



MEET THE TRIAHTLETE



You

Name: James Wright

Occupation: Chartered Accountant / Tax Adviser

What year did you join BRAT: 2014

Tell us a little about yourself: Married with a young son so looking after him means there's not much time for anything else though we always find time for a week's skiing every year!

Race Day Equipment

Wetsuit & Goggles: My wetsuit is an old Orca S6 (due an upgrade), goggles are Zoggs polarised (which are great for sunny days)

Bike: Cervelo P3 (second hand)

Runners: A variety of Asics. Usually Gel Noosas with lock laces

Equipment Tip: Get a bike fit. A comparatively small outlay for big gains on race day. Then train in the position you expect to race in.

Training

Strongest Discipline: Bike (marginally)

Weakest Discipline: Swim (marginally)

Ave Training Hours per Week: 8-12 depending on time of season and where I am in a training block

Training Split in percentage: 10% gym, 10% swim, 45% bike, 35% run

Training Tip(s): Periodisation! Don't expect to do the same thing all season and increase fitness in a straight line, you need time for rest and recovery because that's when your fitness improves.

If I'm allowed a second tip: be realistic and efficient with your time. If you have a really busy job don't expect to train 20+ hours a week. If you can work training into commutes or lunchtimes then that is a really good use of time.

Race Day

First Multisport/Triathlon event (year): BRAT sprint at Cliff lakes in 2015

Last event: North Norfolk Triathlon 2019. Beautiful course and really relaxed atmosphere. Joe Skipper won it last year so you get the odd rock star turning up too.

Planned Races for 2020: ITU Standard distance world championships in August (held in Edmonton)

Favourite event and why: Birmingham Triathlon in Sutton Park. It's on our doorstep, really friendly event, traffic free bike ride and the weather is usually perfect as it's late June.

Best achievement: Qualifying for the 2020 GB Age Group team.

Biggest race day blooper: It used to be faffing in transition before a race, taking way too long to get everything laid out. At Nottingham sprint a few years ago I was still putting my wetsuit on when everyone was getting in the water.

Race Day Tip: Take 5-10 minutes the day before to visualise what you will do in the race, how your transition will be laid out and remind yourself you are ready. And pack your bag well the night before.

Favourite action picture: From the 2017 BRAT Duathlon (photo credit to my training buddy Nick Haigh!)



Nutrition

Pre-race meal: Pasta bolognese with plenty of green veg on the side. In the morning I will eat some porridge and toast with a coffee and plenty of water. Banana and energy bar in the kit bag to eat before the race.

In-race nutrition: I usually race at standard distance so it's a quite straightforward recipe: 4 or 5 gels in a water bottle topped up with water which I try to drink over the bike leg. I might have a gel on the run too but more for a mental boost.

Post-race meal: Steak and chips

Race day nutrition do's: Have a plan as to what and when you're going to fuel. If you can practice beforehand as well that really helps to know what works and what doesn't. I also have an extra water bottle in the car and transition in case I fancy a sip before the race or in T2.

Race day nutrition don'ts: Try something new on race day. That caffeine loaded gel from the sponsors might not be what you need.

Nutrition Tip: Seek professional help if you regularly have issues with fuelling or race day nutrition.

Finally, what's the biggest gain from taking up triathlon: At the risk of sounding a bit cheesy: a whole new group of friends! There's a real community feel to triathlon and BRAT in particular that helps get me through the harder training sessions.