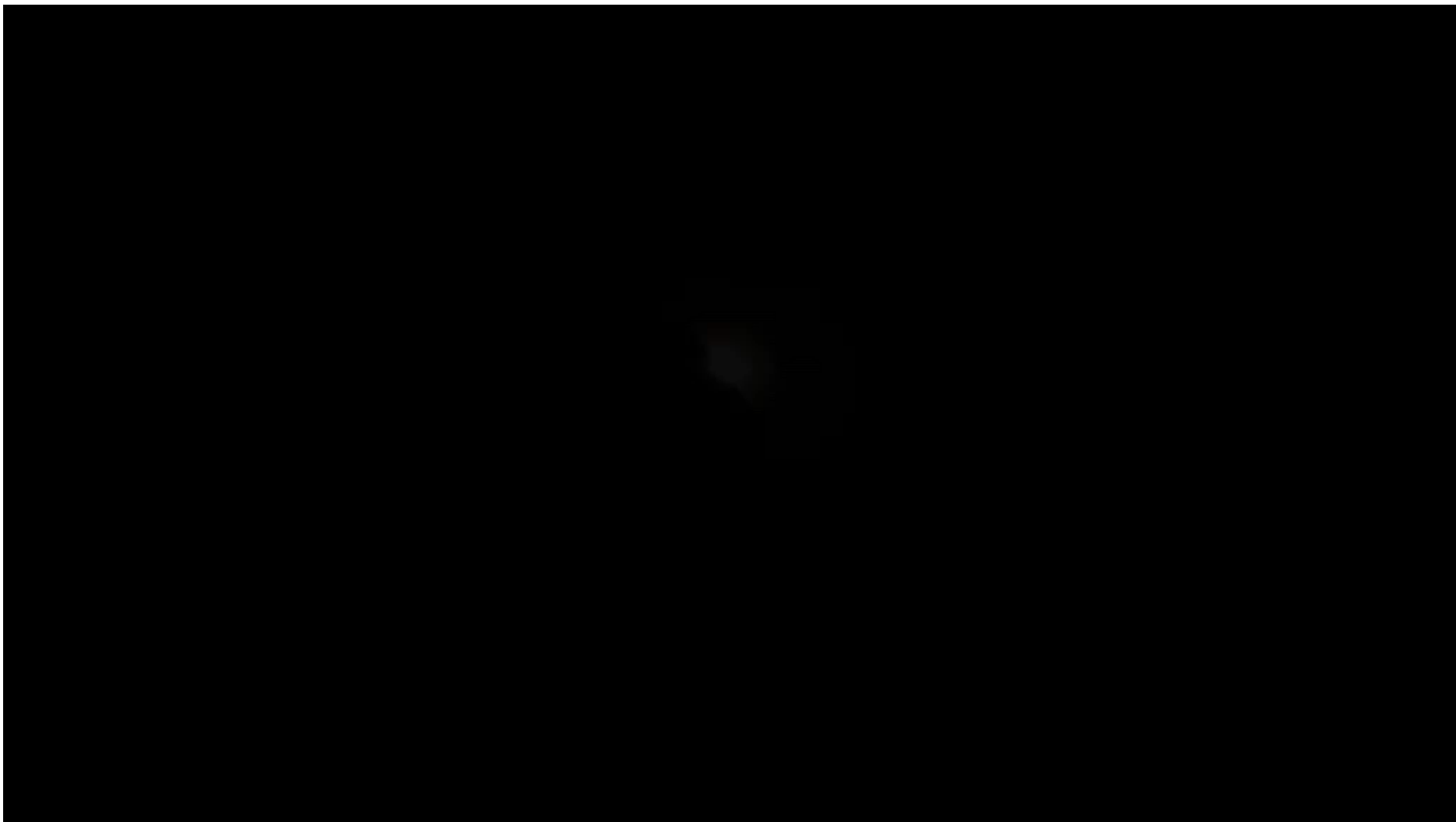
