



DMT

DYNAMIC MOVEMENT THERAPY
THERAPY & WELLBEING

ESSENTIAL TIPS FOR TRIATHLETES TO PREPARE FOR THE EVENT



Hydrate:

Drink plenty of fluids to stay hydrated, aiming for pale yellow urine. Avoid excessive caffeine and alcohol consumption.



Nutrition:

Consume a balanced meal with carbs, protein, and low fat. Choose easily digestible foods like pasta, rice, fruits, and vegetables.



Rest and Recovery:

Get adequate rest and quality sleep the night before. Avoid strenuous activities and relax mentally and physically.



Stretching and Mobility:

Perform light dynamic stretches to maintain flexibility and prevent muscle stiffness.



Equipment Check:

Ensure your gear, including shoes, clothing, swim cap, goggles, and bike, is in good condition and comfortable.



Mental Preparation:

Visualise success and maintain a positive mindset. Stay calm and confident.



Weather Considerations:

Check the weather forecast and prepare accordingly, including dressing in layers and wearing sunscreen.



Plan Race Day Logistics:

Plan transportation, parking, and pre-race rituals to reduce stress and arrive prepared.

We provide pre and post-event massages, along with Pulsio Compression Boots, in our recovery zone during events. To schedule your appointment in advance, just scan the QR code or [click here](#).



www.dynamicmovementtherapy.com
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These stretches will help you improve flexibility, increase blood flow to the muscles, and prepare the body for the upcoming running event.

FOR THE SWIM



Arm Circles
2 sets of 10-15 repetitions,
both forward and backward



Shoulder Stretch
Hold for 30 seconds
each arm



Triceps Stretch
Hold for 30 seconds
each arm

FOR THE BIKE



Hip Flexor Stretch
Hold for 30 seconds x 2



Quad Stretch
Hold for 30 seconds x2



Lower Back Stretch:
Hold for 30 seconds x2

FOR THE RUN



Leg Swings
10-15 swings on each leg



Walking Lunges
10-12 lunges on each leg



High Knees:
20-30 repetitions



Butt Kicks
20-30 repetitions
on each leg

For more detailed advice and personalised treatment plans visit:
Dynamic Movement Therapy at 85A Lower Street, Pulborough, West Sussex, RH20 2BP
or call us at 01798 368050.

We offer free pre and post-event massages at the event from 7:15 am until 11:30 am.