



Athlete Race Debrief Report

Athlete Name: Justin White

Race Distance:

- ☒ Sprint (incl. Super)
- ☐ Olympic
- ☐ Half Ironman
- ☐ Full Ironman

Date and Time of the Race: 5/3/2023 9:00 AM

Location of the Race: Smith Mountain Lake Sprint Triathlon

Race Classification: B-Race

Weather Conditions: Conditions were good. Temperatures were in the mid to upper 60's. Sunny and dry conditions. No humidity and low dew point.

Race Goals:

There has been a lot going on lately. I was laid off on April 16 and this was a big enough distraction to cause me to forget to work on establishing race goals. I had some "rough" thoughts on how I would do but that was about it.

- I thought my swim would be around 15 min
- I thought my bike would be around 18-19 mph and power would most likely be in Zone 4 with all the hills
- I thought my run would be around 11:30 - 11:45 min/mile.
- I thought I could keep my transitions under 5 min but with the swim being wetsuit legal, I thought my T1 could be a little longer without the wetsuit strippers.

Athlete Comments:

Swim: I was anxious over this one. I have not swum in a wetsuit in over four years, and I didn't really know how my shoulders would hold up to the increase workload. Every swim I have ever had in that wetsuit has been a hard swim and I just didn't know if my shoulders had the muscular endurance and mobility to do well. I decided to move forward with swimming with the wetsuit based on how my race prep swim went and I was a lot more comfortable knowing I could swim in it. When I finished the swim during the race, my arms were tired, and my heart rate felt elevated, so I focused on walking from the swim into T1 to get better control of my RPE. When wearing the wetsuit, I decided to not have the top of my tri kit on and just left it hanging so that I didn't have that extra layer of restriction. That was a good decision.

T1 and T2: This still needs some work. I went sockless for the bike which was a good decision. Saved me some time. I do want to investigate some quick laces because I am spending a lot of time trying to get the run shoes on after the bike, especially since I run with socks. I lost 1st place in the division because of my inefficient transitions.

Bike: This was a solid ride. No issues getting on the bike and out of the parking lot (it is uphill coming out of T1). When I started the bike, I thought I may have been going too hard. I questioned if I should ease back so that I didn't sabotage my run. But I made the decision to gamble and just go hard on the bike. I know I have some deep bike fitness, and I am strong on the hills because of all the big gear work I do. I had some issues with people blocking and trying to get around the slower riders. Pretty frustrating when riders are not following the rules.

Run: I came out of T2 and immediately grabbed a cup of water to drink and a second one to dump on my head to cool myself. Good decision. I told myself I needed to be patient going out because it would effectively be all uphill going out but then downhill coming back. So, if I could be patient going out, then I could make up some of that time coming back. I handled the hills well and didn't really feel gassed. My strength conditioning on the treadmill and the hill long runs are paying dividends. At each aid station, I would drink a cup and then pour a cup on my head. That strategy is working for me.



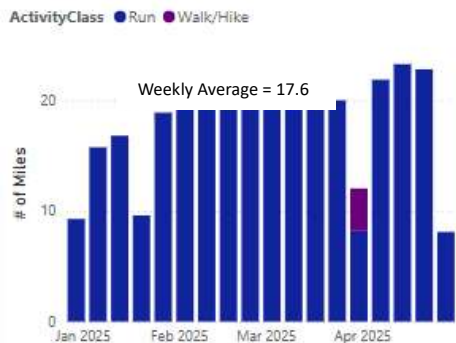
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Training Year-to-Date:

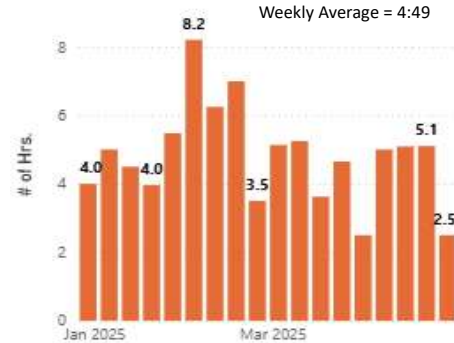
Total Duration by Week (Hrs)