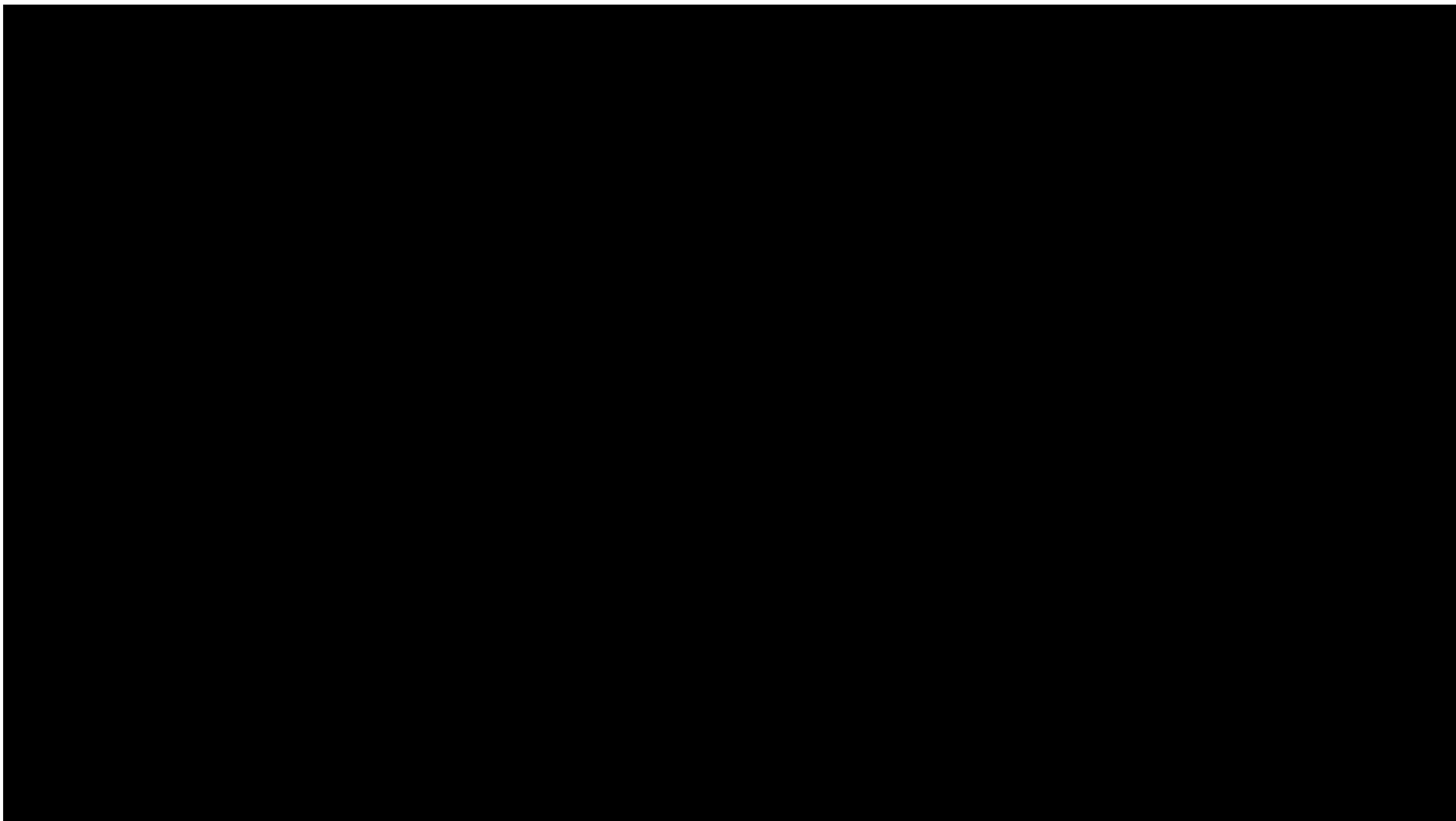


