<b>Terrain / Event / Notes:</b>					
<b>Duration Planned:</b>					
<b>Duration Completed:</b>					
<b>Notes:</b>					
<b>Pre-Workout Food</b>	<b>Type</b>	<b>Amount</b>	<b>Timing Details</b>	<b>Notes</b>	<b>Calories</b>
<b>Solid Nutrition</b>					
<b>Liquid</b>					
<b>Liquid Nutrition</b>					

<b>Electrolytes/Sodium</b>					
<b>Other</b>					
<b>Total Calories / Summary</b>					0

## RACE DAY NUTRITION PLAN

Use this spreadsheet to plan your race day nutrition

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



<b>Liquid Nutrition</b> (calorie dense liquids)					
<b>Electrolytes/Sodium</b>					
<b>Other</b>					
<b>Total Calories Planned</b>	0				
<b>Notes:</b>					



## 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	<i>Wetsuit</i>	
	X	<i>Goggles</i>	<i>2 pairs</i>
	X	<i>TriSlide</i>	
	X	<i>Tri Kit</i>	<i>Pack multiples for practice swims and race day</i>
	X	<i>Swim cap</i>	
	X	<i>Ear plugs</i>	

Bike (the big list of all things needed for the bike--both in practice and race day)	Check	Gear	Notes
	X	<i>Helmet</i>	
	X	<i>Cycling Shoes</i>	
	X	<i>Gloves</i>	













## 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	
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	
<b>Saturday</b>			
	<b>Time</b>	<b>Item</b>	<b>Notes</b>
	8:00 AM	quick bike	
	12:00 PM	check special needs bags and gear bags.	
	1:00 PM	bike check-in at Ironman village	
<b>RACE DAY!!!!</b>			
	<b>Time</b>	<b>Item</b>	<b>Notes</b>
	3:30 am	wake up	
	4:30 AM	transition opens	
	6:45 AM	GO!!!!	
<b>Monday</b>			
	<b>Time</b>	<b>Item</b>	<b>Notes</b>
	7:00 AM	Pick up finisher's jacket from Ironman village	
<b>Tuesday</b>			
	<b>Time</b>	<b>Item</b>	<b>Notes</b>
	3:00 PM	Head home	

<p>NOTES:</p>			

