



## MEET THE TRIATHLETE



### You

**Name:** Annie Byrne

**Occupation:** Aldi Project Area Manager

**What year did you join BRAT:** 2018

**Tell us a little about yourself:**

I moved to Birmingham in 2018 after previously living all over the South East mainly for my job and joined BRAT in March. I recently started triathlons in late 2018 after running and swimming competitively.

Aside from sport, I love to socialise with family and friends. My ideal day would be to train hard in the morning (OWS/Ride/Run), brunch and then a few cocktails and food on the canals!

### Race Day Equipment

**Wetsuit & Goggles:** Huub (not sure on type!) / Speedo sockets or Arena

**Bike:** Liv Avail Pro Advanced 2019 Road Bike

**Runners:** Saucony Kinvara/ride for Marathon training. Saucony Fastwitch for racing

**Equipment Tip:** Try your wetsuit beforehand if you can. Get a gait analysis done to avoid running injuries but also do not overspend on equipment - end of season/sales are always great too!

## Training

**Strongest Discipline:** Swim

**Weakest Discipline:** Bike

**Ave Training Hours per Week:** 10 hours but in lockdown up to 14...

**Training Split in percentage:** Swim 20%, Run 40%, Ride 40% (depends on time of the year)

**Training Tip(s):** Do not just train one discipline and enjoy your training! I used to focus on running all the time and forgetting the bike as it was my weakest! Train with friends as well to make it enjoyable on the harder training days.

## Race Day

**First Multisport/Triathlon event (year):** East Leake Sprint September 2018

**Last event:** Nottingham Triathlon Relays / Atherstone 10K

**Planned Races for 2020:** Half Distance Triathlon Alderford Lake (if it goes ahead!)

**Favourite event and why:** London Marathon 2018 (first marathon, no expectations, the best family/friend support)

**Best achievement:** London Marathon 2019 top 30 lady's finisher

**Biggest race day blooper:** Rutland Standard Triathlon 2019. My hands were so cold coming out of the lake (10 degrees) it took me 7 minutes rolling around on the floor to get my wetsuit off...!

**Race Day Tip:** Have everything set up the night before ready to put in transition and just enjoy it as it is a hobby at the end of the day!

Favourite action picture:



### Nutrition

**Pre-race meal:** Always pizza the night before (I could eat it every day...!)

**In-race nutrition:** SIS gels and energy drink (Lucozade/Gatorade)

**Post-race meal:** Fish and Chips or another pizza...

**Race day nutrition do's:** Pack an extra gel/bar in case. The weather/terrain can sometimes impact how your body responds.

**Race day nutrition don'ts:** Do not leave it too late for a gel and keep hydrated... collapsing 5m before the London Marathon finish line is not recommended!

**Nutrition Tip:** Keep hydrated and practice the nutrition you are going to take in training. We have all been there with dodgy stomachs and gels.... part of the learning process!

**Finally, what is the biggest gain from taking up triathlon:**

Joining BRAT has been great as it is a friendly club and there is always someone up for a ride or run if you want to train with others or need training help/advice. I like training and competing for triathlons as it less tedious than running all the time so it good to always mix things up. Lastly, I have made some great new friends and met Ben (my boyfriend) ... he is alright I suppose!

