

GETTING IN THE ZONE:

10 MENTAL HEALTH TIPS FOR THE NYC TRIATHLON

Whether you're an elite three-time triathlon finisher or a novice competing in your first multisport, participating in any endurance event not only requires physical training, but mental toughness.

As the official healthcare and medical services provider of the NYC Triathlon, the NYU Langone Sports Health experts share ten techniques to help you stay focused and resilient so you can overcome that bump in the road and reach your NYC Triathlon goals.

- 1 Train Yourself to Relax.** Thoughts will pop in and out, but training the mind to remember a motivating word, sound, or phrase will dissolve those thoughts and help you return to focused breathing.
- 2 Focus on Breathing.** Stray away from distraction and notice your breathing.
- 3 Get Plenty of Sleep.** The active part of training is the stimulus for all of the adaptation responses that occur during sleep and, when sleep is low, athletic performance suffers.
- 4 Limit Caffeine Intake.** Drinking too much caffeine can trigger fight-or-flight response and emotions, like panic, can overrun your behavior.
- 5 Never Doubt Yourself.** When doubt rises remember your practice and training techniques and use positive self-talk.
- 6 Control Negative Thoughts.** During training, practice being aware of your inner voice. If it says something negative, use a "stop mechanism" to shift focus to the positive.
- 7 Say Positive Statements.** Repeating positive statements that inspire you, like "Yes, I can," will reduce anxiety and avoid panic.
- 8 Instructional Self-Talk.** Using training tools as statements to deflect panic and return to form, like "Extend the arm" or "Tuck in."
- 9 Visualize.** Imagine yourself at various points in the race feeling calm, focused, and energetic.
- 10 Cue Spots.** Use specific images during the triathlon as markers toward your goal of reaching the finish line.

Your Health Is Our Priority

The **Sports Health experts at NYU Langone** offer state-of-the-art diagnostics for triathletes, sports psychology assessments, and everything else you need to achieve your full athletic potential. As an official partner, they are offering all NYC Triathlon participants exclusive concierge access to their multidisciplinary team. Fill out our appointment request form at nyulangone.org/nyctriathlon and an expert will be in touch.

GET FUELED FOR THE NYC TRIATHLON:

10 NUTRITION TIPS

For the weekend warrior or seasoned triathlete, proper nutrition is an essential ingredient to reaching peak performance. As the official healthcare and medical services provider of the NYC Triathlon, the NYU Langone Sports Health experts are here to provide advice on dietary needs to get you ready before, during, and after the triathlon.

Take these 10 nutrition tips to optimize strength, speed, and endurance and help you cross the finish line!

- 1 Be Sure to Have Protein.** Endurance athletes tend to have greater chance of protein malnutrition. Protein is needed to improve muscle protein synthesis and attenuate muscle breakdown. Our bodies can't utilize more than 2.2 grams of protein per kilogram body weight. Shoot for 20-35 grams each meal.
- 2 Get to Know Carbohydrates.** Science suggests consuming 65% of energy from carbs per day improves mood and athletic performance. Target carb consumption for an endurance athlete is 6-8 grams per kilogram of body weight per day.
- 3 Don't Forget Fats, Too.** Fats help maintain energy balance, regulate hormones, and restore muscle tissue, and is a secondary source of energy for endurance training. It's recommended an athlete consume approximately 30% of total daily caloric intake as a healthy fat.
- 4 Hydrate Before.** Fluid needs are unique to the individual athlete, and can change depending on the climate, training intensity, fitness level, altitude, and other factors. Consume at least 16 ounces of fluids 2-3 hours before activity, and another 8 ounces 15 minutes before you start.
- 5 Hydrate During.** Be sure to drink enough fluids during activity, and avoid counterbalancing the fluid loss through sweat and breathing while training.



- 6 Hydrate After.** After training, consume 35-53 ounces for every kilogram lost.
- 7 Determine Sweat Rate.** Athletic performance can start to decline with as little as a 2-3 percent body weight loss from sweat. By knowing how much you sweat, you can determine specific fluid needs during training.
- 8 Create Habits.** Drink 8 ounces of water first thing in the morning, carry a water bottle throughout the day, and consume a variety of fruits and vegetables with high water content.
- 9 Limit Caffeine Intake.** Caffeine has consistently been shown to improve exercise performance when consumed in doses of 3–6 mg/kg body mass. Minimal effective doses of caffeine currently remain unclear but they may be as low as 2 mg/kg body mass. Very high doses of caffeine (e.g., 9 mg/kg) are associated with a high incidence of side effects and do not seem to be required to elicit an ergogenic effect.
- 10 What About Sports Drinks?** Consider electrolyte replacement products for activities lasting longer than 60 minutes. Electrolytes such as sodium, magnesium, and potassium are important for rehydrating after sweat loss and activity. However, be aware of the amount of sugar in these beverages.

Your Health Is Our Priority

The **Sports Health experts at NYU Langone** offer state-of-the-art diagnostics for triathletes, sports psychology assessments, and everything else you need to achieve your full athletic potential. As an official partner, they are offering all NYC Triathlon participants exclusive concierge access to their multidisciplinary team. Fill out our appointment request form at nyulangone.org/nyctriathlon and an expert will be in touch.