



Racing in the cold

The weather forecast for IRONMAN 70.3 Switzerland in Rapperswil-Jona shows colder than usual air and water temperatures for race day. Therefore, we want to give you some advice and guidance on how to be as prepared as possible for the conditions. As it stands, we expect the race to be wetsuit mandatory, so please bring your wetsuit for race day. We are closely monitoring the weather conditions and will take further precautions if needed, keeping you updated in due course.

Below are some tips to help prepare you for race day.

Take a closer look at your gear – Consider bringing extra cold weather gear.

- **Wetsuit** – A long sleeve wetsuit provides insulation and helps maintain body heat in cold water swims.
- **Booties** - Neoprene or any other booties can be worn in water temperatures of 18.3C or cooler. Using booties during your swim helps keep your feet warm and prevent heat loss.
- **Additional Swim Cap** – Wearing an additional cap (including a neoprene swim cap) under your official race swim cap can help keep your head warm and prevent heat loss.
- **Earplugs** - Using earplugs can help prevent cold water from entering your ears.
- **Cover up after the swim** – Consider using extra clothing to start the bike course with. Using items such as gloves and socks/shoe covers will help keep your extremities warm during the bike portion of the event. Arm warmers and vests/windbreaker are also easy ways to help stay warm during the bike.

Here are some additional tips to help you achieve your best on race day:

- **Take your time and warm-up before the swim** - Plan to warm up gradually before you enter the water. You can utilize our pre-race swim warm-up area or spend five to ten minutes loosening your muscles with arm swings and other gentle movements while you are waiting to start the swim
- **Ease into your swim** – Don't race at maximum effort from the start, ease into your swim. Relax and focus on your breathing as you settle into a sustainable pace
- **Take advantage of the hot soup provided** – We will provide hot soup prior to the swim, after the swim, on the second bike aid station and on all run aid stations.
- **Use the warming tent** – A warming tent will be available near transition. Consider this option if needed after you exit the swim course.
- **Acclimating to cold weather** - Allow your body to adjust to the cold temperatures. In the days leading up to the event, spend time outdoors in colder conditions. This helps your body adapt to the lower temperatures.

To ensure you stay up to date with the latest race updates, we encourage you to join the **Last race updates and Q&A Session** in the Food Village on **Saturday at 2pm CET**, also download the IRONMAN Tracker App and follow us on Facebook and Instagram.