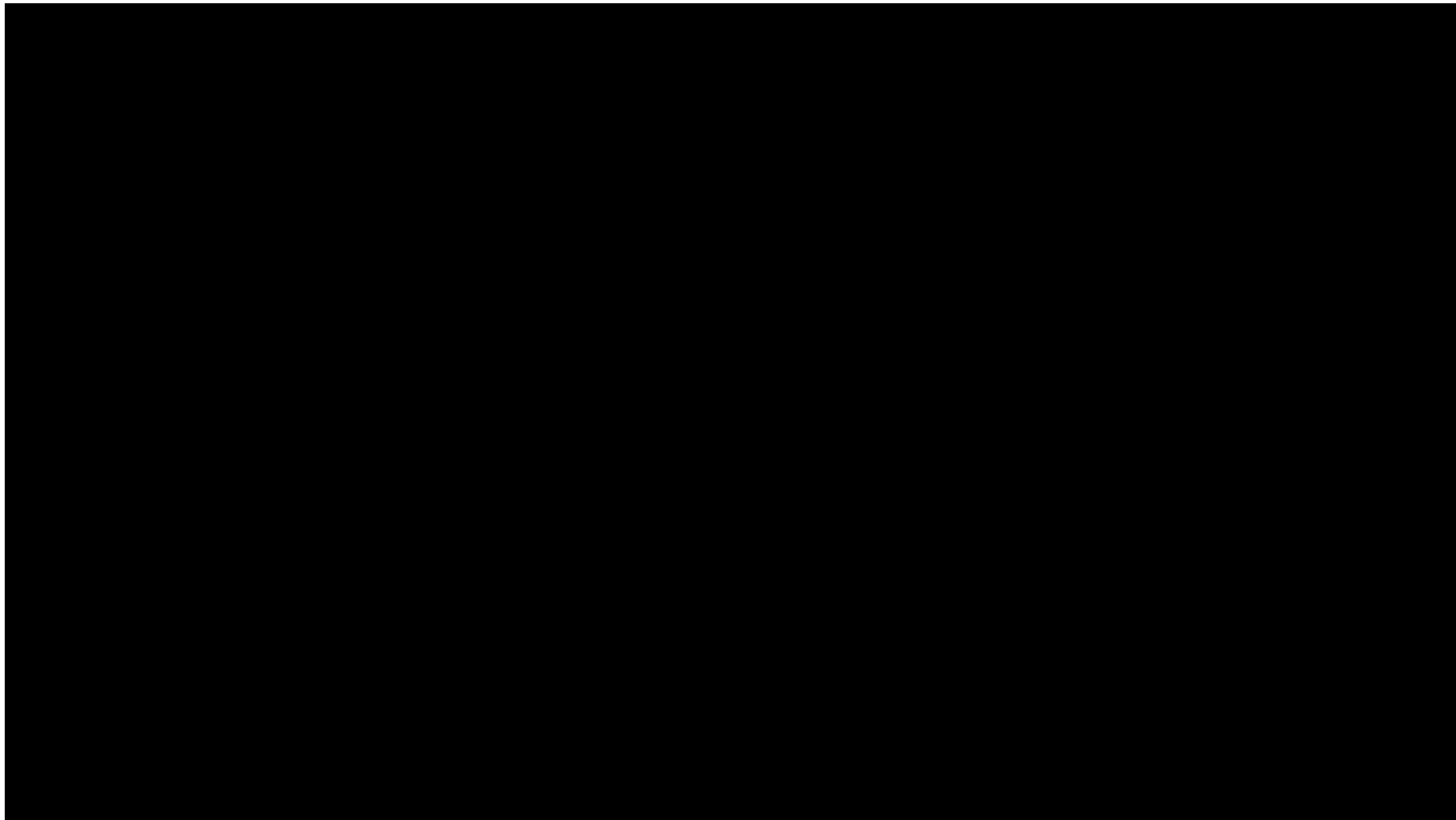
LONDON WORLD TRIATHLON GRAND FINAL



JUNIORS, U23 and ELITE RACE INFORMATION







Climate data for London

Month	September
Average high °C	19.3
Average low °C	10.9
Precipitation mm (inches)	56.9
	2.24
Avg. precipitation days	8.7
<i>Source: BBC Weather</i>	

