



Athlete Race Debrief Report

Athlete Name: Justin White

Race Distance:

☒ 20 miles

Race Classification:

- ☒ A-Race
☐ B-Race
☐ C-Race

Date and Time of the Race: 6/15/2024 7:15 AM

Name of the Race: Mammoth March Delaware Valley

Location of the Race: Fair Hill Natural Resources Management Area, Elkton, MD

Weather Conditions: Conditions were good. Temperatures started in the upper 60's and ended in the lower 80's. It was full sun.

Race Goals:

Race Goals	
Goal Level	Goal Description
Level 3	Not Defined
Level 2	Complete the Hike in 5:45 hours or less
Level 1	Complete the Hike in 6 hours

Athlete Comments:

I went into this event not as trained up as I had hoped to be. Issues with my achilles tendon forced me to alter my training plan and reduce the amount of hiking to better manage the impact on my feet. I felt I was trained well but I felt more trained when Mammoth March VA was supposed to take place. I was strong on the course and handled the hills well so the strength conditioning paid dividends for this event. I just don't think I spent enough time on trails, especially uneven trails.

I executed my nutrition plan well. My goal was to consume around 200 calories per hour. I consumed 169 calories per hour. I took in calories every 30 min. At hours 2 and 4, I consumed an uncrustable, which accounted for the 200 calories for the hour. I got down to the last hour and knew by the time the calories were absorbed, I would be done so I went without the last planned feeding.

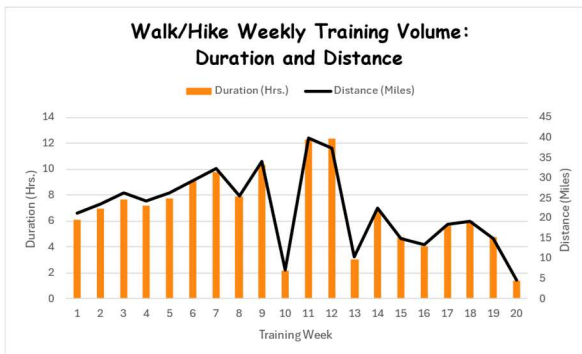
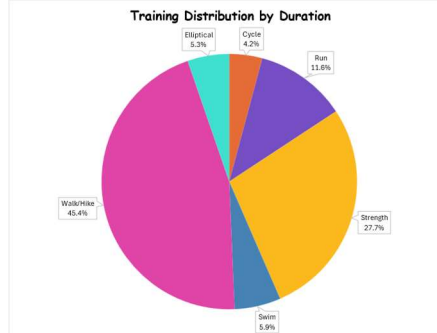
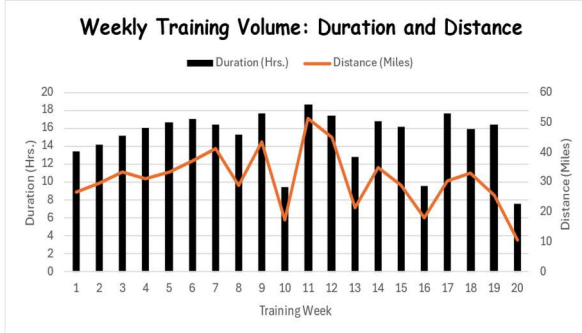
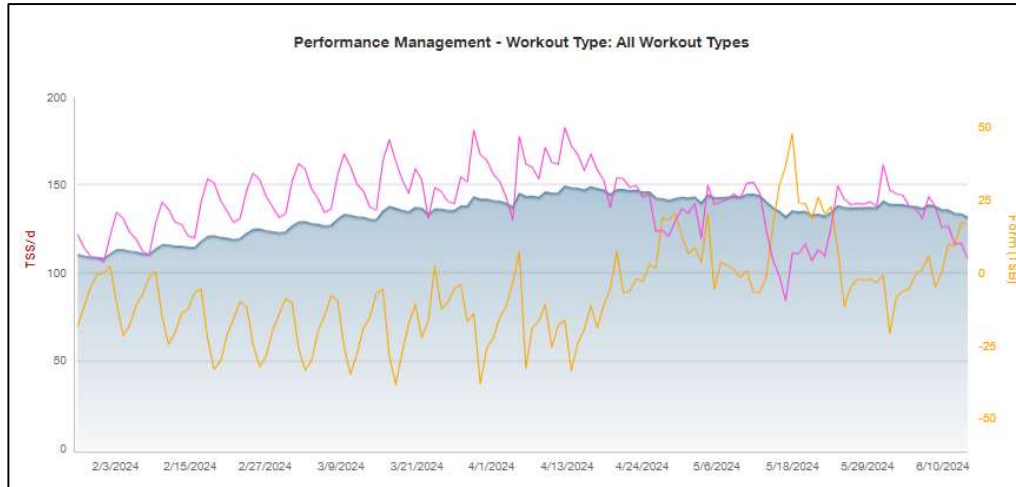
Around the 2-hour mark, I took in some pain meds to help with the pain in the feet and ankles. The course was much harder than Mammoth March VA because it was a lot of single-track, so my foot strikes were not flat on the ground. This put a lot more stress on the ankles. There were times where I got held up on the trail because of slower hikers. I realized I wasn't going to make my 6-hr goal and told myself the course was too challenging to have the expectation I would come in at 6 hours or less. Around the halfway point, there was a significant blister on my left heel so I had to quickly stop and take care of it.

