



Photo: Getty Images/Markus

## Pre-race prep

### Get ready to get going

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#### DEAR COACHES,

I was wondering if you have a particular

raced at higher intensities, warming up becomes more important as the distance of the given event shrinks. No, we don't recommend warming up before an Ironman event. After all, it's an Ironman: You've got 140.6 miles to get warmed up, right? Enough said.

For your sprint race, here's one possible warm-up routine:

Arrive no later than one hour prior to the start of your wave (1:15 is better).

**1:15 to go:** Upon arrival, get your body marked and find your spot in transition. Place

line with a bunch of other nervous athletes. If your buddies are around, it's also a great time to hide their bikes while they're calmly sitting on the throne—not that we would ever consider such a juvenile prank. As you ride back to the transition area, make sure your bike is in a smaller gear that allows you to get rolling without a lot of resistance. Remember, if you've got a hill right out of transition, being in your 53 x 12 will make life very difficult, though the crowd might appreciate the spectacle of you falling over in front of them