## Triathlon Warm-up Ritual

I have very light warm-up shoes in my Tri-backpack, which I wear for warmup and I have a printout with this ritual in my backpack as well. At the end of my warm-up I take my backpack to the bag checkin and just keep my swim gear (googles, cap, and wetsuit). I allow 10 minutes to do this.

#### Light Aerobic Exercise (10 minutes):

* Light jog to gradually elevate heart rate and warm up.

#### Dynamic Stretches (5 minutes)

* Leg Swings
* Arm Circles: small to large circles
* Hip Circles
* Lunges with a Twist: Step forward into a lunge and twist your torso towards the side of the forward leg.

#### Short Intensity Bursts (2-3 minutes)

* High Knees
* Butt Kicks
* Quick Sprints: Perform a few 20-30 second sprints at about 80-90% effort.

#### Visualisation and Mental Preparation (2-3 minutes)

I find a quiet spot and visualise myself successfully completing each leg of the triathlon. (I focus on my race strategy and positive outcomes).

#### Hydration and Relaxation (2-3 minutes)

I have a couple sips of water to stay hydrated, use deep breathing and relaxation techniques to calm my nerves and focus my mind on the race ahead.

Adjust the intensity and duration of each exercise based on how you feel that day. The goal is to gradually increase your heart rate and warm up your muscles without overexerting yourself. Always prioritise safety and injury prevention during your warm-up routine.

Total time required is about 25 minutes plus 10 minutes to checking bag and get ready for the swim, since the race briefing is normally 10 minutes before the start I make sure I start my warm-up 45 minutes before **my wave start.**