

Leaving Home

5: General Studenting



PLANNING

Get one sorted quickly!

Avoid clashes and get ahead of the game by getting all your commitments - student, sport and social - in one weekly template, add in time for cooking, shopping, recovery etc too. Things will change but that's OK you can better manage change if you have a plan in first place.



DOWNTIME

When it's time to rest make sure you do!

Student triathletes are busy people and some planned downtime is important. High level sports students, given the pressures on their time, are more likely to suffer from mental illness than the normal student population. Positive distraction and rest are important, ask trusted peers to support here. Importantly they should let you know if they feel your behaviour changes, mood swings, etc. If so ask for help - its OK not to be OK! Its just not OK to not ask for help.



LIVING

Living with new people can be a challenge!

Think about what is important to you in your living place and politely let those you live with know - remembering to listen to what they need too! Getting along is about compromise and mutual understanding. If you disagree with what someone does that's generally because your values, beliefs or standards are different - that doesn't make them a bad person! Talk about it - it helps!



SPENDING

Budgeting is critical!

Yes we've already mentioned it but it is important ... Have a planned budget AND understand between what you want and what you need, be very clear what it is you need. All students are short of money at some point and being very clear on what your absolute NEEDS are will help you make better choices at that point.

Do I need it? Can I afford it? Will I use it? Is it worth it?



BALANCE

Good planning promotes better student/sport balance!

You will have a lot more on than most students and will be more likely to face conflicting demands. Planning, being proactive and thinking ahead is the key here, as is understanding your priorities and letting others know them. Discuss them with coaches, tutors and peers so everyone knows you have decisions to make at certain times of the year, that way they'll understand that you may be under pressure in different parts of your life at these points.



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“ Use your support network to help you. For example speak with your coach and course tutor about how you can best balance your timetable and your training; you may be able to move an option from one term to another, change seminar groups or split years, and you may even be able to move exams if they clash with a race. ”

Tom's Top Tips



photo Ben Lumley ITU Media

WTS medalist and history graduate - Tom Bishop

“ Your nutrition is really important for fueling your performance and recovery. I think it takes a lot of freshers too long to work this out! Making the best nutrition choices is tough at times given how much triathletes eat and how much that costs! You can save a bit of money and a lot time though if you cook in bulk! This really helps when you get in after a session and need good quick food. ”