



Athlete Race Debrief Report

Athlete Name: Justin White

Race Distance:

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

Date and Time of the Race: 12/14/2025 7:00 AM

Location of the Race: Ironman Florida 70.3

Race Classification: A-Race

Weather Conditions: Conditions were decent. Overcast during the swim, no wind during the bike, but warm and sunny conditions during the run. Temperatures started in the low 60's and finished at 80 deg.

Race Goals:

Overall Race Goals	
Goal Level	Goal Description
Level 3	6:06:00 (T1 @ 4 min + T2 @ 3 min)
Level 2	6:31:00 (T1 @ 5 min + T2 @ 4 min)
Level 1	6:55:00 (T1 @ 6 min + T2 @ 5 min)

Race Goal Details			
Goal Lvl	Swim	Bike	Run
Level 3	Time 0:36:58 (1:45/100yd)	Time 2:48:00 (AP = 171-204W, CAD = 80+ RPM, SPD = 20 mph)	Time 2:34:00 (11:45 min/mile)
Level 2	Time 0:38:43 (1:50/100yd)	Time 2:57:00 (AP = 171-204W, CAD = 80+ RPM, SPD = 19 mph)	Time 2:46:00 (12:42 min/mile)
Level 1	Time 0:40:29 (1:55/100yd)	Time 3:07:00 (AP = 171-204W, CAD = 70-80 RPM, SPD = 18 mph)	Time 2:57:00 (13:30 min/mile)

Nutrition Analysis:

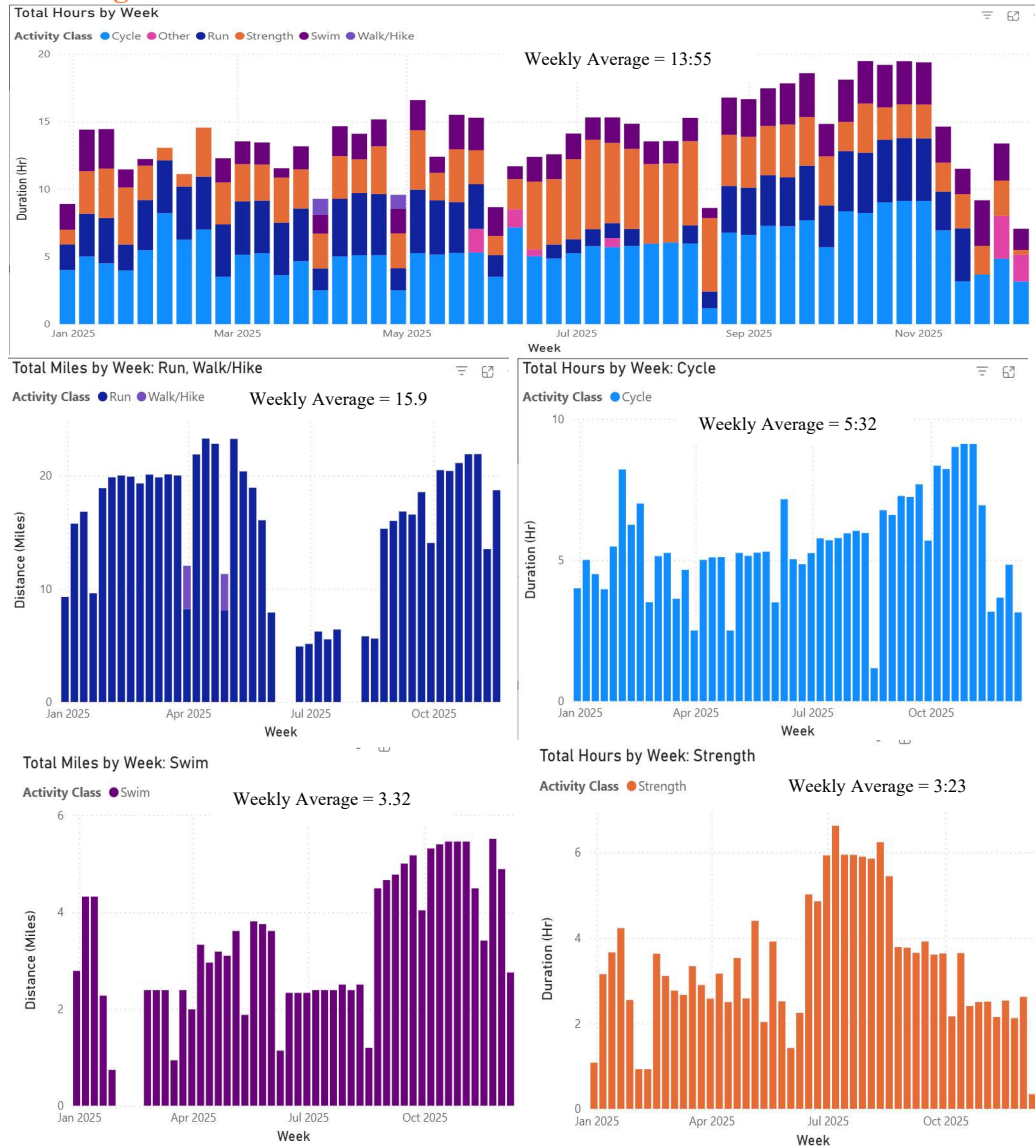
Nutrition Plan			
Stage	Carbs	Calories	Details
Pre-Swim	20g	140	1 Honey Stinger Waffle. Consume this waffle 10-15 min before the swim starts
Bike	220g	880	2 bottles of High Carb Skratch (7 scoops per bottle + 1 scoop of Pre-Workout), 1 UCAN Gel (Mango Orange). Consume the gel around 10-15 min into the bike
Run	134g	540	2 bottles of Sport Mix Skratch (2 scoops per bottle + 1 scoop of Pre-Workout), 3 UCAN Gel (2xPineapple and 1xMango). Consume 1 gel every hour.
Total	374g	1,560	