<http://serpenteswimmingclub.com/weather>

September 8, 2013 0600 UTC
 Location: 51.103N 1.8E
 Wind Direction: SSW (210°)
 Wind Speed: 11.1 knots
 Significant Wave Height: 0.7 ft
 Average Period: 6 sec
 Atmospheric Pressure: 30.08 in (1018.7 mb)
 Pressure Tendency: +0.01 in (+0.3 mb)
 Air Temperature: 60.6°F (15.9°C)
 Dew Point: 51.6°F (10.9°C)
 Water Temperature: 63.9°F (17.7°C)
 Visibility: 11 nmi

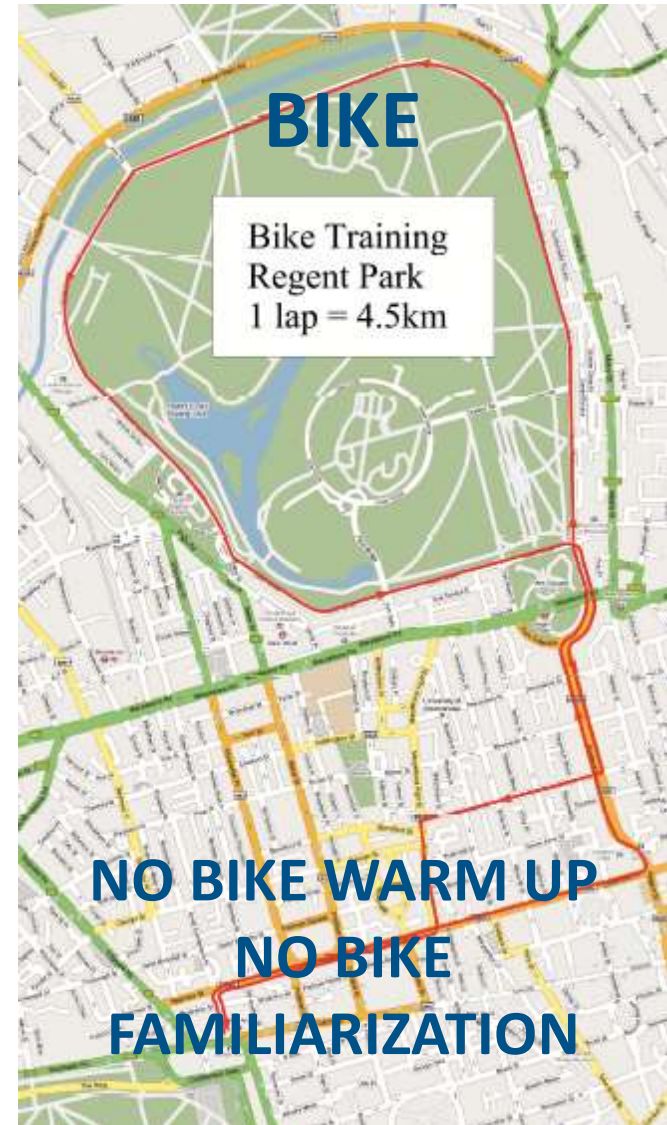
September 8, 2013 1400 UTC
 Location: 51.103N 1.8E
 Wind Direction: SW (220°)
 Wind Speed: 24.1 knots
 Significant Wave Height: 0.7 ft
 Average Period: 5 sec
 Atmospheric Pressure: 30.09 in (1019.1 mb)
 Pressure Tendency: -0.01 in (-0.3 mb)
 Air Temperature: 60.4°F (15.8°C)
 Dew Point: 50.5°F (10.3°C)
 Water Temperature: 64.6°F (18.1°C)
 Visibility: 11 nmi

