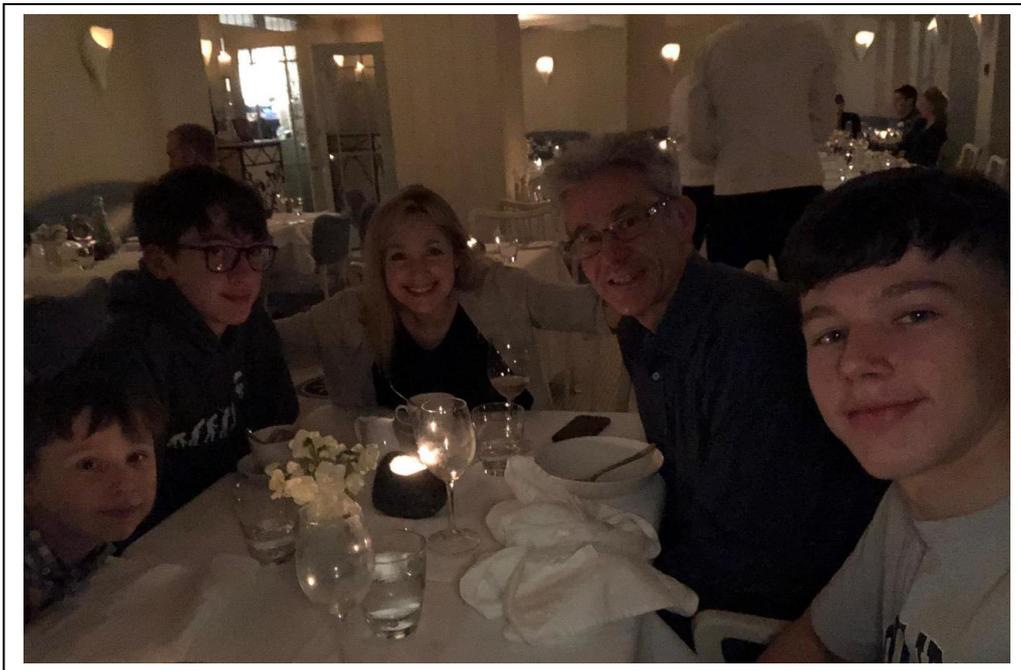




## MEET THE TRIATHLETE



### 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 bike, 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.