Nutrition Analysis (Race Time = 7:21:00)							
Stage	Intake: Carbs	Intake: Calories	Intake/Hr: Carbs	Intake/Hr: Calories	Expend: Calories	Expend/Hr: Calories	Replacement Rate
Pre-Swim	20g	140			605	833	23%
Bike	186g	744	71g	284	1,633	623	46%
Run	77g	310	20g	82	1,926	509	16%
Total	374g	1,560	51g	212	4,228	575	37%

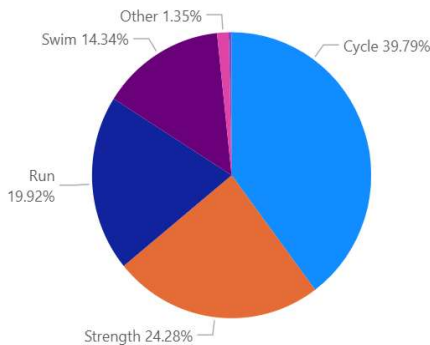


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Training Year-to-Date:



Training Distribution: Total Hours by Week



Training Distribution: Total Hours by Year

ActivityClass	Duration (Hr)	Total Calories	Caloric Burn Rate
Cycle	276.72	196,536	710
Gravel Cycling	72.56	50,576	697
Indoor Cycling	136.94	94,807	692
Road Cycling	67.22	51,153	761
Other	9.42	4,995	530
Elliptical	9.42	4,995	530
Run	138.57	102,696	741
Street Running	34.71	27,960	805
Trail Running	10.87	8,482	780
Treadmill Running	92.99	66,254	712
Strength	168.84	54,779	324
Strength Training	168.84	54,779	324
Swim	99.76	76,314	765
Lap Swimming	99.60	76,156	765
Open Water Swimming	0.16	158	972
Walk/Hike	2.21	677	306
Recovery Walk	1.20	409	342
Walking	1.01	268	264
Total	695.54	435,997	627

