

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](http://www.dynamicmovementtherapy.com)

85A Lower Street, Pulborough, West Sussex, RH20 2BP

Ph: [01798 368050](tel:01798368050)

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 x 2



**Lower Back Stretch:**  
Hold for 30 seconds x 2

## FOR THE RUN



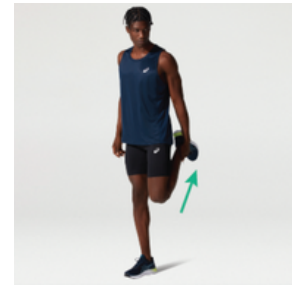
**Leg Swings**  
10-15 swings on each leg



**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 12:30 pm.**