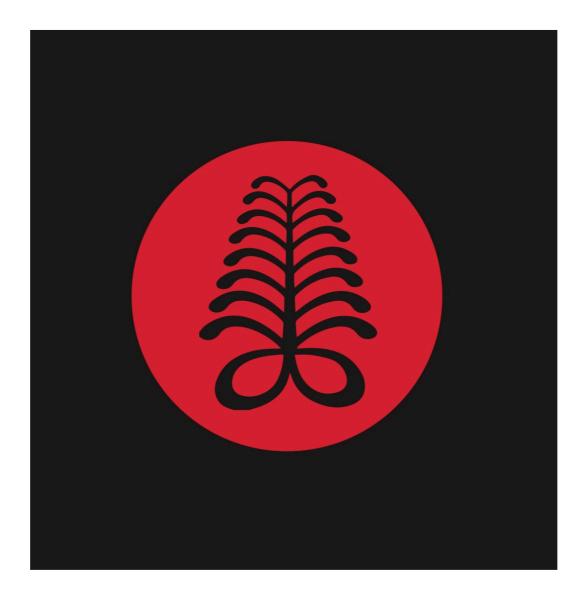
Pacing Triathlon

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:
 - \succ 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:
 - Solve of the second second
 - > 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 (1st half equal to 2nd)
- 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

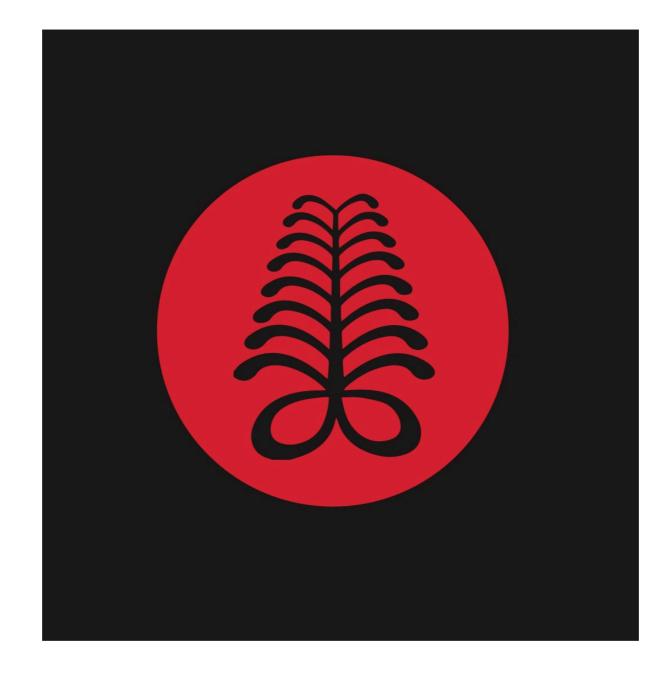
<u>Run</u>

- 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:
 - \succ 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
 - \succ Control effort first 1/4. Tactics and strategies.



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