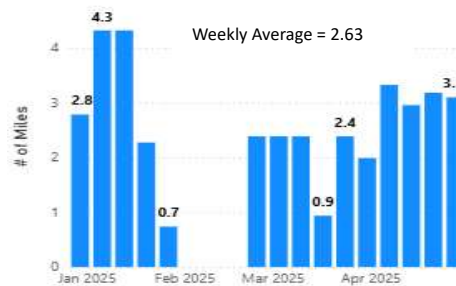
Run/Walk/Hike Volume (Miles)



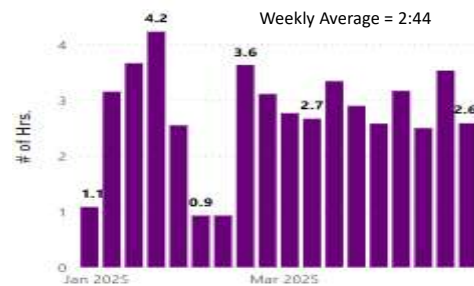
Cycle Volume (Hrs)



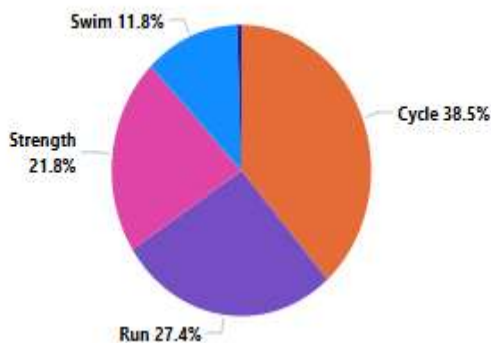
Swim Volume (Miles)



Strength Volume (Hrs)



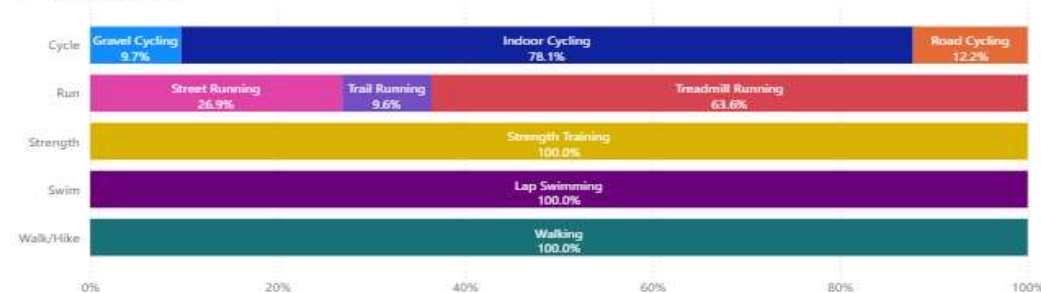
Distribution by Category (Hours)



Caloric Analysis by Activity

ActivityClass	# of Hrs	# of Calories	Caloric Burn Rate
Cycle	86.8	60,451	696
Gravel Cycling	8.4	5,670	674
Indoor Cycling	67.8	46,629	688
Road Cycling	10.6	8,152	768
Run	61.9	48,096	777
Street Running	16.6	13,855	833
Trail Running	5.9	4,702	795
Treadmill Running	39.4	29,539	751
Strength	49.3	15,834	321
Strength Training	49.3	15,834	321
Swim	26.6	18,939	713
Lap Swimming	26.6	18,939	713
Walk/Hike	1.2	409	342
Recovery Walk	1.2	409	342
Total	225.7	143,729	637

Duration by Activity



Coach Training Comments:

It has been 4 weeks since the Smithfield Sprint and overall training has been very consistent and purposeful. We continued to focus on strength in the weight room and the focus of the plan has been functional strength, with hill work on the treadmill and big gear on the bike. This was done because Smith Mountain Lake Sprint is a rolling course (both bike and run).

Bike training has been going well and have maintained the weekly number of hours dedicated to bike training. Most of the bike sessions had a component of big gear work. We have seen a significant increase in strength on bike.

Swim training has been progressing. Focus is solely on building muscular endurance and just completing the distance. No focus on increasing speed. I have seen some improvement in strength and mobility in the right arm. The last swim before the race was in the wetsuit to see if I had the strength and mobility in the shoulder to swim in it. It went better than expected.

Run training has been good and focused on strength. Increased weekly run volume to start the build up to Jamestown OLY. Volume increased by 20% over two weeks and remained constant.



