Athlete Race Debrief Report

Athlete Name: Justin White

Race Distance:

- ☐ 5K
- ☐ 8K
- ☒ 10K
- ☐ 15K
- ☐ Half Marathon
- ☐ Marathon
- ☐ Ultra Marathon

Race Classification:

- ☒ A-Race
- ☐ B-Race
- ☐ C-Race

Date and Time of the Race: 4/22/2023 8:30 AM

Location of the Race: Richmond, VA

Weather Conditions: Conditions were good. Temperatures were in the mid to upper 60's. Winds around 10-20 mph. Dew point was in the mid to upper 50's. The rain held off until you were done with the race. Prime race conditions.

Race Goals:

Race Goals	
Goal Level	**Goal Description**
Level 3	Finish the race with a progressive/negative split.
Level 2	Finish the race with an overall average pace between 12:00 - 12:15 per mile.
Level 1	Finish the race without having to walk

Athlete Comments:

I felt this was a good run for the first 5K. The main problem I had during the first half was a nervous bladder while waiting to start. I used the bathroom two times at the venue, and I waited in the starting corral so long that my nervous bladder had me needing to pee again when I started. I lasted the first mile hoping it would go away but it did not go away. I knew I was going to need to stop because I was going to spend a lot of energy trying to hold it. At the first group of toilets, there was a line, so I kept going. After the first mile, there was another group of toilets with no line, so I stopped quickly. That is the reason for my significantly slower mile split at mile 2.
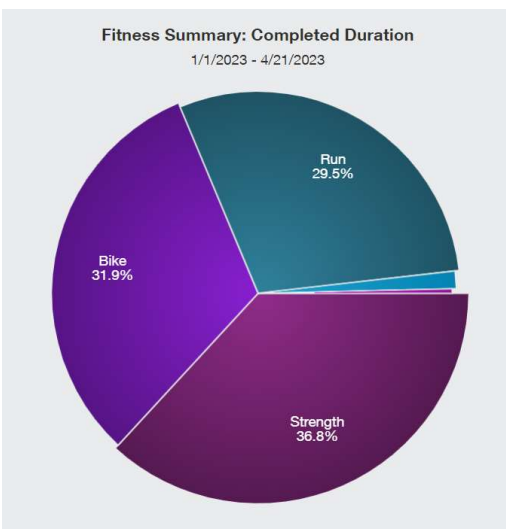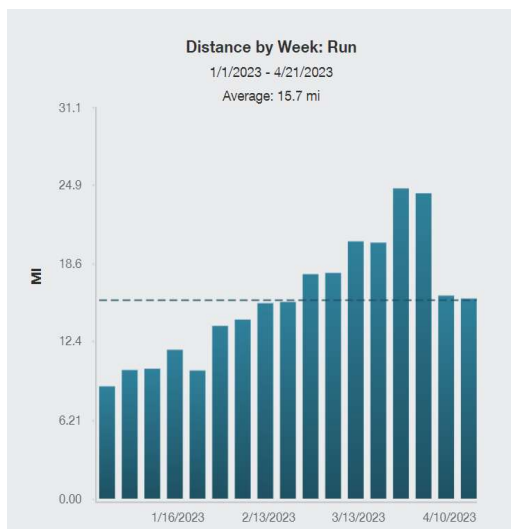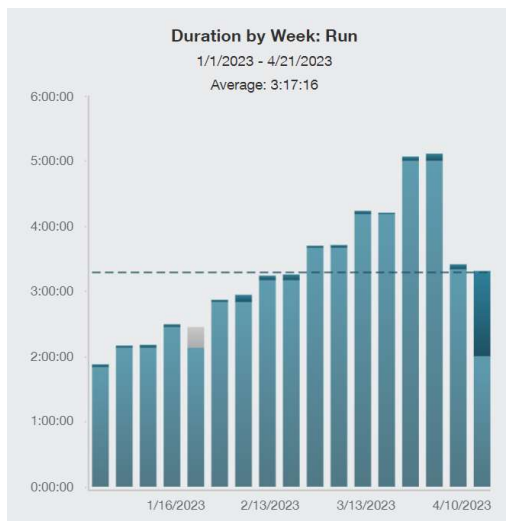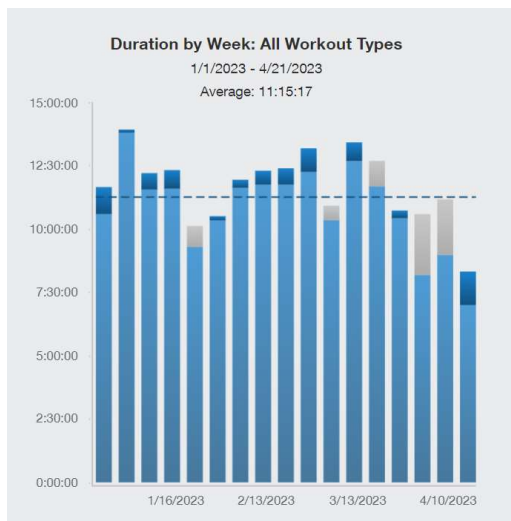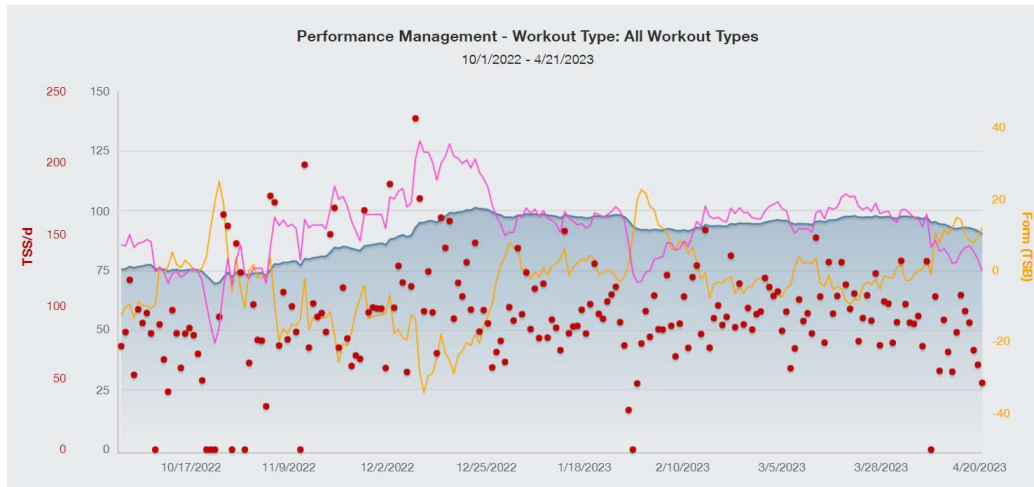
I struggled a bit with miles 5 and 6. This course has some sneaky elevation to it. All my training was on a treadmill and running outside is different than running on a treadmill. I just don't think I would have had as much success with the training if I did everything on the road. I am disappointed with those miles.

