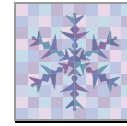


Happy New Year!



### CAAN Sports Triathlete Swim Meet

Race report by Kristen Jurcsak

Four awesome Team Envision ladies participated in the first annual triathlete swim meet sponsored by CAAN Sports. The meet was held January 9<sup>th</sup> at the Weymouth Club and was comprised of four events – 100 yard freestyle, 400 yard freestyle, 200 yard freestyle, and a 4 x 100 yard freestyle relay. A swimmer’s overall time was the sum of the 100, 400, and 200 yard events.

I am pleased to report that all TE ladies participating in the swim meet placed in their age group! Way to go ladies! Finishing times are as follows:

Swimmer	Event	Time	Place
Meghan Wagner	100 yd. freestyle	1:14:69	2
	400 yd. freestyle	5:50:12	2
	200 yd. freestyle	2:45:29	2
	Overall (women 18 – 29)	9:50:10	2
Amanda Hosmer	100 yd. freestyle	1:23:09	1
	400 yd. freestyle	6:37:04	1
	200 yd. freestyle	3:10:07	1
	Overall (women 30 – 39)	11:10:20	1
Joni Fournier	100 yd. freestyle	1:23:40	2
	400 yd. freestyle	7:00:00	2
	200 yd. freestyle	3:17:36	2
	Overall (women 30 – 39)	11:40:76	2
Kristen Jurcsak	100 yd. freestyle	1:33:32	4
	400 yd. freestyle	7:36:13	4
	200 yd. freestyle	3:40:50	5
	Overall (women 30 – 39)	12:49:95	4

This swim meet was my first ever and I had a lot of fun. I’ve been working on my swimming consistently through the fall and early winter, and this was a great opportunity to give a swim meet a try and apply my training to an off season race.

I also think having events like this through the winter, especially in January, gives athletes little motivating milestones to train for through the holidays. Plus, swim meets and indoor triathlons are fun and get friends and teammates together on an otherwise gray and damp winter weekend. I know the meet got me out of bed bright and early Sunday morning!

CAAN Sports has both swim and run clinics planned throughout winter 2005 so be sure to check out their website at [www.caansports.com](http://www.caansports.com) for details. Several TE members have participated in CAAN swim clinics in the past and have great things to say.

**BRING IT!**



## **Disney Family 5K and Half Marathon**

*Race Report for Amy Badger*

So while Meghan, Amanda, Joni, and Kristen were swimming, Amy was having fun in the Florida sun and running! She says she didn't run as well as she'd have liked, but I think her results are pretty amazing.

On Saturday, January 9<sup>th</sup>, Amy completed the Disney Family Fun 5K with a time of 23:13. And on Sunday January 9<sup>th</sup>, she completed the Disney Half Marathon with a time of 1:43:06, finishing 21<sup>st</sup> in her age group of 2,000 athletes!

**GREAT JOB, AMY!**

## **From New Years Resolutions to Triathlon Goals – Turning Visions into Reality**

*By Cheryl Bayuk, USAT Level 1 Coach, Associate Coach Performance Training Systems*

New Year's resolutions, the perennial task that nearly all of us take part in. We find a few habits that need to be broken, a few things we have put off, or a goal that we have tried, usually unsuccessfully, to accomplish. So, we put them on the resolution list, only to see most or all of them fade away. For the lucky few, they've stuck to their resolutions for six weeks while most of us break them within the first week or two. But let's be realistic, a resolution is merely a glorified term for a goal. And like a goal, unless it has objectives, activities, or simply put, a plan, it will most likely fail to be met.

*Obstacles are those frightful things you see when you take your eyes off your goals.*

*- Unknown Author*

The same holds true with triathlon. We set goals to do a race or number of races. We read articles and books, talk to people, and gather volumes of information and begin training, hitting the road blindly. Mentally we think we know what we need to accomplish, and physically we think we know what we need to do. But often the training for these lofty goals is haphazard, does not have sequence or purpose, is intense or not intense enough, and does not have phases, breakthrough workouts, or based on the principle of periodization. Why? There is no formal, written, plan. There is no physical assessment to have baseline measures of where we are at to pave the way for where we are going. We are confronted with obstacles along the way – injuries, family commitments, professional obligations – and don't make the adjustments necessary to stay on a steady course towards the goal. Frustration sets in, we don't see gains or improvements, and we question our abilities. We may even throw the proverbial towel in.

