

TRIPLE THREAT LIFE

Vermeer Gear List



Over the past 7 years, Matt and I have completed 12 x 70.3 races, 1 Ironman, and countless short course triathlons, duathlons, cycling events, and open water swims.

We've tried just about every swim/bike/run product under the sun, and we want to share our insights and recommendations with you!

Check out the “Vermeer Gear List”- a compilation of all the kit, tech, and nutrition products we use on a daily basis.



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SWIM

Wetsuit:

Matt- HUBB sleeved wetsuit

Brittany- ROKA Maverick X2 sleeved wetsuit

Swimskin:

Matt- Zone 3 sleeved swim skin

Brittany- ROKA sleeveless swim skin

Goggles:

Matt- FORM and TheMagic5 clear

Brittany- TheMagic5 blue mirror gold

Swim paddles: XTERRA Kraken swim paddle

Fins: TYR Stryker silicone fins

Swimsuits:

Matt: Swim Outlet

Brittany: Nike HydraStrong

Fastback one piece

Ear plugs:

Matt: TYR silicone ear plugs

Brittany: Mack's soft silicone ear plugs

Self-care- Zealios sunscreen and Body Glide



BIKE KIT

Bibs:

Matt- Eliel Cycling Del Dios cycling bibs

Brittany- Eliel Cycling and Tres Pinas bibs

Jerseys:

Matt- Eliel Cycling, Ostroy, ASSOS, Le Col

Brittany- Eliel Cycling Laguna Sec jersey, and Laguna Sec and El Capitan bibs

Trisuit: Matt & Brittany- Spaero custom SP3 sleeved trisuit, Zoot, ROKA

Socks: Outway, Swiftwick

Cycling Shoes:

Matt- Shimano S-PHRYE

Brittany- Bontrager Velocis

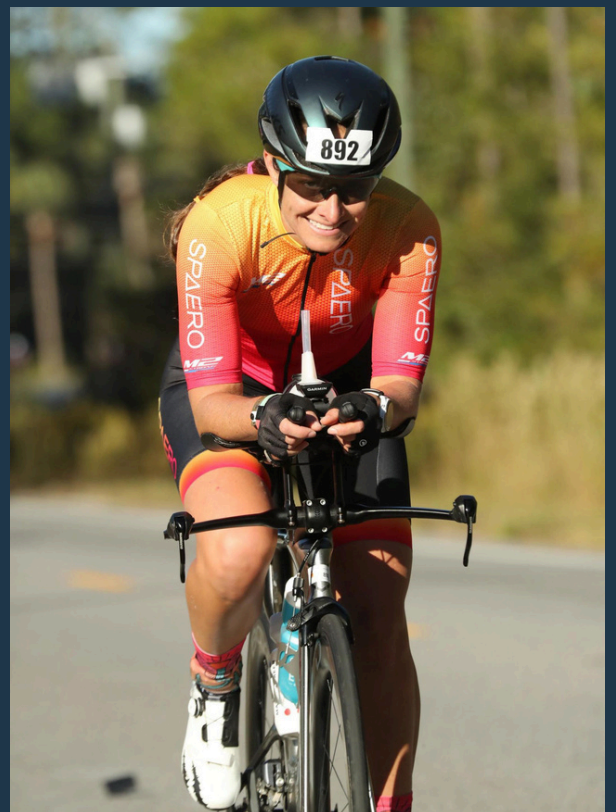
Helmets:

Matt- S-Works Evade and Smith Jetstream TT

Brittany: S-Works Evade

Glasses: ROKA, Rudy Project

Chamois cream- Zealios Betwixt and Aquaphor spray



BIKE GEAR

Triathlon Bikes:

Matt- Cervelo P5 w/ Swiss Side wheels

Brittany- Felt IA w/ Boyd Cycling wheels

Road Bikes:

Matt- Cervelo P5 with ENVE wheels

Brittany- Wilier Triestina with Ultegra wheels

Gravel Bikes:

Matt- Pinarello Grevil with Industry nine wheels

Brittany- Jamis Renegade with Rolf Prima wheels

Saddles:

Matt- ISM PN 3.0

Brittany- ISM PN 3.1

Power:

Matt- Garmin power pedals

Brittany- Stages power crank w/ Look Keo pedals

Hydration Mount:

Matt- X Lab with Arundel bottle cages

Brittany- Profile Design with Arundel bottle cages

Computer:

Matt- Garmin Edge 520

Brittany- Garmin Edge 530

Tailight- Garmin Radar Varia

RUN KIT

Glasses- ROKA and Torege

Sports bra- Puma, Under Armor, Tres Pinas, Rabbit

Shorts:

Matt- Lululemon, Tracksmith, 2XU compression

Brittany- Lululemon Hotty Hot Short

Shirt- Rabbit, HOKA, Nike

Socks- Bombas, Swiftwick, Smartwool

Training Shoes:

Matt- Saucony Endorphin Speed, Nike Invincible

Brittany- Saucony Endorphin Speed, Nike Invincible

Race Shoes:

Matt- Asics Metaspeed Sky

Brittany- Nike Alphafly and Hoka Cielo Sky

RUN GEAR

Heart rate strap: Garmin HRM Pro Plus, Garmin HRM-Fit

Hydration options:

Matt- Orange Mud quiver, Salomon vest

Brittany- Nathan vest, Naked run band

Safety: Noxgear light vest, Road iD contact

Power- Stryd power meter

Watch:

Matt- Garmin Forerunner 955

Brittany- Garmin Forerunner 965



NUTRITION

Carb drink: Neversecond C30

Gels: Neversecond C30, SIS, Maurten

Chews: SIS Beta Fuel chews

Electrolyte:

Matt- Saltstick capsules and liquid

Brittany- Pink himalayan sea salt

Protein powder: Ultragen and Neversecond

Electrolytes: LMNT

Supplements: Thorne creatine, Nature's
Bounty magnesium

TECH

Performance Tech:

- Hydration Sensor- HDrop and Nix Biosensor
- Omius cooling headband

Recovery Tech:

- Normatec and Air Relax recovery boots
- Theragun massage gun
- Chirp wheel and foam roller
- Firefly- wearable calf stimulation
- Cool Mitt
- Apollo Neuro- recovery and stress reduction wearable
- Whoop- Recovery tracking

Bike Trainer: Wahoo Kickr

Car Bike Rack: Kuat

Standing Bike Rack: Feedback sports

Bike Transport- Bike Box Alan

Transition Bags: Zoot

Apps: Zwift, Training Peaks, Garmin, Strava, Ride with GPS, Headspace meditation

We hope you've enjoyed the Vermeer Gear List and have some great recommendations for all your swim-bike-run adventures.

Sign up for the Triple Threat Life newsletter to receive training tips and expert insights each week!



TRIPLE THREAT LIFE
by Brittany Vermeer