I am disappointed I did not hit my goal of finishing inside of 1:15. But I did run the entire 10K and I held an average pace within the pace range I trained in so that is a success.

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Training Over Past 16 Weeks:

Performance Management - Workout Type: All Workout Types
10/1/2022 - 4/21/2023

Duration by Week: All Workout Types
1/1/2023 - 4/21/2023
Average: 11:15:17

Duration by Week: Run
1/1/2023 - 4/21/2023
Average: 3:17:16

Distance by Week: Run
1/1/2023 - 4/21/2023
Average: 15.7 mi

Fitness Summary: Completed Duration
1/1/2023 - 4/21/2023

Run 29.5%
Bike 31.9%
Strength 36.8%

Coach Training Comments:

Training for this race followed a 16-week training plan. In this plan, there was a lot of race-pace intervals to get the body used to the intensity. I had a mix of running, strength conditioning (both weight room and core), cycle, and kick drills in the pool.

The plan was done in two-week blocks. One week, run volume would rise and intensity held constant and then the following week run volume was held constant and intensity would rise. Intensity was based on a specified proportion of the run's duration.

All weight room training was suspended starting in week 13 due to a flare-up of tendonitis in my elbow. I planned on stopping the weight training in week 15. I increased core strength conditioning in its place. The core conditioning worked well.

Training was consistent. Overall, I completed 98.5% of the planned weekly total minutes. I completed 101.1% of the total weekly run minutes. I missed only 2 days of training throughout the 16-week training period. There were no planned rest days.

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Race Results and Coach's Evaluation:

Overall, this was a successful race. Below is a summary of some metrics by mile from my Garmin.