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Race Results and Coach's Evaluation:

This was a successful race. This race went better than expected. Honestly, I didn't really know how this race would go and given I had been laid off just a couple weeks before the race, I was distracted and didn't make the time to set race goals. Performance in this race tells me my training plan is working for me.

Below is a summary of some metrics by discipline from my Garmin.

Smith Mountain Lake Sprint: Summary Metrics							
Phase	Total Time	Total Distance	Avg. Speed/Pace	Avg Cadence	Avg Power	Norm. Power	Goal Status
Swim	14:18	743M	1:55 per 100M				
T1	5:16						
Bike	37:09	12.50 miles	20.2 mph	77 RPM	212W	256W	
T2	2:55						
Run	33:31	3.11 miles	10:47 per mile	167 spm			
Total	1:33:10						

- **Swim:** this went well. This was probably the best swim I have ever had in my wetsuit. I swam hard and feel like I same the course well. Towards the end of the swim, my shoulders and arms were getting tired, and I was ready to be done. I was close to my expectations and came in about 45 sec earlier than I expected.
- **T1:** I got out of the water and felt like my HR was too elevated. It was all up hill to transition from the water, so I opted to walk to T1. I didn't want to stress my feet running on the road and I needed the time to get my HR under control.
- **Bike:** I had a great bike. I rode hard and was in aero as much as possible. I experienced a lot of blocking where it was hard to pass. One time I had to yell out to the guy to stop blocking because I was tired of him riding to the left. My speed was faster than expected but power was about where I expected it to be. Avg Power was in zone 4 and normalized power was in zone 5.
- **Run:** I did better than expected on the run. I expected an average pace between 11:30-11:45 and I averaged 10:47. I kept reminding myself "to be patient" on the run out and that I could reap the benefits of downhill running on the way back. I was able to execute a progressive 5K (11:11, 11:10, and 10:15). I handled the hills well.
- **Overall:** I placed 2nd place in the Clydesdale division and grabbed a podium. I placed 2nd in the swim, 1st in the bike, and 3rd in the run for the division. I lost first place in transition. The guy who took first (22 yr old) only beat me on the run.

Again, my strength going into this race was my bike. It is good to see just how much deep bike fitness helps not only on the bike but on the run as well. I know my level of bike fitness given the types of races I am focused on is helping greatly on the run.

My mantra "be patient" while on the run was effective. It helped me relax and not rush the hills. It is like it gave me permission to be slower on the hills knowing I could make up the time on the way back. This can be valuable going forward.



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Conclusion and Areas of Focus Going Forward:

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

I think my taper for this race was spot on and I felt ready and fresh. I did question things around mid-week, but I held firm with the plan and on race day, I felt pretty good and ready to go.

The table below is a summary of historical sprint races I have done that were similar (750M open water swim).

Historical Sprint Performances: Summary Metrics				
Phase	Avg Time	Total Distance	Avg. Speed/Pace	
Swim	18:03	763M	2:22 per 100M	
T1	4:29			
Bike	49:48	13.6 miles	16.5 mph	
T2	2:46			
Run	36:10	3.14 miles	11:30 per mile	
Total	1:51:00			

Swim Focus: Will continue focusing on building endurance. The more endurance I build, the more my form will hold up. I still have a lot of work to do in the swim, and I just need to continue to build volume but do it in a way that doesn't stress the shoulders too much and set me back.

Bike Focus: I am happy with my bike fitness right now. My performance with hills is good and will continue to build on that strength both in the weight room and on the bike. Continued practice holding the aero position is important because Jamestown OLY is a flat and fast course so being in aero will help a great deal on that course. I will also need to focus on execution of my nutrition strategy. That is going to be important for Jamestown as this is a longer race, and it is going to be hot.

Run Focus: Continuing to practice relaxing on the run is worth the effort. Allowing myself to run in Zone 2 during training is something that needs to be practiced. I want to learn how to "run easy" and that is not the same thing as "running slow". Need to decide if I am going to run with a hydration vest for Jamestown. Maybe use a small cooler in transition to keep run fluids cold.

My transitions continue to be a weakness, and I need to find a way to increase my efficiency and get in and out of transition faster. I think trying speed laces in my run shoes is going to help increase that efficiency in T2. Going sockless in the new bike shoes works and that helps with T1 efficiency. I know I cannot go sockless on the run but working on ways to get my socks on faster will help. It is hard to practice T1, but I can do things to continue practicing T2.

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