Coach Training Comments:

Training for this race spanned 16 weeks with the first 8 weeks of the plan as a build and the last 8 weeks was a race-specific focus with total training duration held constant. **Total training hours was 253 hr. and 20 min.**

There was a heavy focus on building bike fitness in this training plan. Continued focus on building strength with big gear work and then shifted to longer endurance efforts. Bike training was a big success. **Total training hours was 106 hr. and 49 min.**

The focus of swim training for this plan was building endurance and strength. Building speed in the swim was an initial goal but that was abandon when it was observed the body had a hard time recovering from those sessions while at the same time building endurance. **Total training distance was 76.24 miles.**

For run training, a run/walk protocol was implemented because of tendon issues in the feet and ankles. No long runs were in the plan because they were hard to recover from so the run plan had only moderate and short runs. **Total training distance was 235.2 miles.**

The strength focus during the training plan was building muscular endurance with lower weight and higher reps. At the 8-week mark, lower body strength training was suspended to allow the body the ability to recover from the higher volume aerobic training. **Total training duration was 45 hr. and 20 min.**



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Race Results and Coach's Evaluation:

This was a successful race simply because I was able to finish. Honestly, I didn't really know how this race would go because 3-weeks prior to race day I was on crutches and unable to walk. Posterior tibial tendonitis forced a suspension of run training for the remainder of the training plan, and I was still unable to walk comfortably the day before the race. Several rounds of PT (mobility and dry needling) and massage were used during those last 3 weeks to try and prepare the ankle. I thought the swim and bike would go well but the run was completely up in the air.

Performance in this race on the bike and swim tells me my bike training plan and my approach to swim training are working for me.

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

Ironman Florida 70.3: Summary Metrics							
Phase	Total Time	Total Distance	Avg. Speed/Pace	Avg Cadence	Avg Power	Norm. Power	Goal Status
Swim	0:41:06	1.18 miles	2:10 per 100M				
T1	0:09:08						
Bike	2:37:00	55.8 miles	21.3 mph	82 RPM	203W	233W	Level 1
T2	0:06:51						
Run	3:47:00	13.1 miles	17:17 per mile	137 spm			
Total	7:21:00						

- **Swim:** This was likely the most challenging swim course I've ever experienced. The way the course was designed made it tough to sight the buoys and stay on track. At the far end of the lake, there were four red turn buoys, which sometimes made it confusing to figure out my target. The water felt chilly, hovering in the mid-60s, but since the air temperature was about the same, it wasn't too uncomfortable. I completed this race wearing my new sleeveless wetsuit, which worked well. My swim was steady and smooth, and I felt strong in the water. I'm grateful for all the strength-focused training swims I did; it paid off. I exited the water feeling good and could have kept going. However, all the turns and the difficulty with sighting probably slowed me down more than I had hoped. My average pace ended up at 1:58 per 100 yards, whereas I thought 1:50 would be realistic. According to my watch, I stayed on course and didn't add any unnecessary distance.
- **T1:** After leaving the water, my ankle struggled with the uneven beach. I arranged with Stephanie to have recovery shoes at the foot cleaning station, which made walking through transition easier. Rushing wasn't possible with my ankle, and scattered belongings made things frustrating. The long transition took a few minutes just to reach my bike.
- **Bike:** I rode a great bike course, despite frequent blocking and numerous turns that made aero positions difficult early on. I felt strong the entire time and in control of the effort. I passed a lot of people on the bike, and I had a lot of fun. There was one section of road around mile 50 that was rough and beat me up a little bit, but it didn't really last long and was grateful for the smooth road to return. My normalized power was high Zone 4, average power high Zone 3, with solid cadence, resulting in a personal record by nearly 20 minutes. I followed my nutrition plan but didn't finish the liquid nutrition since the ride was faster than expected. This was the best part of the race for me. This was my best performance in terms of metrics and effort compared to all my previous 70.3s. I feel like all my strength training and time on the bike paid dividends in this race.
- **T2:** I feel like my transition was efficient. There was still no running with the bike so my ability to get out of transition quickly was hindered. My legs felt good and I was ready to go. I forgot the little cooler to keep my liquid nutrition cool, but temps were not high enough to make the liquid hot.