Race Performance			
Mile	Time	Average Heart Rate	Average Cadence
1	11:41	153	162
2	12:26	163	156
3	12:05	167	162
4	12:03	169	162
5	12:21	170	163
6	12:31	169	162
Total	**1:16:01**	**166**	**161**
Avg. Pace	**12:09**		

| Race Goals		
Goal Level	Goal Description	Goal Met
Level 3	Finish the race with a progressive/negative split.	No
Level 2	Finish the race with an overall average pace between 12:00 - 12:15 per mile.	Yes
Level 1	Finish the race without having to walk	Yes

This was my slowest stand-alone 10K. The first time I ran Monument Ave, I had a time of 75 min. This one was 76 minutes. According to the official time, my total time was 1:15:58 with a 5K split of 37:48.

All the training for this race took place on the treadmill. I felt this was the best approach for pace control and minimize the impact of running to my body so I could be consistent. I think this did under-prepare me for the race to a certain extent.

Training Volume: Actual vs. Plan

■ Cycle ■ Run ■ Strength ■ Swim
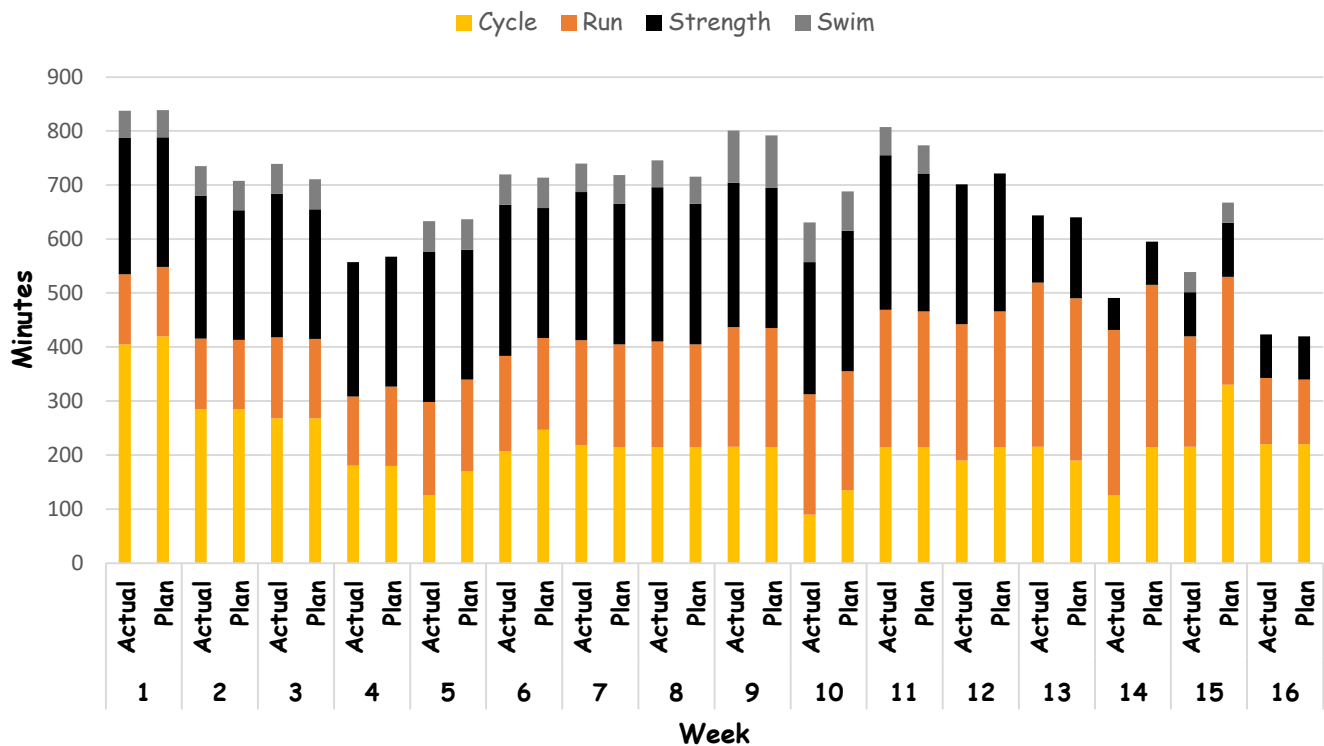
Conclusion and Areas of Focus Going Forward:

Overall, I think this was a successful race for me.

This is a good distance for me right now so I will continue to work at this distance and continue to build endurance and speed. I am scheduled for surgery on Monday so any continued work and progress will have to wait a little bit. Having elbow surgery to fix some chronic tendonitis.

More practice is needed for the negative split run.

I will continue to work on my diet and nutrition. I need to continue to work on dropping weight. That will improve the stress on my joints, and I will gain speed by getting lighter.

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