The best intentions can fail without a plan and the best plan can fail without a coach. But whether you are working with a coach or not, be sure to follow, and include in your plan where necessary, the rules below to achieve your season goals.

### **RULE #1: Forget Resolutions – Make a PLAN**

If you make a resolution such as exercise more, it does not give a clear illustration of why you want to exercise more, it is merely an action possibly to reach a goal. You may want to lose weight, you may want to successfully complete your first triathlon or improve your performance, or improve your cardiovascular conditioning. But what you do and how you do it needs to be clear. A well defined, daily plan based on your personal and professional schedule and goals is a must.



## **RULE #2: Be SMART**

SMART is an acronym for Specific, Measurable, Achievable, Realistic, and Time-bound, the qualities that objectives and plans should contain to successfully achieve goals. Examples are provided.

**Specific: Clear about what, where, when, and how.** - Follow a daily training plan, counting back from event to present

**Measurable: Able to quantify the targets and benefits.** – Log miles, time, distance, feelings, sleep, heart rate, and other pertinent measures. This serves as a source of motivation to see all that you have accomplished as well as a diary to refer to if illness, fatigue or performance issues arise – overtraining, too little rest or recovery, etc.

**Achievable: Able to attain the objectives.** – Have you set your goals to loftily? Do they contain all the elements to build upon each phase of the plan?

**Realistic: Able to obtain the level of change reflected in the objective.** – Does the plan fit your lifestyle? Is it calling for more training hours than you can do? Is it too hard or too easy?

**Time bound: Stating the time period in which they will each be accomplished.** – Is the timeline clearly defined? Does the plan provide the progressions and recovery necessary to peak for the A race?

## **RULE #3: Tell Someone, Anyone**

Telling friends and family about your goals enables them to be a source of encouragement, strength, and motivation, particularly at times when you are physically and emotionally drained, question your abilities, and just plain old don't feel like working out.

## **RULE #4: Know What Motivates You and USE It**

Do you need a friend or group to train with? Do you need to have rewards built in along the way? Or do you get motivated internally and prefer to train alone? Either way, choose your training days accordingly. If you prefer to go it alone, then don't agree to ride with a group and get frustrated during the ride. If you prefer to ride with a group, then find a friend or group to ride with to give you the support and confidence you need to make it through that ride.

## **RULE #5: Know When to Hold Them, Know When to Fold Them**

Simple rule of thumb – quality versus quantity. Go for quality, emotionally and physically, in all that encompasses your training. If you feel great, go for it. Enjoy the workout and relish in the moment. If you are tired and sluggish and mentally not with it, better to bypass a workout then get injured and miss a week or two of training. Keep in mind, however, that many times you may not feel like getting that long run or bike in but remember how good you feel a few miles in - you're in your groove, running/riding strong, and finish ecstatic with yourself for sticking with it and accomplishing that workout. But there are those days that you are just drained, nothing left in you, which could be just fatigue or indicative of a greater problem. Take the day off, call your coach, evaluate your plan, schedule, sleep patterns and nutrition, and make adjustments.

## **RULE #6: Keep Your Goals Visible and Plan Accessible**

Write down your goals and post them where you will see them daily – on your bathroom mirror, on your work computer terminal, as a screensaver, on your refrigerator. This serves as a constant reminder of what you are working so hard to achieve. In addition, keep your plan and log with you at all times. You may not have time to log things immediately after a workout but if your log is accessible, you can do it when you have that free moment. Accessing your plan is important so you can refer to it when scheduling your other obligations and commitments.



### **RULE #7: Don't Delay, Start Today**

So you have been thinking about hiring a coach but haven't done so yet because it's January and your A race in August is so far away! Think again. There are important base building activities you could be doing now. Same thing applies for training. Don't delay starting your training since "it's only January." On the contrary, starting now is the best moment ever to begin. Keep it simple and slow if you have taken a few extra days, weeks, or months off to get caught back up with life again.

