



## MEET THE TRIATHLETE



### You

**Name:** Colin Bailey

**Occupation:** IT Manager

**What year did you join BRAT:** 2017

**Tell us a little about yourself:** I'm originally from Burnley, but moved to Birmingham in 2004. I have a passion for track and field athletics and am proud to assist with coaching the BRAT Junior Academy (which my children also attend). I was a fairly successful junior decathlete a long time ago and I am keen to pass on whatever knowledge I can to the next generation. Outside of sport, I enjoy playing the piano and cooking (not at the same time).

## Race Day Equipment

**Wetsuit & Goggles:** Orca TRN Thermo, Speedo Futura Biofuse (all very basic!)

**Bike:** Felt B12 or Giant TCR Advanced Pro

**Runners:** On Cloudflow

**Equipment Tip:** Use a checklist to make sure you take it all! I am typically found walking backwards and forward in the kitchen on the morning of an event saying “right, what have I forgotten??”.

## Training

**Strongest Discipline:** Run

**Weakest Discipline:** Swim

**Ave Training Hours per Week:** 10. I’ll do more on the bike in Summer however (and hibernate on the turbo over the winter).

**Training Split in percentage:** 30% each + 10% strength

**Training Tip(s):** Listen to your body. We are blessed as triathletes as we can always switch training focus if niggles arise.

## Race Day

**First Multisport/Triathlon event (year):** 2017 Leeds ITU

**Last event:** Ironman 70.3 Weymouth 2019

**Planned Races for 2020:** Ironman 70.3 Zell am See (hopefully!!!)

**Favourite event and why:** Leeds ITU. We did this with work as a charity fundraiser. I didn’t do any real prep (my first experience of OWS was this event, I didn’t practice how to transition, didn’t even really look at the distances), but fell in love with triathlon as a result of this event. I was primarily a runner, but this event really changed my perspective.

**Best achievement:** **Enjoying** Weymouth 70.3. I was really apprehensive about signing up as I didn’t know whether or not I would enjoy both the training and the event itself. It turned out to be a fantastic period of training and a great weekend away that I will always look back on with a smile.

**Biggest race day blooper:** Accidentally pulling my front brake and breaking my collarbone as a result. In all fairness, I got back on the bike and rode 5 miles back to transition. I was going to do the run, until I realised that I was physically unable to lift my bike on to the rack (and then also noticed I was covered in blood). I blame the adrenaline.

**Race Day Tip:** Enjoy it. If that wasn’t my primary focus, I wouldn’t be taking part.

**Favourite action picture:** Not because I am a particularly good swimmer, but this was my first (and only to date) sea swim, and the look on my face tells you how much I loved it!



## Nutrition

**Pre-race meal:** I have a tradition of going to a restaurant the night before a triathlon and ordering something obscure off the menu. What's that old saying, 'always try something new before an event'...or something like that?! Breakfast, porridge all the way + a couple of espressos.

**In-race nutrition:** I made these badass flapjacks for Weymouth. Ingredients were pretty much, oats + sugar + syrup + dried fruits. Bliss

**Post-race meal:** I'll usually go out of my way to find a fish and chips.

**Race day nutrition do's:** Make your nutrition yourself as far as possible, its great fun!

**Race day nutrition don'ts:** Don't go for loads of fibre the day before.

**Nutrition Tip:** Keep your kitchen stocked up so you're not running around looking for stuff at the last minute.

**Finally, what's the biggest gain from taking up triathlon:** Ohhhhh there's too many, any of the following:

1. Being an inspiration for my kids and very much involving them in each event I do (they're all booked to go to Zell am See).
2. Meeting lots of amazing people. I literally hated swimming up until attending the BRAT Blue Coat sessions, but the fantastic group there made it my favourite session (shout-out to Sarah, Simon, Alison, Damian, Jorge & Brad!).
3. Stopping my going crazy when I injure myself in various ways. Broken collarbone = do turbo training. Torn ACL = do swimming. Shin splints = do bike & swim.