It was sunny and warm, but we got lucky in that most of the course was deep in the woods under heavy tree cover. That kept me cooler. The one thing I don't like about Mammoth March events is the lack of information about the route. They don't release the route until 2 weeks before the event and all the route descriptions are the same. Based on the lack of information, I trained with functional strength training as the focus. But knowing that most of the route would be single-track would have helped me train a little more focused and work on ankle strength more.



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Mammoth March Training:



Training Compliance			
Activity Type	Completed Duration (Hrs.)	Planned Duration (Hrs.)	Compliance Rate
Walk/Hike	136.00	146.64	92.7%
Strength Conditioning	83.15	93.75	88.7%
Run	34.66	35.98	96.3%
Swim	17.55	15.92	110.3%
Elliptical	15.84	15.67	101.1%
Cycle	12.50	13.50	92.6%
Total	299.70	321.46	93.2%

Coach Training Comments:

Training for Mammoth March Delaware Valley started January 29, 2024, and the plan spanned 20 weeks. The breakdown of the plan for Delaware Valley was different than the plan for Virginia. In this plan, the weekly long hike accounted for 35% of weekly volume and there was only one moderate hike accounting for 30%. There were two short hikes, which focused on structured strength conditioning (10% of weekly vol) and three runs accounting for 5%. The runs all followed a run/walk protocol to reintroduce running.

In week 13, the athlete came down with a chest cold and altered the training for the week as breathing was labored. In week 14, a reassessment of the plan was necessary. Persistent issues with Achilles tendonitis in the right heel forced a reduction of impact-based training. There was a real threat of damage to the Achilles and a decision was made this event was not worth completely derailing future plans. We removed the weekly moderate hike and reduced the number of short hikes down to one per week. We replaced this training with bike and elliptical sessions to continue development of the cardiovascular system.



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Race Results and Coach's Evaluation:

This was a successful event. While training didn't go as hoped, there was a significant increase in strength for this event. Management of the elevation was handled well and didn't pose a threat to the desired sustained effort.

There was no insight into what the course was going to be like. All the Mammoth March courses are all described the same way and it is very generic. This route was very different from Mammoth March VA. This route had a lot of single-track segments which caused the foot strike to be uneven and this put a lot of pressure on the ankles. Around mile 17, I realized I was not going to meet my 6-hour goal. I was disappointed that I was not going to meet the goal and even more so that I was not going to do better than I did at Mammoth March VA. I know I have the fitness, but the route was not conducive to that kind of performance. Rather than beat myself up over not meeting the goals I had set, I pushed hard to the end. I told myself that the route was very different from what I had trained on and was very different from Mammoth March VA.

The table below is a summary of metrics from the event.

Mammoth March Delaware Valley	
Total Time	6:08:52
Total Distance	19.9
Avg Pace	18:32
Elevation Gain	2,068
Calories Burned	3,266
Avg Heart Rate	129
Max Heart Rate	163
Goal Time	6:00:00
Goal Pace	18:00

Race Goals		
Goal Level	Goal Description	Goal Met
Level 3	Not Defined	NA
Level 2	Complete the Hike in 5:45 hours or less	No
Level 1	Complete the Hike in 6 hours	No

I executed the nutrition plan well. I consumed a total of 1,040 calories during the event and burned an estimated 3,266 calories. If I include the meal I had prior to the event, I took in a total of 1,550 calories. I had some maple and brown sugar overnight oats with smoked almonds prior to the event. It sat well on my stomach, and I didn't feel full or lethargic. My caloric burn rate per hour was 531 calories and the replacement rate was 169 calories per hour. This gives me a replacement rate of 32% (47% if I include the breakfast). I didn't take in the last scheduled feeding because I didn't really feel it was necessary. By the time my body absorbed it, I would be done and that just didn't seem like it was worth the consumption.

Despite some of the hurdles during training, this was a very well executed event, and you should be proud of your performance.



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Conclusion and Areas of Focus Going Forward:

Overall, I think this was a successful event. I am not sure if this type of event is something I will continue doing. At this point, I need to focus more on shorter events where the long-course type of training is not needed. I need the time to allow the achilles tendon to improve. The week after this event will be a “recovery” week where focus will be on non-impact training and a reduction in training duration.

There will be a transition to run-focus training for preparation for the Richmond Half Marathon in November. The ability to do the Richmond Half is up in the air. I have issues with my left shoulder, and it feels like another torn rotator cuff. If that is true, then I may opt to have the surgery earlier rather than later so that I don't delay the rehabilitation. If surgery is needed, I will have to continue with the walking/hiking training so that I can continue to stay active and have some level of training going on. But the long duration stuff should be steered away from.

Continued focus will be on building strength in the weight room. The run/walk protocol will be removed from the training plan and start to build some real run fitness. Continued focus will be put on losing weight. I have hired a nutrition coach to help me get this on track and so far, it is working, and I really like having the help and structure. It has taken a lot of pressure off me trying to figure out what I should be eating so that I can focus more on the training side.

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