### **RULE #8: Be Grateful and Humble**

Triathlon training is unique in that we have to train for three events. Depending on the distance you are training for, you may be away from friends and loved ones for hours at a time, week after week. On the sidelines, loved ones cheer you on, race after race. Be sure to thank all those family members, friends, coworkers, and others who support your sometimes neurotic obsession with triathlon, a lifestyle more than sport. Further, eat a piece of humble pie once in a while. A victory in triathlon is subjective – the first timer finishing the race last is just as much a winner as the overall winner - and victory does not make one a better person. True humility is appreciating our blessings, sharing our gifts, acknowledging our faults, and letting others learn about us by our actions instead of our words.

On behalf of Performance Training Systems, I wish you all a Happy New Year and much success in achieving your 2005 goals.

Train safely and healthy; live peacefully.

Cheryl Bayuk

*About the author: Cheryl Bayuk, Associate Coach with Performance Training Systems, is a USA Triathlon Level 1 Coach, an American Council on Exercise (ACE) certified Personal Trainer, Johnny G Certified Spin instructor, and YogaFit Level 1 instructor. She has 15 years of sport coaching experience, 7 years of personal training and indoor cycling teaching experience, and has been a competitive athlete for over 30 years, including 6 years as a triathlete.*

## **Exercise Physiology 101 – What is lactate threshold?**

By Tony Pallotta, Runner's Edge, [tony@runedge.com](mailto:tony@runedge.com)

We all have an idea in our mind of how fast we can run, ride, whatever it is we do. There's one definitive way to answer this question and that is in understanding our lactate threshold.

As exercise intensity increases, your body produces lactic acid. At lower levels of exercise, your body is capable of recycling all the lactic acid that is produced. As exercise intensity increases though, the amount of lactic acid also increases until a point is reached where your body can no longer recycle it all. This is called your lactate threshold. The result of this excess lactic acid is reduced performance and a burning sensation in your muscles.

One easy way to determine your lactate threshold is to do the following. Ideally, you should be wearing a heart monitor to do this test.

**Step 1** – Run or ride for 20 minutes to allow the body time to get warmed up.

**Step 2** – Begin to gradually increase the intensity of this exercise.

**Step 3** – Begin to pay close attention to your body and when you get to that point where muscles start to feel like they are struggling and breathing becomes difficult. Look down at your heart monitor or take your pulse. This is a rough estimate of your lactate threshold.



Now that you know what lactate threshold is, here are two things you can do with it:

### **Training**

To exercise faster you need to increase your lactate threshold. The only way to do that is to incorporate workouts at or slightly above your lactate threshold. Training at this level will force your body to learn to process lactic acid more efficiently and thus increase its threshold.

### **Predicting Pace**

If you are training for a marathon for example and find to run your goal pace requires you getting pretty close to your lactate threshold, then you need to either increase your lactate threshold or decrease your goal pace. If you run a 10 k race and find that during the entire race you never reached your lactate threshold then you need to run harder next time because your body is capable of a faster time.

*To learn more about this and any other exercise related topic, please visit your friends at Runner's Edge in Melrose, MA – 781-662-0091 or [www.runedge.com](http://www.runedge.com).*

## **Get Faster in 2005 – Some helpful hints**

*By Tony Pallotta, Runner's Edge, [tony@runedge.com](mailto:tony@runedge.com)*

### **Track Workouts**

Speed workouts are the key to getting faster and can be performed anywhere from the road, track or treadmill. The key is doing no more than two per week and understanding the different types of workouts. Ideal for shorter races such as a 5K, these workouts are shorter in distance and at or above lactate threshold (see above article) with lots of recovery in between intervals.

Anaerobic strength workouts are ideal for longer races such as 10K and above. These workouts are longer in distance and at or below lactate threshold (see above article) with less recovery in between intervals.

### **Scheduling**

A majority of us train aimlessly based on how we feel that day or how much time we have to workout. A schedule takes little time and will greatly improve your overall performance.

First, start by scheduling your key workouts such as the long run or track workout. There should be a max of 2-3 key workouts a week. The rest of the schedule should have at least one total rest day, another day to cross train and the rest of the days should be easy recovery runs.

### **Over Training**

It is so easy to over train your body. We often think of rest as a sign of quitting or failure. Rest is such an important part of our overall training for both mental and physical reasons. Signs of over training are elevated resting heart rates, excessive tiredness, poor performance or loss of appetite. Incorporate rest days, your body and mind will thank you.

