



MEET THE TRIATHLETE



You

Name: Lauren Turvey

Occupation: Highly Specialised Cardiac Physiologist

What year did you join BRAT: 2015

Tell us a little about yourself: I live in Harborne with Nick Haigh (fellow BRAT member). Friends and family are incredibly important to me, so weekends revolve around spending time with them. I love nothing more than a relaxing brunch in Harborne after training at the weekend, you can't beat smoked salmon and avocado!

Race Day Equipment

Wetsuit & Goggles: 2XU Propel 2019 and goggles are Zoggs Predator Flex

Bike: Aero road bike: Giant Propel Advanced Pro 1. TT bike: Cervelo P-Series 2020

Runners: Asics Gel-Kayano 26

Equipment Tip: I went to the London Triathlon show last to buy a new wetsuit, I tried on 4 or 5 different brands and got to test them out in an endless pool. It made such a difference getting to swim in them. Also, get a bike fit, it's worth the money.

Training

Strongest Discipline: swim/bike

Weakest Discipline: definitely running!

Ave Training Hours per Week: average 16 hours (low as 12 hours during an off week, but peaked at 21 hours last year).

Training Split in percentage: 30% swimming, 40% bike, 25% running, 5% strength and conditioning in the gym.

Training Tip(s): Train with people, there are lots of BRAT sessions all week and some unofficial BRAT swims/bike rides. I've seen my biggest gains pushing myself against others but I also find I'm much more motivated knowing I'm seeing friends.

RaceDay

First Multisport/Triathlon event (year): Hereford Triathlon June 2015 (2nd woman overall)

Last event: World Triathlon Championships Switzerland 2019 (7th woman 30-34 age-group)

Planned Races for 2020: Ironman Lanzarote in May and World Triathlon Championships in Canada in August. I will do a world and European qualifier over the summer, a few local races to get race ready and probably a 10km swim.

Favourite event and why: Eton Dorney sprint distance triathlon. It is normally a World champs or European champs qualifier so I've done it three times now. It is a draft legal event around a lake on closed roads, so it's fast and furious racing! Laps on the bike make it fantastic for spectators (my support crew were shouting my bike splits between me and chase pack last year).

Best achievement: 7th in the World Triathlon Championships 2019.

Biggest race day blooper: World Championship qualifier at Thorpe Park, I was leading going into the run and accidentally went down the finish shoot before doing another lap. I had to go back on myself and ended up third because of my mistake! Always listen at race briefings!

Race Day Tip: Talcum powder in your cycling shoes and trainers, it absorbs moisture so you can save time in transition and don't have to put socks on. Walk through swim/bike/run entry and exits in transition. Every second counts over sprint distance!

Favourite action picture:



**My first World Championships
in Chicago 2015.**

Nutrition

Pre-race meal: Porridge and coffee (banana on route and a gel just before I get into the water). My coach Jodie Stimpson would make me have a low fibre meal the night before.

In-race nutrition: To be honest over sprint distance I wouldn't have anything, it's over in 1 hour 8 minutes! Over standard distance I'd have a gel on the bike, I like High 5 banana flavour. However when I tackle Lanza Ironman in May, Nick has given me strict instructions on eating the whole way round....sounds like a rolling buffet!

Post-race meal: When my stomach has stopped doing backflips, I'd have a treat for pudding, anything involving chocolate is a winner!

Race day nutrition do's: alternate gels with solid food, replenish with electrolytes on route, have a protein shake when you finish. Coke is also good if you swim in a mucky lake, it kills the bugs!

Race day nutrition don'ts: Don't try anything new on race day. Test out the food/gels you want to use in training. Also worth researching the brand of gels your race will provide to test them out.

Nutrition Tip: Don't ignore fuel, it's the 4th discipline in triathlon. I've bonked on rides and paid the price, food is your friend. As Chris Ashford has reminded me on more than one occasion, "food is not a reward for training".

Finally, what's the biggest gain from taking up triathlon: meeting the best people through the BRAT club and GB age-group squad! I've made friends for life! It also introduced me to Nick and getting to train/race together is the best feeling.

