



### MEET THE TRIATHLETE



#### You

**Name:** Nick Haigh

**Occupation:** Business Engagement Partner at University of Birmingham

**What year did you join BRAT:** 2014

**Tell us a little about yourself:** I live in Harborne with my other half (fellow BRAT Lauren Turvey). When I'm not training, working or sleeping, I can usually be found in one of the many coffee shops around Harborne!

#### Race Day Equipment

**Wetsuit & Goggles:** Zone 3 Vanquish wetsuit & Zoggs Predator Polarised goggles

**Bike:** Trek Speed Concept TT

**Runners:** Asics Gel Nimbus (good for longer distances)

**Equipment Tip:** Don't worry about brand, just make sure it fits (bike and clothing). Ask your fellow BRATs for advice, most brands have been tried and tested by someone in the club.

## Training

**Strongest Discipline:** Bike/run - not too much in it

**Weakest Discipline:** Swim

**Ave Training Hours per Week:** 12-20 depending on stage of plan and how close to race day

**Training Split in percentage:** Currently approx 5% gym, 30% swim/40% bike/30% run but will be more like 5/15/50/30 as the longer distance training kicks in.

**Training Tip(s):** Don't worry about what others are doing. It's so easy to become demotivated seeing other athlete's training progress on Strava. Trust your training, YOUR race day performance is all that matters.

## Race Day

**First Multisport/Triathlon event (year):** Cotswold 113 (Half Iron) 2015

**Last event:** Ironman Emilia Romagna (Italy) 2019

**Planned Races for 2020:** Ironman Lanzarote

**Favourite event and why:** Close call between Long Course Weekend in Tenby and Ironman Wales. Tenby is beautiful and the local support is just incredible. LCW is basically Ironman Wales but over 3 days.

**Best achievement:** Best overall Ironman time was in Italy (10hrs 46mins) but doing LCW and PB'ing in all three disciplines individually on a tough course in 2019 came as a pleasant surprise (1hr 9swim, 6hrs 15 bike, 3hrs 32 marathon).

**Biggest race day blooper:** Crashing into the barriers at Ironman Italy coming out of transition on the bike. I was too busy faffing with my race belt to watch where I was going.

**Race Day Tip:** Only worry about controlling what you can control. Weather, mechanicals, injury are all unfortunately outside of that. Put the training in, service your bike and check wetsuit/goggles for obvious damage and you're good to go.

Favourite action picture:



## Nutrition

**Pre-race meal:** Porridge, banana

**In-race nutrition:** High5 gels, GU Salted Caramel gels, banana, jaffa cake bars, soreen, Lauren's home-made flapjacks!

**Post-race meal:** Pizza/fish and chips – if I can stomach it after a day full of gels.

**Race day nutrition do's:** Stick to what you know

**Race day nutrition don'ts:** Try anything new

**Nutrition Tip:** If you start to fade/bonk on a long run/bike, it's difficult to recover. Make sure you fuel even when you're not hungry.

**Finally, what's the biggest gain from taking up triathlon:** meeting Lauren. From a triathlon specific perspective, achieving things I never thought my body was capable of doing endurance wise. Also meeting all the other wonderful BRATs and making lots of new like-minded friends.