*To learn more about this and any other exercise related topic, please visit your friends at Runner's Edge in Melrose, MA – 781-662-0091 or [www.runedge.com](http://www.runedge.com).*

# Effortless, Intuitive Training

Brad Kearns

[www.bradventures.com](http://www.bradventures.com)

Note: This article was originally published in the September 2004 issue of *Triathlete*.

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As a coach, I often counsel my athletes to strive to "make every workout feel easy and effortless." This statement certainly deserves more clarification. Success in triathlon requires hours of difficult training, but only when you preserve your health and lead a balanced life will you be able to reach high fitness levels. With overtraining being the worst and most common mistake among triathletes of all levels, I advocate an enlightened approach called 'effortless, intuitive training' - where every workout feels comfortable, muscles strong and relaxed instead of sore or tight, breathing natural and steady instead of labored, mind strong and willing instead of suffering.

Even when training intensely, the principle still applies. First, a strong aerobic base must be present before anaerobic training should be introduced. Second, anaerobic training should only be conducted when you are 100% rested and motivated. Thus, even an intense workout is effortless in a way. Your mind and body are strong and eager to thrive on the challenge every time you work hard.

Is this distinction clear? Think of the difference between these two statements that describe a tough workout:

- "I was really suffering, just hatin' life, on that hill"
- "I was really pushing it to maximum effort on that hill"

Suffering implies that you would rather not do it or that you're not ready and willing to do it. Even in a race, you should not have to suffer as much as strive to get 100% effort from your body. If you watch the Tour or the Ironman on television, it sure looks like Lance, DeBoom and the rest are suffering. Yes, but their stance, their mindset, remains aggressive. As in, "bring on the suffering, the pain. I am ready and willing to accept it and test myself"

So when the going gets tough, replace the word "suffer" with a word like "push". If you are truly suffering on a workout, go home and take a nap!

When I think back to my greatest victories, many of them took on an interesting characteristic: I felt absolutely no pain, no suffering, during the entire race. Sure the races were brutal, but the intensity and the effort were totally welcome - I can't characterize the efforts as painful or suffering.

Use visualization to cultivate intuition

Ask yourself this question before every workout:

- "Is my mind, body and spirit ready and willing to conduct this workout?"

Often when I was unsure, I would visualize a certain planned workout before I conducted it. For example, my 12-mile "Stagecoach" run loop in Auburn. I'd sit on the edge of my bed, visualize running down the street to the trailhead, descending into the canyon, crossing the bridge over the American River, running up the Manzanita switchback trail, joining the old Stagecoach trail, cresting the canyon and running along the railroad tracks back to the neighborhood.

Sometimes just visualizing this run was a struggle ("oh Manzanita, sooo steep..."). Sometimes the visualization would be a series of rapid-fire images of me speeding through the loop effortlessly. At these times I was up and off to do the loop for real with no hesitation. When I struggled with the visualization, I would instead picture an easy 3-mile jog along the railroad tracks and back. This felt intuitively better, so that's what I would do. You can use visualization to help cultivate a powerful intuition about how you should train when in doubt.

Intuition is the most important training concept I have EVER discovered.

Any time a workout does not feel easy and effortless, slow down, cut it short and let your body progress when it is ready to. From day one in my running and then triathlon career, I constantly struggled to keep up with training partners who were actually slower than I was in racing. I was generally unwilling and uncomfortable pushing my body beyond what felt natural and effortless on any particular day. I attribute this to an intuitive ability to harness my will, my deepest form of motivation, to the times when I really needed it in the competitive arena.

With this type of training attitude, you establish a pace at every workout that feels comfortable. You adjust the distances of your workouts so that they feel comfortable. Then, because you are constantly cultivating energy with sensible, effortless, intuitive training, you are fully ready to conduct killer key workouts when the time is right. On those days, going ballistic feels like the intuitively right thing to do.

It's obvious that your body responds better to a sensible cycle of stress and rest than it does to overtraining. With effortless, intuitive training, you will likely reduce the length and intensity of many workouts, as well as total weekly volume. The positive, performance-enhancing tradeoff is that when you push yourself with key workouts, you will perform at a higher level with less physical and psychological stress. This approach will not only improve performance but prolong and enhance the enjoyment of your career.

