Wasted Energy – Triathlon Training Preparation

5s Philosophy Improving Athletic Training & Motivation – The New Normal!
Ed Liebowitz
# Workout Preparation For A Diabetic Triathlete

<table>
<thead>
<tr>
<th>Clothing</th>
<th>SWIM</th>
<th>BIKE</th>
<th>RUN</th>
</tr>
</thead>
</table>
| • Bathing Suit For Pool Swim  
• Body Glide & Wet Suit For Outdoor Swim | • Check Weather  
• Get Right Clothes For Temperature & Precipitation | • Check Weather  
• Get Right Clothes For Temperature & Precipitation |                                                                      |
| Nutrition         | • 1 Hour Before: Reduce Basal Rate on Insulin Pump To 55%  
• 45 Minutes Before: Eat Clif Bar  
• 20 Minutes Before: Drink EFS Mix | • 1 Hour Before: Reduce Basal Rate on Insulin Pump To 60%  
• 45 Minutes Before: Eat Clif Bar  
• 20 Minutes Before: Drink EFS Mix  
• Mix Proper Carb Blend | • 1 Hour Before: Reduce Basal Rate on Insulin Pump To 40%  
• 45 Minutes Before: Eat Clif Bar  
• 20 Minutes Before: Drink EFS Mix  
• Mix Proper Carb Blend |
| Equipment         | • Towel  
• Goggles  
• Diabetic Testing Supplies | • Pump Bike Tires  
• CO2 Cartridge & Spare Tube  
• Attach Garmin  
• Route Map  
• Bike Shoes/ Bike Helmet  
• Bike  
• Put Diabetic Supplies In Bike Jersey | • Intensity of Run (Tempo or Long)  
• Tempo Run – Speed Shoes  
• Long Run – Distance Shoes  
• Change Speed Sensor For Shoes That Day  
• Load Diabetic Testing Supplies & Fuel Belt Bottles Into Fuel Belt |

- **Swim**
  - Reduce Basal Rate on Insulin Pump To 55%
  - Eat Clif Bar
  - Drink EFS Mix
- **Bike**
  - Reduce Basal Rate on Insulin Pump To 60%
  - Eat Clif Bar
  - Drink EFS Mix
  - Mix Proper Carb Blend
# Workout Preparation For A Diabetic Triathlete

## Current Time Spent on Preparation

<table>
<thead>
<tr>
<th>Activity</th>
<th>Swim</th>
<th>Bike</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clothing</td>
<td>5 Minutes</td>
<td>9 Minutes</td>
<td>11 Minutes</td>
</tr>
<tr>
<td>Nutrition</td>
<td>6 Minutes</td>
<td>13 Minutes</td>
<td>16 Minutes</td>
</tr>
<tr>
<td>Equipment</td>
<td>2 Minutes</td>
<td>15 Minutes</td>
<td>5 Minutes</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>13 Minutes</strong></td>
<td><strong>37 Minutes</strong></td>
<td><strong>32 Minutes</strong></td>
</tr>
</tbody>
</table>

*Time includes searching for right equipment, thinking about nutrition mix and finding the proper clothing*
Current State

CLOTHING

EQUIPMENT

NUTRITION

In Sum: It’s A Mess! Adds Time & Waste To Clothing Process
Workout Preparation For A Diabetic Triathlete

**Sort**
- Throw Out Worn Socks
- Throw Out Work Out Clothes Not Worn For 2 Seasons

**Sustain**
- Everything Has A Place – Less Clutter Promotes Organization
- No Scrambling For Workouts
- More energy = Higher Desire To Keep Process Going!

