

# Limerick Triathlon Club TT Pointers



Disclaimer....This is not the be  
all and end all of TT advice,  
just what works for me

# Position – minimise frontal area

Aim For

1. Flat back
2. Fore arms level
3. Upper arms at 90° to forearms



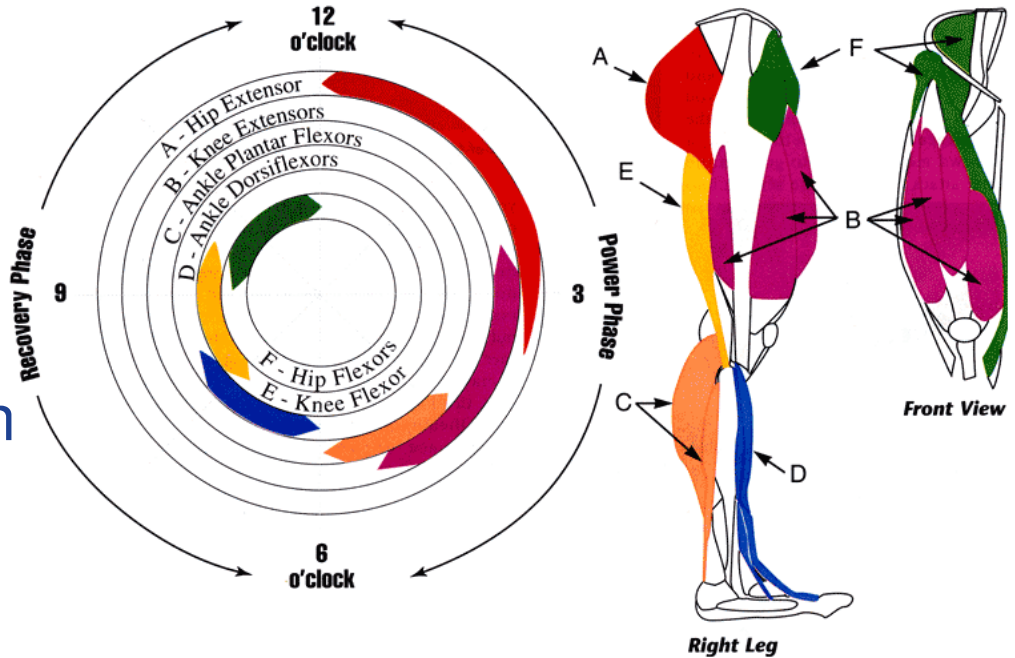
See [www.biketechreview.com/performance/pareto.htm](http://www.biketechreview.com/performance/pareto.htm)

**Warning:** Need to balance aero position with power output.  
Need to be comfortable

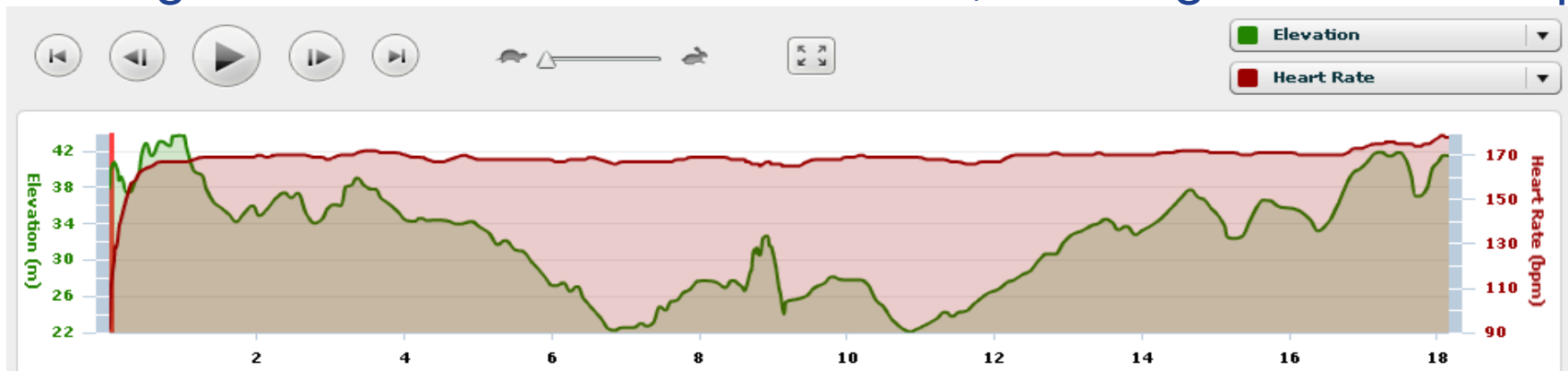
# Race Technique

Concentrate on

1. Pedal stroke
2. Pulling back and up
3. Never stop pushing, even on steep downhill sections (where safe)



4. Constant heart-rate at an RPM that you're comfortable with
5. Ease back on hills & push on descents to maintain constant HR
6. Warm up fully beforehand at all intensity levels to be used during the race – the shorter the race, the longer the warm up



e.g. Recent TT where you can see constant HR despite changing terrain

# Training - Aspects of cycle training that ALL need to be worked

1. Bike Handling – Find a route you like and practice on it
2. Power and Strength Training – Big gear sessions
3. Speed – TT sessions + group racing
4. Climbing – Need to work long climbs like gallows hill



Difference between Tri and road racing – Intervals not as needed

## Equipment – In order of importance

1. TT bars
2. TT Frame or seat post with no set back angle – Steeper seat tube
3. Aero Helmet  $\approx$  disc wheel
4. Front Aero Wheel – clean air
5. Rear Disc Wheel – Tubs are faster but are more hassle



Vs



Any questions, just e-mail me at [alan.buckley@gecas.com](mailto:alan.buckley@gecas.com)