I used to swim with a national-caliber age group team, spending most workouts in the 'slow' lane with the 12-year-old girls. Occasionally when I felt awesome, I'd

jump all the way across the pool to push the pace with the superstar high school guys. My coach and friend Bud McAllister called me a flake - he said if I can swim with the studs today, I should be able to swim with them every day.

Certainly I could have handled swimming in the middle lanes at every workout, but that would foster mediocrity and a high risk of overtraining instead of progressive, intuitive improvement. It might feel better to the ego to say goodbye to the 12-year-old girls and swim with the studs, but my intuition kept telling me otherwise (and I kept telling the coach how awesome my bike and run workouts were earlier in the day...)

If your training schedule is straining your work, relationships, physical or mental health, you will not succeed. I had to learn the hard way that you cannot force improvement - it has to happen naturally. As former top professional Andrew MacNaughton said, "You only have so many peak performances in you and after that you lose your will." You have to cultivate this will by living a healthy, balanced lifestyle and pushing your body occasionally instead of constantly.

Overtraining and compulsive training will break your will and leave you with an empty tank when you need it most: on race day. Over the years I've noticed many athletes experience surprising and devastating breakdowns at their most important races. My theory is that the accumulated stress of overtraining weakens the body and the spirit to the point that random breakdowns (unfamiliar digestive problems, muscle spasms, psychological 'cracking', etc) occur when maximum effort is called for.

You can follow these three simple, immediate techniques to enjoy the benefits of effortless, intuitive training:

- 1) Eliminate ego driven, compulsive training: Many triathletes follow robotic training schedules with workouts planned far in advance. While planning workouts can be highly effective, you must always give yourself the freedom to make intuitive changes based on lifestyle variables like other forms of stress or varying levels of energy, motivation or health. One sore throat can render your expensive, custom-designed 12-week Ironman peak performance training program worthless.
- 2) Cultivate Intuition every time you exercise: Govern your training decisions by asking yourself, "Is this healthy?" Be sure that every workout has a specific purpose - recovery/rejuvenation, fitness maintenance or fitness improvement. If you are unclear or unfocused on the purpose of a workout, the workout is not likely to be effective.
- 3) Score workout stress levels from 1-10: Include all forms of stress - difficulty of pace, duration or weather as well as psychological stress (a hurried lunch hour swim, 5am wakeup call or blowing off your kids soccer game for a workout is stressful beyond the actual physical workout effort). If 1 is a 20-minute warmup and 10 is a peak performance competition, strive to keep 80% of

your workouts at a stress score of 6 or less. Make necessary adjustments to schedule or workout type to reduce the overall stress of your training program.

These techniques will help you focus on balancing health and fitness, making every workout effortless and letting improvement happen naturally, allowing you to race at peak level and actualize your highest potential as an athlete.

*Brad Kearns is a former national champion and #3 world-ranked triathlete and noted author, speaker and coach in the multisport world for the last 17 years. His [www.bradventures.com](http://www.bradventures.com) website features a hand-picked, premium quality selection of healthy nutrition and lifestyle products for endurance athletes, with extensive supportive information. Kearns's Power Month book+audio CD kit outlines a 30-day program to "Change Your Life" with daily Action Plans for one week each in the areas of Diet, Exercise, Health and Personal Growth. Mention the Tri-Hard newsletter and Brad will give you a free gift when you place your first order at [bradventures.com](http://bradventures.com) – a 1.5lb Cytomax (retail \$21.50) or healthy energy bar sampler kit (\$9.95). Just mention your gift and flavor choice in the order notes.*

# Plan Your Race, Race Your Plan

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Triathlon is a tremendous endurance challenge. You put months and years of thought, effort and training into improving your athletic abilities. Yet despite your well organized training, a haphazard approach on race day could well ruin your plans for peak performance. So how can you make sure this does not happen? With a simple plan!

By taking a well planned and focused approach to your key events, you avoid problems on race day. This helps you meet the goals you have worked so hard for.

So what exactly is a race plan? A race plan is a concrete method for approaching the various physical, mental and nutritional aspects of your peak triathlons. There are many successful ways to create a race plan. In this article, we will describe the key components of a race plan, show you how to construct a race plan, and offer you a sample race plan as an example to help you create your own race plan for your next big race.

