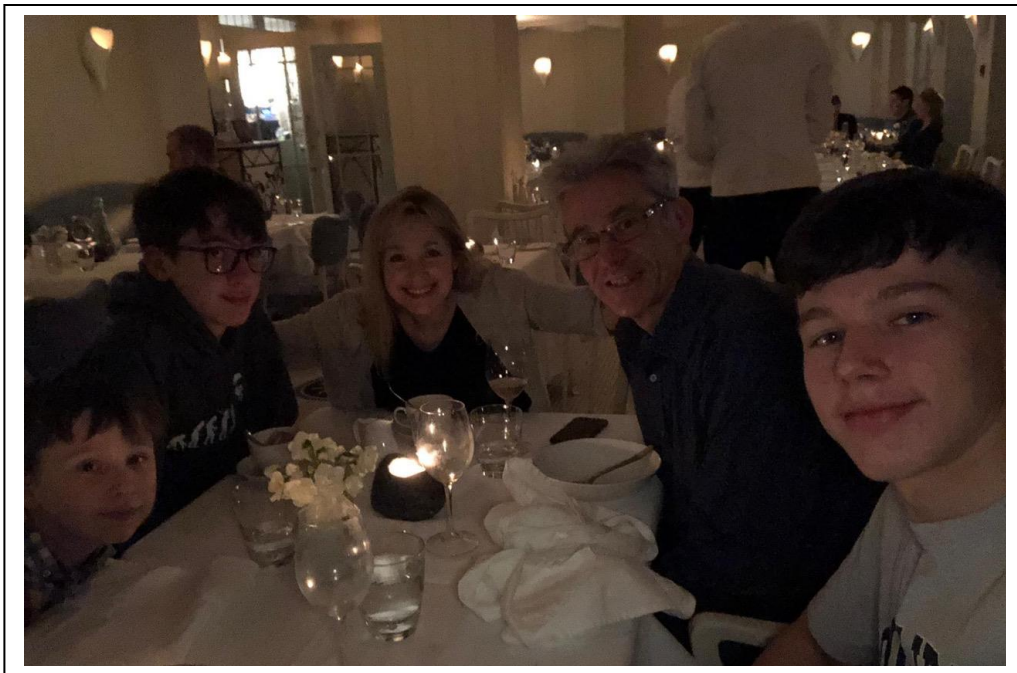




MEET THE TRIATHLETE



You

Name: Rob Slater

Occupation: Orthodontist

What year did you join BRAT: 2002

Tell us a little about yourself: I live in Moseley with my wife and three boys (and dog). We go down to Cornwall a lot, which is a great place for training. I enjoy reading and watching rugby union and cricket. I love cooking, particularly Italian, Indian, Seafood and Vegetarian. On making pasta my family were very encouraging by saying "This tastes just like pasta"!

Race Day Equipment

Wetsuit & Goggles: Snug Slipstream and Malmsten Swedish Standard Goggles

Bike: Cervelo R5 road bike and Cervelo P3 TT for racing.

Runners: Asics Gel Pulse 11 road shoes and Saucony Peregrine Trail Shoes

Equipment Tip: Make sure it is comfortable.

Training

Strongest Discipline: Definitely the Swim

Weakest Discipline: The Run

Ave Training Hours per Week: Training season runs from 6 to 20 hours, so average around 10-12

Training Split in percentage: 15% Swim, 50% Bike, 35% run

Training Tip(s): Recovery is a weapon and make sure there is a purpose to every session.

RaceDay

First Multisport/Triathlon event (year): Worcester Aquathlon December 2002/Wombourne Triathlon April 2003

Last event: Ironman 70.3 Weymouth

Planned Races for 2020: Ironman Switzerland

Favourite event and why: Deva 70.3. It is a great UK Triathlon with mega support, extremely well organised and stacks of freebies (included a hoodie when I did it) and not expensive to enter.

Best achievement: Being selected for the GB Age Group team for Middle Distance European Championships.

Biggest race day blooper: Running out of T2 with my Bike Helmet on at the Wolverhampton Tri Olympic in 2003.

Race Day Tip: While not under fuelling is important, over fuelling on long distance triathlon can destroy your day.

Favourite action picture:



Nutrition

Pre-race meal: Banana on White Toast and Coffee

In-race nutrition: Gels in a bottle on the cage, Snickers for a little pleasure during the ride, Crisps, Oranges for solids on the run, otherwise alternating Electrolyte gels and Caffeine gels.

Post-race meal: At Ironman Wales I had the most wonderful Potato and Leek soup, great for replenishing salt and hydrating.

Race day nutrition do's: Keep hydrated. Stick to your plan but be prepared to listen to your body.

Race day nutrition don'ts: Don't overdo breakfast or try anything new (similar to kit!)

Nutrition Tip: Remember to fuel before and after training sessions.

Finally, what's the biggest gain from taking up triathlon: There are lots:, Finding out that coaching is a great thing to be involved with, the amazing places I have visited, seeing the world from a completely different view point, health and being able to eat the things that I like and of course, the great friends that I have met in the club.