**The water Temperature in the Serpentine
is likely to be somewhere from 15°C to 18°C**



SWIM

- **Imperial College 25m pool**
(only via NF Bookings)
- **The Lido (Serpentine but not on the course)**
100mX25m/10:00-18:00,
Accreditation needed (Crowded...)
- **Porchester Center – Westminster**
(33m indoor pool / payment required)
***Not official training site**



Wednesday 11th September

09:00 (first wave)	Aquathlon World Championships
11:30	Elite, U23 and Junior Men's Aquathlon World Championships
11:35	Elite, U23 and Junior Women's Aquathlon World Championships

Thursday 12th September

08:00	Junior Women's World Championships
10:00	Junior Men's World Championships
12:00	U23 Women's World Championships
15:00	U23 Men's World Championships

Friday 13th September

08:00 (first wave)	Age Group Sprint World Championships
14:00 (first wave)	Paratriathlon World Championships

Saturday 14th September

08:36	Elite Women
11:30 (first wave)	Open Race Standard Distance
14:20 (first wave)	Open Race Sprint Distance

Sunday 15th September

07:00 (first wave)	Age Group Standard Distance World Championships
13:31	Elite Men

Elite, U23 and Junior Registration and Race Briefing

Tuesday 10 th September	12:30 – 13:30	Aquathlon Elite/U23/Junior Race Briefing	Race Briefing Area
Wednesday 11 th September	16:00 – 17:00	Junior Race Briefing	Race Briefing Area
Wednesday 11 th September	17:00 – 18:00	U23 Race Briefing	Race Briefing Area
Thursday 12 th September	17:00 – 18:00	Elite Coaches Briefing	Race Briefing Area
Thursday 12 th September	18:00 – 19:00	Elite Athletes Briefing	Race Briefing Area

Elite, U23 and Junior Swim Familiarisation

Tuesday, 10 th September – Aquathlon Racers Only	08:00 – 09:00
Wednesday 11th September	12:30 - 13:30
Friday 13 th September (ELITE ONLY)	12:30 – 13:30

SWIM – 1 km – 1 Lap
RUN – 5km – 2 Laps



- **Before Breakfast? – Short Run activation 10’ (Skippings + Strides + Stretch)**
- **08h00-08h30 – Breakfast**
- **Activation In-between Breakfast and Start?**
- **10h00-11h00 – Check-in**
- **11h00 – Warm-up in Water? (weather conditions)**
- **11h30 – Aquathlon World Championships – MEN**
- **11h35 - Aquathlon World Championships – WOMEN**
- **Afternoon easy ride or 30’-40’ Home trainer to improve recovery (racing 12th?)**



- From 04h30 – Breakfast (Depending on individual routines)
- Activation In-between Breakfast and Start?
- 06h30 - 07h30 – Athletes Lounge Open
- 07h00 – 07h45 – Transition Area Check-In
(Visualization / Simulation / Run Activation)
- 07h15 – 07h45 – Bike Warm-up (not considered... Hometrainer?)
- 07h25 – 07h45 – Swim warm-up in water? (weather conditions)
(Cordz / Theraband)
- 07h50 - Line Up / Athletes Presentation
- **08h00 – JUNIOR FEMALE WORLD CHAMPIONSHIPS**

- From 06h30 – Breakfast (Depending on individual routines)
- Activation In-between Breakfast and Start?
- 08h30-09h30 – Athlete Lounge Open
- 09h00 – 09h45 – Transition Area Check-In
(Visualization / Simulation / Run Activation)
- 09h00 – 09h30 – Bike Warm-up (not considered... Hometrainer?)
- 09h25 – 09h45 – Swim warm-up in water? (weather conditions)
(Cordz / Theraband)
- 09h50 - Line Up / Athletes Presentation
- **10h00 – JUNIOR MALE WORLD CHAMPIONSHIPS**

