

5

TOP TIPS FOR YOUR RACE DAY SUCCESS



FEEL



WITH
LUCY

Why is this guide for women?

The vast majority of medical and sports research and everyday advice is based on men. But, as women, we have different hormones, a menstrual cycle and go through menopause. Plus, let's not forget that we also have more societal pressures on our appearance.

But hardly any of this is covered in traditional sports coaching. In almost every course I've done, the differences affecting women were hardly ever mentioned. I want to change that. That's why this guide is written by me (a female coach) specifically with women in mind.



Coming up in your inbox

1

Plan, plan, plan

It sounds like an obvious one, but it's often the step we miss. Whether you buy one, write one yourself or download one for free, make sure you have a training plan that works for you.

Fuel up

Don't run on empty; have enough in the tank to train and compete. You're undermining your training and race day success if you don't eat enough to fuel your body.

2

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Consistency is key

It might not be exciting, but consistency is vital – your body prefers to do the same thing each week with a slight increase, rather than boom and bust training, which fluctuates wildly.

Respect your rest

We don't get fitter from training; we get fitter from recovery after training. Prioritise rest and recovery, so you become stronger and are ready to go out there on race day.

4

Practice makes perfect

Don't leave it to the last minute and panic or, worse, end up in the medical tent. Test and train everything (your gut, your mindset, your kit, your pacing) ahead of time.

5

I am passionate about seeing you achieve your goals, whether you're doing your first 5km run right through to an Ironman and beyond. You'll receive a series of emails from me over the coming weeks to help you improve your performance. I'll talk you through each tip, why it's important and how you can add it to your routine.

I hope these 5 tips help you smash your race day!

**Hi, I'm
Lucy!**

I am the UK's first Mental Health and Exercise Triathlon Coach. I have over a decade of experience supporting hundreds of clients to make changes to their training, lifestyle and mindset. Clients tell me after working with me, they have more energy, training feels manageable and adds value to their life, so they start to see results.



Spoiler alert!

If you're looking for that one secret session or supplement to guarantee success, then I'm afraid you won't find it here. If it were that simple, everyone would be doing it already.

This is about changing how you train to support your body, so it absorbs everything you are doing. Some of the tips may be easy to implement, and some you might find more challenging.

But the good news is that these changes are not just for improving your race day performance, they're also beneficial for your overall health and happiness. By following these tips, you should not only start to race better but feel better too.