## ***Key components of a race plan***

**Goals.** Reviewing your personal goals for your race is the first step in formulating your race plan. First, you should have a very specific time goal for your peak event (I.e. I will complete IM USA in 12:30). Experiential goals such as “I will enjoy the experience from start to finish” or “I will remain mentally strong throughout the race” are equally important. The goals you set for your peak race should be in line with your overall athletic goals and vision.

**Goal split times & pacing strategy.** With your overall race time goal established, you can now establish your time goals for each segment of the race. You will want to set a time goal for the swim, T1, the bike, T2, and the run. Your goal times for each segment of the race should be determined based on a number of factors: times achieved in recent races, results of recent performance testing (I.e. Aerobic Speed Tests, and Maximal Sustainable Speed Tests), and estimations of the impact of the course’s terrain. Simultaneous to developing goal times for each segment of the race, you should determine your goal pace. As an example, if you know from your recent races, performance tests, and overall response in training that you can sustain a running pace of 8 minutes per mile in a 10K, while you sustained 9:30/mile pace in your recent Running Aerobic Speed

Test, and just ran 7:30 pace for a 5K in a sprint triathlon, then you may set a goal of running at 8:15-8:30 pace for the run segment of your upcoming Olympic distance triathlon. You and/or your coach should work to create realistic yet challenging race pace goals.

*Nutrition strategy.* Next in creating your race plan, you need to develop your personal race day nutrition strategy. This means deciding what you will eat and drink at each of these stages in your race day: race morning breakfast, pre-race, T1, bike segment, T2, run segment, post-race. This plan needs to be formulated based both on science and practice. You can use scientific formulas to help you determine the average caloric and fluid needs for someone of your body size. A good coach or sports nutritionist can help you with this. Using this science, you then need to refine your nutrition strategy based on what you have experienced in your training and racing. Use your experience to help determine for yourself the right amounts, the right timing, and the right foods/fluids that work well for you. Race fuel is a highly individual matter. As a result, it is vital that you create a plan that works for you and practice it.

*Mental strategy.* Finally, you need to plan out the mental approach and specific strategies that you want to have with you during this race. A good place to start in formulating your mental approach is to scan back in your memory a bit. Think back to your best performances in your life. What focus did you have? What attitude did you have? What were you thinking about or not thinking about that freed you up to have these great performances? After some reflection, you should be able to generate a list of mental traits that have been successful for you before. You can use this list to create a concrete mental strategy for the various parts of your race day.

### ***Constructing your race plan***

It is very important to note that race plans need to be very individualized. They should be planned around YOUR goals, YOUR fitness, YOUR experience, and the way that YOU approach triathlon. Resist the temptation to formulate your plan based on a friend's plan.

Beginning to construct your race plan is as simple as designing a simple table (those in Microsoft Word and Excel work very well). You will need 5 columns and 9 rows. Leave some space at the top for your overall race goals. A sample of a race plan is shown below to demonstrate the format and ideas on how to formulate the specific strategies.

You should construct your plan about 12 weeks away from your peak races. Much before that and you will not know enough about your developing fitness to realistically project paces. Much after that and you may not have enough time to thoroughly practice the components of your race plan in training. Don't expect to create a race plan and have it set in stone. Again, you should have it constructed about 12 weeks from your peak races, but consider it a

working document. In the last 12 weeks as you come to peak form, you will learn more about your fitness, how you handle various nutritional approaches, and what mental strategies help you the most. You and/or your coach should be ready to adjust and adapt this plan as needed to set the best approach for you on race day.

The race plan is not something that you simply establish on paper and then leave alone. Obviously, your training should be designed to bring about the conditioning improvements you desire to reach the performance goal you have set for yourself. But you also need to practice the various nutritional and mental approaches that you plan to use in your race in your training. For example, as part of your nutritional strategy, you have decided to drink Gatorade from your water bottle every 10 minutes during the bike ride. You should be practicing this in your training rides whenever possible. This helps to make it second nature. This is very important because it can be very easy to get carried away in the emotions of the day on race day. And when you do that, it is very easy to forget or ignore important tasks such as fueling or hydrating. If you have a great plan for the race AND HAVE PRACTICED IT WELL, then you will keep your emotions in check more easily and do what is best for you on race day.