- **Activation before Breakfast?**
- **From 08h30 – Breakfast (Depending on individual routines)**
- **Activation In-between Breakfast and Start?**
- **10h30 – 11h30 – Athlete Lounge Open**
- **11h00 – 10h45 – Transition Area Check-In
(Visualization / Simulation / Run Activation)**
- **11h00 – 11h30 – Bike Warm-up (not considered... Hometrainer?)**
- **11h25 – 11h45 – Swim warm-up in water? (weather conditions)
(Cordz / Theraband)**
- **11h50 - Line Up / Athletes Presentation**
- **12h00 – U23 FEMALE WORLD CHAMPIONSHIPS**

- From 07h00 – Breakfast (Depending on individual routines)
- Activation In-between Breakfast intermediate Meal? Swim?
- From 11h30 - Intermediate Meal (Depending on individual routines)
- 13h30 – 14h30 – Athlete Lounge Open
- 14h00 – 14h45 – Transition Area Check-In
(Visualization / Simulation / Run Activation)
- 14h00 – 14h30 – Bike Warm-up (not considered... Hometrainer?)
- 14h25 – 14h45 – Swim warm-up in water? (weather conditions)
(Cordz / Theraband) (Depending if Swim in Morning)
- 14h50 - Line Up / Athletes Presentation
- **15h00 – U23 MALE WORLD CHAMPIONSHIPS**

SWIM – 1500m – 2 Laps
BIKE – 42,9km – 7 Laps
RUN – 10km – 3 Laps



- From 05h00 – Breakfast (Depending on individual routines)
- Activation In-between Breakfast and Start?
- 07h00 – 08h00 – Athlete Lounge Open
- 07h00-07h45 – Bike Warm up on the course? male can test course?
- 07h30 – 08h15 – Transition Area Check-In
(Visualization / Simulation / Run Activation)
- 07h30 – 07h50 – Bike Warm-up (not considered... Hometrainer?)
- 07h55 – 08h15 – Swim warm-up in water? (weather conditions)
(Cordz / Theraband)
- 08h20 - Line Up / Athletes Presentation
- **08h30 – ELITE FEMALE WORLD CHAMPIONSHIPS**

- From 06h30 – Breakfast (Depending on individual routines)
- Activation In-between Breakfast and Intermediate meal
- From 10h00 – Intermediate Meal (Depending on individual routines)
- 12h00 – 13h00 – Athlete Lounge Open
- 12h30 – 13h15 – Transition Area Check-In
(Visualization / Simulation / Run Activation)
- 12h30 – 12h50 – Bike Warm-up (not considered... Hometrainer?)
- 12h55 – 13h15 – Swim warm-up in water? (weather conditions)
(Cordz / Theraband)
- 13h20 - Line Up / Athletes Presentation
- **13h30 – ELITE MALE WORLD CHAMPIONSHIPS**

MONDAY 9TH

a) Travelling to London:

- Total OFF or Z1 Run 20'-30' in Hyde Park (Trail-Grass) before dinner

b) Not Travelling to London: Training only in Morning. Afternoon rest and pack

- Easy Ride 1h00-1h20 – Flat / High rpm
- Swim – Easy Recovery / might consider some short Speed – 2500-3000m

TUESDAY 10TH

a) Already in London:

- Easy Ride 50'-1h – Flat / High rpm or 30'RUN With 4-6X40-45'' Race pace W/1:30Z1
- Swim – Easy Recovery / consider some short race pace set (8-10X50 on 1')

b) Travelling to London:

- Total OFF or Z1 Run 20'-30' in Hyde Park (Trail-Grass) before dinner

WEDNESDAY 11TH (Try to Approach/simulate Race Day Schedule)

- Try to Ride Hyde Park? 30'-45' easy with 5-6 ACE of 45'' to Race Pace W/1'Z1
- 12:30-13:30 - Swim – Course Familiarization - 1 Full lap + 2-3 STARTS and OUTS
- 16:00-17:00 – JUN Briefing
- 17:00-18:00 – U23 Briefing
- At expected race running hour - RUN 10'-15'+4-6X30-40''ACE to Race Pace W/1'Z1²¹



Boa Sorte!

