

# Pacing Triathlon

*Marilyn Chychota Coaching LLC*



# The Five Corner Stones

Preparation and Execution= Outcome

- ❖ Training
- ❖ Nutrition/Rest
- ❖ Race Fueling
- ❖ Pacing
- ❖ Mental Fitness

# What Are These Key Factors?

- ❖ Goals/Targets/Outcomes
- ❖ Current Performance Indicators
- ❖ Durability
- ❖ Race-Course Terrain
- ❖ Race Climate
- ❖ Body Composition\*
- ❖ Ability to handle race day fuel

\*Closely linked to Race Climate

# The Pacing Mindset

- ❖ Goals - examples under this bucket are:
  - I am going to be tough, I'm not going to give up no matter how hard things get, I'm going to follow my pacing plan, I'm going to follow my fueling plan.
  - These are best described as those items in which you have 100 percent control over.
- ❖ Targets - examples here are:
  - I'm going to average 250 watts, I'm going to run 7:45 pace on the run.
  - These are items you have a bit less control over but are directly related to your training and therefore can be predicted very closely.
- ❖ Outcomes - examples here are:
  - Age group or overall placing, race time, Kona slot qualification, etc.
  - These items are those items that you have the least control over and are really just an outcome of the previous two buckets.
- ❖ Primary focus should be at the top of this list

# Durability

“In Volume We Trust!”

- ❖ Has your peripheral system been “calloused” enough, such that it will not act as a limiter at a given distance?
- ❖ Can your peripheral system continue to stimulate your HR over the course of the entire race distance?
- ❖ Function of training volume, intensity, and time.
- ❖ Single largest limiter in long course racing
  - Back half of the run- walkers

# What Are My Current Performance Indicators !

- ❖ Current performance indicators can be determined from current training data.
- ❖ Paces/wattages and average HRs of all main sets over training blocks, and Best Effort workouts.
- ❖ Results and intervals from all Best Effort swim workouts.
- ❖ Or other race specific workouts like:
  - Olympic: 4 x 15 min on bike at OLY wattage for first rep, add 5w or 2 beats with each rep
  - 70.3: 4 x 30 min on bike at 70.3 wattage for first rep, add 5w or 2 beats with each rep
  - IM: 4 x 60 min on bike at IM wattage for first rep, add 5w or 2 beats with each rep

# Miscellaneous

- ❖ Don't be a fool. SLOW DOWN!!!
  - Allow yourself to regroup
  - Work towards resuming planned pacing
- ❖ Take advantage of the good times and manage the bad
  - Opportunity to get fuel down
  - In IM, if you are feeling good, take it as an opportunity to get fuel down, NOT push the pace
- ❖ Strong connection between race pacing and race fueling
- ❖ Burnt matches make for a poor run
- ❖ Be aware of the conditions around you
- ❖ Always maintain a close eye on perceived exertion
- ❖ No magic!

# Race Climate/Conditions

- ❖ Heat and Humidity
- ❖ Rain
- ❖ Wind
- ❖ Cold
- ❖ Road Surface
- ❖ Race Packs- Risk, Reward, Chasing watts and Saving watts



# Race Execution...Actually Pulling It Off

- ❖ Mutual Exclusivity
  - Swim is independent, for the most part
  - Bike and run are very much dependent upon one another (NOT mutually exclusive)
- ❖ Bike MUST Be Paced With the Run In Mind
  - Pretty much a best sustainable effort (BSE)
  - Power peaks MUST be limited

# Pacing

## Long Course

- ❖ Even power profile (1<sup>st</sup> half equal to 2<sup>nd</sup>)
- ❖ Bike cadence avg of 80-91
- ❖ Long Course - HR
- ❖ Generally operate in a 10 beat window.

## Short Course/ Tactical Racing

- ❖ Stay with group
- ❖ Train to prepare - Peak bike power

## Run

- ❖ It is EXTREMELY easy to overheat the first 2 miles of the run, get a bloated gut, and have the stomach shut down.
  - This is due to heat accumulation.
  - HR will decouple from pace.

# So, What's The Strategy?

## ❖ Swim:

- Out HARD and then settle in. Over-pacing is worth it for the drafting benefit!
- Kick/Limit Kicking/Kick
- Position at start

## ❖ Bike:

- Power as evenly distributed as possible
- Flats, Climbs, and Descents

## ❖ Run:

- Start faster than you will finish? How much depends on distance
- Limit degradation, depending on distance
- Control effort first 1/4. Tactics and strategies.



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