

PIT TIMETABLE

60 Minutes to Start	Eat an energy bar and/or banana
55 Minutes to Start	On trainer, hydrating with electrolyte energy drink
	5 minutes endurance pace
	1 minute fast pedal
	1 minute easy pedaling
	(repeat)
40 Minutes to Start	Bathroom Break
30 Minutes to Start	Back on trainer, endurance pace
25 Minutes to Start	
	1 minute fast pedal
	1 minute easy pedaling
	1 minute fast pedal
	2 minutes easy pedaling
20 Minutes to Start	Go to Staging
15 Minutes to Start	Enter Staging
5 Minutes to Start	Eat a GU