



Athlete Race Debrief Report

Athlete Name: Justin White

Date and Time of the Race: 11/15/2025 7:30 AM

Race Distance:

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

Race Classification:

- ☐ A-Race
- ☐ B-Race
- ☒ C-Race

Location of the Race: Richmond, VA

Weather Conditions: Conditions were perfect. Temperatures were in the mid to upper 50's. It was sunny out but not enough to make a difference in how it felt outside.

Race Goals:

Race Goals	
Goal Level	Goal Description
Level 3	Negative split the race with an overall pace of 11:30 – 11:45 min/mile.
Level 2	Negative split the race
Level 1	Execute a run/walk strategy of 7:1

Athlete Comments:

I felt this was a good run. I focused on using this run as a practice for IM FL 70.3. My main goal during the run was to control the effort and run by feel. I wanted to run easy the first part of the race and pretend I am coming off the bike and starting the run. For this race, I tried something new by creating a structured workout with the intervals programmed in so that the watch would let me know when the intervals start and end. It worked well, and I rarely looked at my watch. I never looked at pace and only looked a few times to see what the remaining time was for the interval. I am more comfortable using this approach for IM FL 70.3.

Overall, I felt in control throughout the entire race. I picked up the effort right when I was supposed to do it. I waited until I had about 2 miles left in the race and started to open things up a bit. No foot issues and my legs felt fresh and ready to do. I spent time doing some recovery last night with the TheraGun and NormaTec (legs + hips). That really paid dividends in how I felt in the morning.

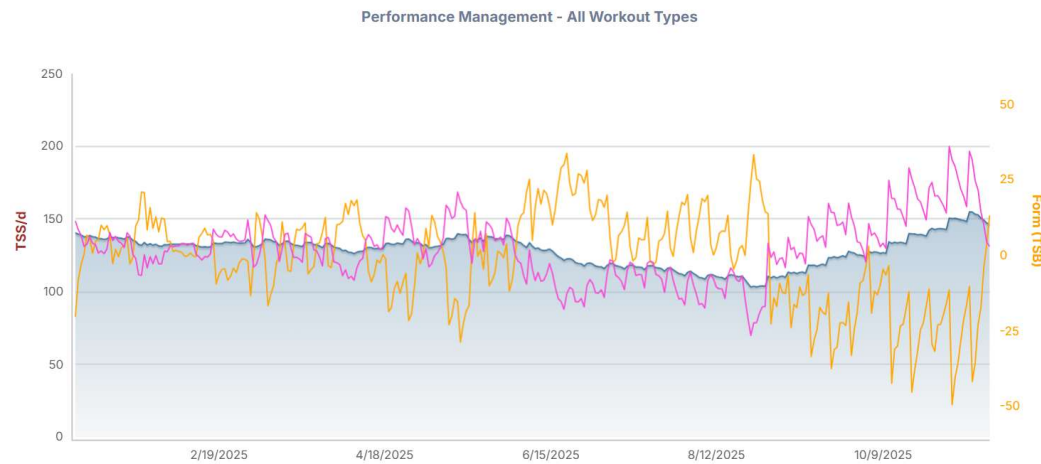
I underestimated the time we needed to get up and leave the house. We left the house late and it was stressful getting from the car to the starting line. We got there basically right on time. The hasty walk to the starting line was a good warm up and I felt ready to race when I got there. I did not use the laxatives for this race and didn't take anything with me during the run. I had a cup of hot tea and drank half a bottle of Bucked Up on the way to the starting line. It has been a long time where I have felt this in control during the race. I know I could have gone harder and had a better time, but that was not part of my overall training strategy. I don't know how it would have gone if I opted to stick with the original plan of doing the half marathon. I think I would have dug a deep hole, but I think I could have done the distance. But it would have been a challenging effort to recover from.

I am happy with the results of the race and how I executed it. I saw paces I have not seen in a long time.



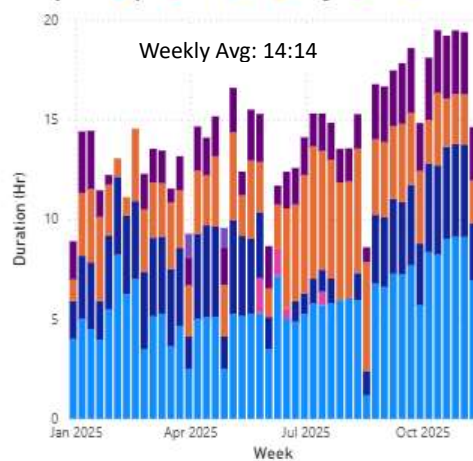
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Training Year-to-Date:



