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Hello <<First Name>>

Thorpe Park Triathlon | Sunday 9 June

The countdown is on as there is just three weeks to go until the first Thorpe Park triathlon of 2019!

The race pack is available on the website and by clicking on the link below so make sure that you have a read of it before race day and if you have any questions don't hesitate to ask.

The start list will be confirmed in the week prior to the race and wave start times will be announced then, however we are expecting there to be three waves.

The waves will be going off at approximately 10 minute intervals with the first being at 7:00am in age order.

Race information pack

With the triathlon coming up soon and many of the local lakes opened up for swimming, now would be a good time to go for a quick dip to practice your open water swimming.

ZONE3

As Open Water swimming is very different from swimming in a pool [Zone3](#) have

identified a few things you should consider before race day.

Training and race day tips:

Think about your equipment Wearing a wetsuit is a completely different sensation to swimming without one. For some it can be weird at first but with the added buoyancy and tailored design, wetsuits will help you on the swim and will help you achieve a faster swim time.

Here are a few key points to remember:

1. **Put on your wetsuit correctly:** Putting your wetsuit on in the right way is absolutely essential to ensure you are comfortable. Here is a [Zone3 video guide](#) to putting on your wetsuit.

2. **Wetsuits are designed to be a tight fit:** they are snug to the body so that you have less drag through the water. Getting used to this feeling is essential before race day as knowing what your wetsuit feels like and being used to this sensation will make you feel a lot more comfortable on the day.

3. **Practice in your suit as much as possible:** before race day so you are comfortable with your equipment.

Relax! Whether it is putting the suit on before the race, swimming in it during or taking the suit off in transition, the best thing you can do is relax!

We look forward to seeing you all at the Park in a couple of weeks.

Matt, Ben, Beckie and Lee





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