LONDON WORLD TRIATHLON
GRAND FINAL

JUNIORS, U23 and ELITE RACE INFORMATION
The water Temperature in the Serpentine is likely to be somewhere from 15°C to 18°C
TRAINING SITES

**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 – Westminter (33m indoor pool / payment required) *Not official training site

**BIKE**

- Bike Training Regent Park 1 lap = 4.5km

**NO BIKE WARM UP**

**NO BIKE FAMILIARIZATION**
Main Schedules to Remember

**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

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**Elite, U23 and Junior Swim Familiarisation**
- **Tuesday, 10th September** – Aquathlon Racers Only: 08:00 – 09:00
- **Wednesday 11th September**: 12:30 - 13:30
- **Friday 13th September (ELITE ONLY)**: 12:30 - 13:30

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**Elite, U23 and Junior Registration and Race Briefing**

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AQUATHLON COURSE
WEDNESDAY 11TH SEPTEMBER

SWIM – 1 km – 1 Lap
RUN – 5km – 2 Laps
AQUATHLON SCHEDULE
WEDNESDAY 11TH SEPTEMBER

- 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?)
JUNIORS COURSE
THURSDAY 12TH SEPTEMBER

SWIM – 750m – 1 Lap
BIKE – 19.2km – 4 Laps
RUN – 5km – 2 Laps
• 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
JUNIOR MALE SCHEDULE
THURSDAY 12TH SEPTEMBER

• 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
U23 COURSE
THURSDAY 12TH SEPTEMBER

SWIM – 750m – 2 Laps
BIKE – 38.4km – 8 Laps
RUN – 10km – 3 Laps
U23 FEMALE SCHEDULE
THURSDAY 12TH SEPTEMBER

• 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
U23 FEMALE SCHEDULE
THURSDAY 12TH SEPTEMBER

• 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
ELITE COURSE
SATURDAY 14TH & SUNDAY 15TH SEPTEMBER

SWIM – 1500m – 2 Laps
BIKE – 42.9km – 7 Laps
RUN – 10km – 3 Laps
ELITE FEMALE SCHEDULE
SATURDAY 14TH SEPTEMBER

• 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
LAST 3 DAYS PROGRAM
RACING 12TH SEPTEMBER

MONDAY 9TH

a) Travelling to London:
• Total OFF or Z1 Run 20’-30’ in Hide 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 Hide 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’Z1
KEEP CALM AND I'LL SEE YOU Boa Sorte! LONDON