**Sample race plan**

The following is a sample race plan we used successfully with an athlete preparing for IM Florida. Her goals were to complete the race in 10:45, to finish feeling good and strong, and to have a great time. She met all three. Note: the approaches taken in this sample race plan are unique to this individual and are offered simply as an example. The approaches laid out in this sample race plan are not ideal for everyone as we are all very unique. We hope that the ideas outlined here help you to create a race plan for your next big triathlon.

	Goal Time	Pacing Strategy	Nutrition Strategy	Mental Strategy
Breakfast	N.A.	N.A.	I will eat at 4:30—2.5 hours prior to the race start. I will eat my regular pre-race breakfast: 2 scrambled eggs 2 cups oatmeal with tbsp. of honey & ¼ cup of raisins.	I will relax. I will take the time to have a good meal and start my day off by loading up with some good fuel. I will remind myself of my goals and the most important reasons I am here today. I will remind myself that I am prepared for this and today all I have to do is go out and execute what I have prepared for. I will also remind myself of the attitude focus that I want to bring to this race— I want to have fun and enjoy my great level of health and fitness.

Pre-Race	N.A.	N.A.	At 6:00, I will start sipping Gatorade. I will continue this until I get into the water to warm-up.	I will stay relaxed. After I get body marked, I will stay off from the crowds. I will spend some time sitting quietly using the relaxation techniques I have practiced. When it is time to warm-up, I will head to the water and conduct my warm-up as I have practiced.
Swim	1H 5'	I will do my best to replicate the race pace swimming I have performed in practice many times. I will try to get in with a group of swimmers who are swimming about my pace to share the pacing.	N.A.	I will stay within myself. I will take long, strong strokes, and repeat to myself "long and strong". I will focus only on what I am doing—my breathing, and my form.
T1	3'	N.A.	None.	As I perform my transition tasks, I will look around and enjoy the great spectacle around me. I will consciously draw on the energy of all the amazing people around me. I will enjoy how amazing doing an IM triathlon is.
Bike	6H	I will ride at very near an average of 18.5-19.5 miles per hour throughout the race. In the early stages especially, I will restrain myself from the temptation of going faster.	After 15 minutes into the ride, I will start to drink my bottle of 20 oz. Metabolol. I will drink this and one 20 oz. bottle of Gatorade in the first hour. Each hour thereafter, I will drink 2 20 oz. bottles of Gatorade and eat one half of a Clif Bar.	I will focus on my pedaling. I will focus on pedaling smoothly, powerfully, and efficiently. Especially as I fatigue, I will concentrate not on the fatigue but entirely on pedaling well. I will also keep at my goal pace—I will resist the temptation to go faster.
T2	2'	N.A.	None.	As I perform my transition tasks, I will enjoy the emotion of the day. I will gather my excitement, as I know I have one marathon between me and finishing an Ironman. I will remind myself of my reasons for racing in an Ironman and I will say to myself "This is really living life to the fullest!"
Run	3H 35'	I will aim run each mile in the 8:10 to	Drink something from a cup at each aid	I will set my mental focus on my running form. I will

		8:30 range.	station—Gatorade, Coke, or water.	focus on the elements of my running form that I have practiced thoroughly especially relaxing my body and minimizing the ground contact time of my strides. I will listen for the soft “pitter patter” of my feet when I am running my best.
Post-Race	N.A.	N.A.	As soon as I feel comfortable doing so, I'll ingest my pre-mixed recovery drink. Then I'll sip Gatorade as I walk around, talk with family, get a gentle massage, and clean up. About 2 hours after the race, I'll eat a small meal of real foods and do so each 2 hours until I go to bed.	I will have fun and share the day with my family, the volunteers, and my fellow racers.

*Jason Gootman MS, CSCS and Will Kirousis BS, CSCS coach endurance athletes of all levels, write for conditioning related magazines/journals, and provide educational services for private and professional groups about optimizing endurance sports performance through their company Tri-Hard Sports Conditioning Systems. Jason and Will, USA Triathlon and USA Cycling Certified Coaches, can be reached with questions or comments through their website [www.tri-hard.com](http://www.tri-hard.com) or via email at [jason@tri-hard.com](mailto:jason@tri-hard.com) and [will@tri-hard.com](mailto:will@tri-hard.com) respectively.*