**Standardization**
- Specific Drawers & Shelves For Activity
- Nutrition Protocol

**Set In Order**
- Segment Clothing By Activity
- Nutrition & Bottles In One Place

**Shine**
- Deep Clean All Water Bottles
- Remove Clutter From Drawers
- Clear Access In Hallways
- Organize Closets
- Clean Car

**5S Highlights**
# Workout Preparation For A Diabetic Triathlete

## New Time Spent On Preparation

<table>
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<tr>
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<th>Bike</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Time</td>
<td>Save*</td>
<td>Time</td>
</tr>
<tr>
<td>Clothing</td>
<td>2 min</td>
<td>3 min</td>
<td>5 min</td>
</tr>
<tr>
<td>Nutrition</td>
<td>3 min</td>
<td>3 min</td>
<td>7 min</td>
</tr>
<tr>
<td>Equipment</td>
<td>1 min</td>
<td>1 min</td>
<td>8 min</td>
</tr>
<tr>
<td>Total</td>
<td>5 min</td>
<td>7 min</td>
<td>20 min</td>
</tr>
</tbody>
</table>

*Savings Vs. Old State*
New State: Clothing

- **Sort**
  - Threw out old socks, towels and any sports apparel not worn for 2 seasons – 4th picture
  - No option to sell or donate old apparel as it was not fit for wear

- **Set In Order**
  - Top drawer was organized, business socks and under shirts take up small portion on right, sports socks and spandex take up most of drawer
  - Middle drawer now contains gear for cold weather and elements (jackets & vests)
  - Bottom drawer holds shorts and running shirts

- **Shine**
  - Ordering and Sorting process forced the organization of each drawer, drawers were cleaned and dresser shined prior to implementation

- **Standardize**
  - Each drawer provides a specific purpose, the ease of access limits the time needed to get dressed to run
  - Post workout the clothes go directly into the hamper, folding and storing workout clothes is more efficient because I now know exactly where they go

- **Sustain**
  - The drawers were maintained to the condition seen in the pictures, the process greatly reduced the stress needed to get dressed for running
  - New Normal was set up in a way that it was harder to mess up than maintain
  - Moved hamper from inside closet to area underneath equipment shelves after 3 days; realized that I had a tendency to leave clothes on bedroom floor rather than walk into closet for hamper – new location prevents laziness
New State: Nutrition

- **Sort**
  - Threw out moldy water bottles (not safe!)
  - Threw out empty canisters of nutrition mixes
  - Took Clif Bars out of box they were shipped in

- **Set In Order**
  - Moved water bottles from cabinet across from nutrition, to space next to nutrition
  - Put bananas and protein mix next to blender
  - Placed Clif Bars on empty shelf space in pantry
  - Fuel Belts are now next to fuel belt bottles

- **Shine**
  - Clean top of fridge, sink, counter tops to prevent harmful bacteria for forming in water bottles

- **Standardize**
  - Placed nutrition mix matrix on fridge in direct view from sink and next to nutrition mixes
  - The recipes for nutrition mix and based on hours or distance of workout and include all necessary elements for the type of activity given
  - Recipe provides the incentive to repeat process and nutrition canisters are placed in order of recipe

- **Sustain**
  - Having a safer, more controlled environment has reduced # of low blood sugars
  - The extra counter space and better set up has allowed me have more efficient and consistent work outs
  - The safety provided by the nutrition matrix and ease of access to products made this easy to sustain
New State: Equipment

- **Sort**
  - 2 pairs of shoes which had rips, worn out soles or were unsafe were thrown out
  - No other sporting equipment needed to be replaced or was obsolete
- **Set In Order**
  - Created shelf space in bedroom, one labeled swim, one labeled bike
    - Bike and Swim clothing/equipment is used frequently and takes up considerable drawer space, having it on an open shelf allows easier access
  - Moved bicycle pump next to bike behind front tire for safety
  - Purchased shoe rack for closet to organize sneakers
- **Shine**
  - Cleaned and dusted shelves before labeling and moving equipment
- **Standardize**
  - After each bike ride, my bike is placed back into same place against wall in front of pump; helmet and bike shoes are placed on bike shelf, bike shorts and jersey are placed in hamper – returned after wash
  - After each swim, swim trunks are dried at gym and placed back on swim shelf with goggles and swim cap
  - After each run, running sneakers returned to sneaker rack
- **Sustain**
  - Due to the frequent use of my sporting equipment I needed easy access and the open shelves provided the perfect option
  - The ease of access and time saving they provide, along with having the bike pump right next to my bike promoted my sustaining efforts
5S Results

- Improved Athletic Performance Through Standardization of Nutrition & Equipment Routine
- Shorter Time To Get Ready
- More Consistent Blood Sugars
- Less Chance of Infection From Cleaner Water Bottles & Clothing