	SWIM	T1	BIKE		T2	RUN	
Fueling							
	Nothing during	Fuel in pockets, camelbak on back	On bike every hour: 16-24oz fluid (CHO + electrolyte). More fluid if hot/dry.	On bike every hour: 150-250 kcal, e.g. 6x shot bloks OR 1x bar/cookies?	Grab run fuel. Tums, Glucose, Salt? Bottle?	During Run every hour: sip water, electrolyte, flat Coke	During Run every hour: 100-200 kcal, e.g. flat Coke, gummies, gels
Thermoreg.							
	Cold: Double Cap	Cold: Gloves for bike? Arm warmers? Warm liquid in thermos for feet?	Water from aid stations onto skin/head/mouth	Hot/long: salt tablets every 30 minutes	Hot/long: Extra sunscreen? Hat?	Water/ice from aid stations onto skin/head!	Hot/long: salt? Tums? glucose?
Pacing							
Etc							
		OFF: wetsuit/swim skin, cap & goggles; ON: sunnies, helmet, toe spacers?, socks (mtb/long course), bike shoes			OFF: camelbak, gloves, helmet, bike shoes; ON: race belt, socks?, run shoes		