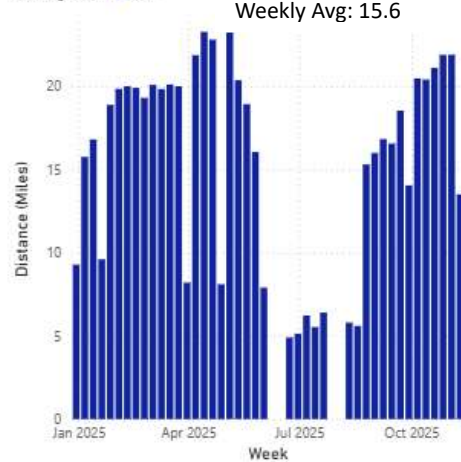
Duration by Week: All Activities

Activity Class: Cycle, Other, Run, Strength, Swim, Walk/Hike



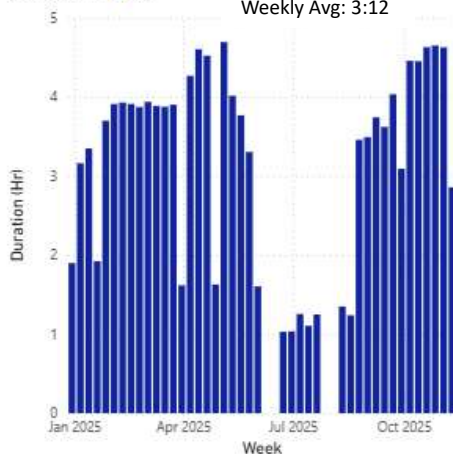
Duration by Week: Run

Activity Class: Run

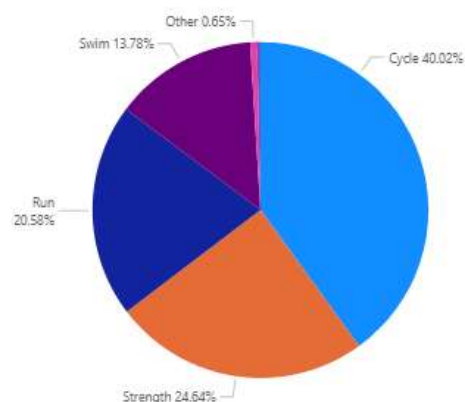


Duration by Week: Run

Activity Class: Run



Training Distribution: Completed Duration



Coach Training Comments:

Overall training focus is on IM FL 70.3. Originally, the plan was to run the Richmond Half Marathon but when the opportunity to race FL materialized, this race became a lower priority. Been dealing with tendon issues in my feet and ankles so all the run training has been a run/walk strategy, and more focus has been on building bike fitness.

Because of the low level of run training, I didn't have the vol to feel comfortable executing a half marathon effort. So, I dropped down to the 8K. The risk was not worth it, and it would have taken a big effort to recovery from a half marathon.

This bike training focus has paid dividends for the run because my legs are feeling strong. Progression on the run training has been slow and purposeful. That was validated today in the last half mile of the race where it was all downhill and my quads handled it well. I felt relaxed and in control the entire time.

Training has been very consistent year-to-date. There was no dedicated training plan for this race. There have been only 4 complete rest days YTD. Three of those rest days were taken before training for IM FL 70.3 started.



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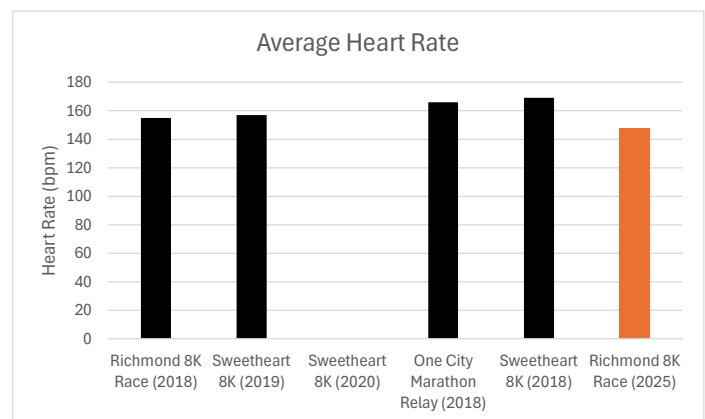
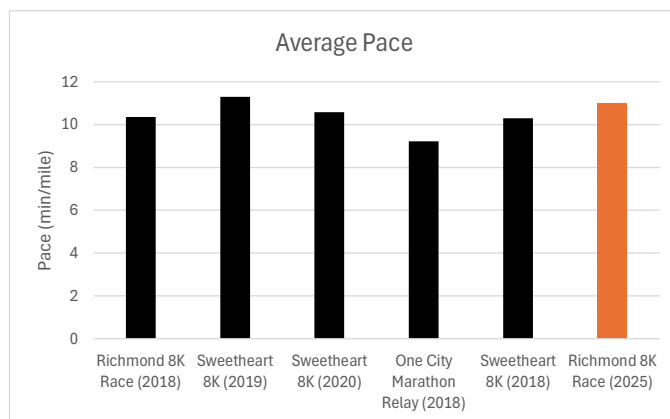
Race Results and Coach's Evaluation:

Overall, this was a successful race. Below is a summary of some metrics by run interval from my Garmin. Been having some inaccurate HR readings at the beginning of my run workouts. That was also the case during the race, so I don't know what the max HR was for the first half of the race.

