DARK ENDURANCE COACHING · IRONMAN 70.3

Race Morning Checklist

70.3 比賽日早上檢查表

Print it or save it to your phone. Check every box on race morning.　印出來或存在手機裡，比賽日早上逐項打勾。

00 The Day Before 前一天

- [ ] Target bike power and run pace memorized
  背熟目標騎車功率和跑步配速
- [ ] Fueling plan: carbs per hour, water, electrolytes
  補給計畫：每小時碳水克數、補水量、電解質

> Bike 60–90 g carbs / hour · Run 40–60 g carbs / hour
> **騎車每小時 60–90 克碳水・跑步每小時 40–60 克**
> Adjust to your own body. **依個人狀況調整。**

- [ ] Race tattoos on arms (and calves, if required)
  號碼紋身貼在手臂（和小腿，看大會規定）
- [ ] Number stickers on helmet, bike and gear bag
  安全帽、車子、衣物袋都貼上號碼貼紙
- [ ] Charge head unit, watch and power meter
  碼錶、手錶、功率計充電
- [ ] Plan breakfast time and caffeine timing
  決定早餐時間和咖啡因時機

01 Swim 游泳

- [ ] Goggles + a spare (pick the lens for the sunrise)
  蛙鏡加一副備用（看日出方向選鏡片）
- [ ] Official swim cap
  大會泳帽
- [ ] Timing chip on your ankle
  計時晶片戴在腳踝
- [ ] Final check of the swim course and buoys
  最後確認一次游泳賽道和浮球
- [ ] Start group and warm-up time
  出發分區和熱身時間

02 Transition 轉換區

- [ ] Walk it: swim in → rack → bike out → mount line
  走一遍：上岸 → 車架 → 騎車出口 → 上車線
- [ ] Walk it: dismount line → rack → run out
  走一遍：下車線 → 車架 → 跑步出口
- [ ] Find your rack by a fixed landmark, not other bikes
  用固定地標記車架位置，不要靠旁邊的車
- [ ] Gear inside the allowed area
  東西擺在大會規定的範圍內
- [ ] Helmet on and buckled before you touch your bike
  碰車之前，安全帽先戴好、扣好
- [ ] Know where the penalty tent is
  確認判罰帳篷的位置

03 Bike 騎車

- [ ] Tire pressure
  胎壓
- [ ] Brakes, gears, quick release / thru-axle
  煞車、變速、快拆／桶軸
- [ ] Start in an easy gear
  變速放在好起步的檔位
- [ ] Head unit battery, course route, power plan
  碼錶電量、導航路線、功率課表
- [ ] Bottles filled, nutrition packed
  水壺裝滿、補給放好
- [ ] Helmet, sunglasses, cycling shoes
  安全帽、太陽眼鏡、卡鞋

04 Run 跑步

- [ ] Running shoes (and socks)
  跑鞋（和襪子）
- [ ] Cap, sunglasses
  帽子、太陽眼鏡
- [ ] Race belt with your number
  號碼帶
- [ ] Pace plan, run nutrition
  配速課表、跑步補給

05 Body 身體

- [ ] Breakfast
  早餐
- [ ] Sunscreen, anti-chafe
  防曬、防磨
- [ ] Last toilet stop
  最後一次上廁所

06 Plan B 備案

- [ ] Watch dies → race by feel and the numbers you know
  手錶沒電 → 靠體感和背起來的數字
- [ ] Drop a gel → use the next aid station
  補給掉了 → 到下一個補給站拿
- [ ] Heavy rain → lower tire pressure, brake early, clear lenses
  下大雨 → 胎壓調低、提早煞車、換透明鏡片

07 After 賽後

- [ ] Dry clothes
  乾衣服
- [ ] Bike pick-up time
  取車時間

✎ My Numbers 我的數字

Write them here. Say them out loud before the start.
寫在這裡，出發前唸一遍。

Bike power **騎車功率**

Run pace **跑步配速**

Carbs / hour **每小時碳水**

Fluid / hour **每小時補水**

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