Race Performance			
Interval	Pace	Avg/Max Heart Rate	Average Cadence
1	11:19	151 / 185	169
2	11:11	146 / 159	167
3	11:23	140 / 158	168
4	10:59	146 / 159	169
5	10:41	148 / 163	168
6	10:22	151 / 160	171
7	9:03	155 / 165	173
First Half	11:32	144 / ??	165
Second Half	10:27	150 / 165	167
Overall Avg	10:59	148 / 165	165

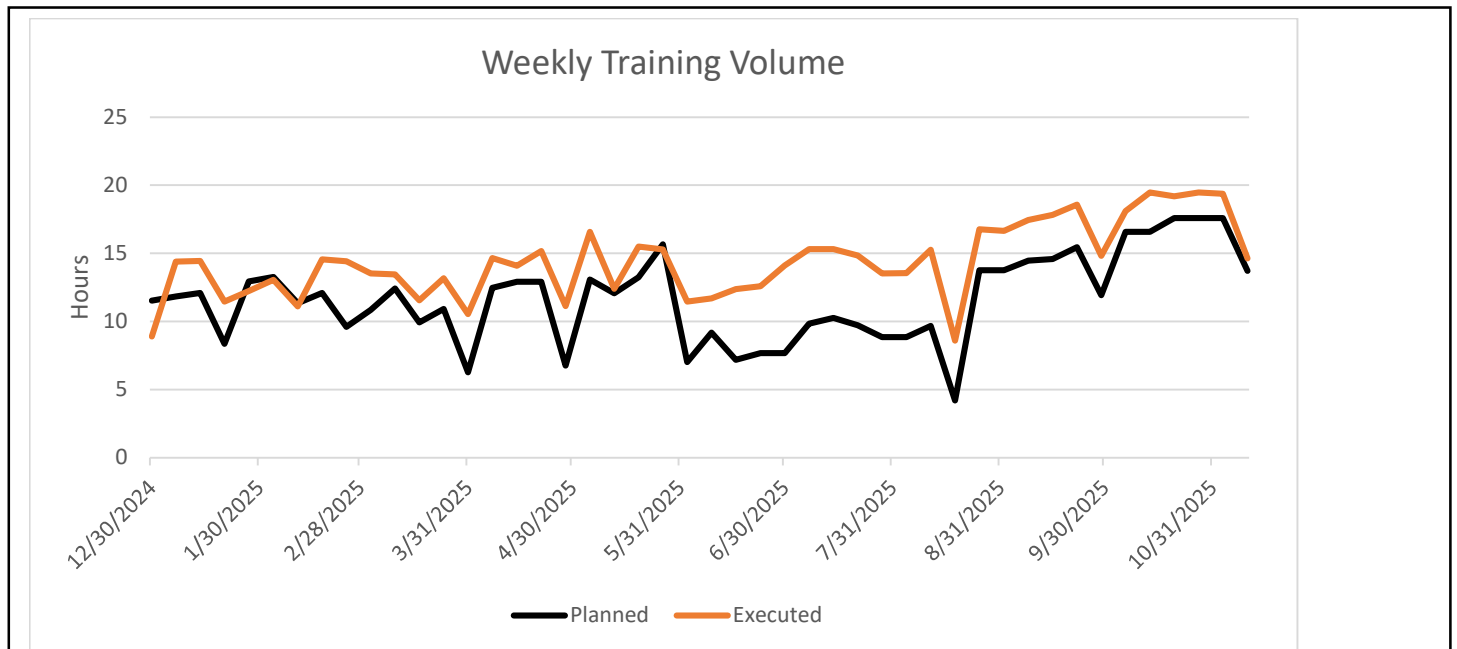
Race Goals		
Goal Level	Goal Description	Goal Met
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This was my next to slowest stand-alone 8K. The first time I ran the Richmond 8K, I had an average pace of 10:22 and a total race time of 51:48. This one was 55:15. While this race was my next to slowest 8K, I had the lowest average heart rate during this race. Even with the run/walk strategy, the one minute of walking was not enough time to bring down the heart rate significantly so the different strategy does not explain the lower heart rate.





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This is the year-to-date training volume. There are few instances where the executed training volume was significantly more than what was planned. It should be noted that for some reason, Training Peaks does not export strength conditioning sessions with the planned duration associated. For that reason, it appears I am training more than what is planned. This seems to be the case with the new strength training workout in Training Peaks.

Conclusion and Areas of Focus Going Forward:

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

This was a good decision to drop down from the half marathon to the 8k. Despite executing a run/walk strategy for the race, my overall pace was faster than I expected it to be. The most logical progression from here is to get to a point where I don't need a run/walk approach and I can run the entire time.

I am happy with the ability to negative split this race and the paces I am seeing during my run intervals. However, as I try and move forward from the run/walk strategy, a continued focus on increasing speed will be helpful in decreasing my time on feet.

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.

I would like for more runs to be outside and less run sessions on the treadmill. There is a time and a place for the treadmill but it doesn't feel right for most of the run training to be on one.

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