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Race Results and Coach's Evaluation (contin.):

- **Run:** This part of the race was always up in the air. Three weeks prior to race day, I came down with a bad case of posterior tibial tendonitis. I was on crutches for five days and walking comfortably has always been a struggle since the flare up. I did several rounds of PT with dry needling as well as deep tissue massage. From the first step I took off the bike, I could feel the ankle was not going to cooperate. I really believed God was going to step in and heal the ankle when it came time to run. It just wasn't in His plan for me. Instead, He gave me the perseverance and determination to do whatever it took to finish the run. I cried several times out on the run, and I questioned why God would bring me to this race simply to give me this experience. I think He used this run to break me. I prayed that if God wanted triathlon from me, He could have it. This experience was horrible but still not my worst performance. There are two other races that had worse half marathon times (IM NC 70.3 and IM Syracuse 70.3). I could jog some of the course. I thought when I started the run, I could try a 5 min run w/ 2 min walk but that was just too much. I would walk the uphill and jog what I could. It was so incredibly painful. Part of the run course was on sidewalk, so the concrete was not good to me. I really didn't like the run course. It just weaved in and out of neighborhoods.
- **Pre-Race Meal:** I had a bowl of oatmeal with a cup of hot tea. My oatmeal was a reduced sugar maple and brown sugar instant oatmeal with a small package of trail mix (various nuts and seeds with dried cranberries) mixed in. I took a banana with me to the race venue but never ate it. I feel like this was enough food for me and my stomach handled it well.
- **Nutrition:** I feel like I executed the nutrition strategy well. I didn't feel like I was lacking energy and my stomach was fine. Based on the fact I had to walk most of the run, I don't know how that should have impacted my needs for calories and carbs. But based on the overall metrics, I was on target with my carb consumption (50g per hour) and a caloric replacement rate of 37%. I feel like this worked well for me.

Conclusion and Areas of Focus Going Forward:

Overall, I think this was a successful race for me simply by finishing the race.

The table below is a summary of historical Half Ironman races.

Historical Half Ironman Performances: Summary Metrics					
Phase	Avg Time	Avg Distance	Avg. Speed/Pace	Avg. CAD	NP / AP
Swim	0:42:31	2,115 M	2:01 per 100M		
T1	0:05:32				
Bike	3:13:00	56.1 miles	17.6 mph	75 rpm	175 / 136W
T2	0:04:14				
Run	3:02:00	13.1 miles	13:48 per mile	142 spm	
Total Avg	7:06:00				
Min	6:09:00				
Max	8:18:00				

Note:

- 8 races included in the data set
- 3 races have cycling power data
- 5 races have cycling cadence data
- 6 races have running cadence data



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Conclusion and Areas of Focus Going Forward (contin.):

Swim Focus: Focus has been on building endurance and strength. I am pleased with my endurance in the water. Now, I need to implement a speed-focus component without sacrificing too much endurance. Body position in the water still needs improvement. Heavy reliance on the pull buoy to build strength has resulted in little work on improving body position but not all races are going to be wetsuit legal, so work needs to be done to improve position in the water. Continuing focusing on mobility and strength in the shoulders.

Bike Focus: I'm satisfied with my bike fitness and felt in control throughout the course. My speed and power were unexpectedly high for the distance, and I was strong and ready to race after finishing the ride. Since my run issues weren't due to fatigue, I'm unsure if I over-biked. I'm considering an FTP test to check my power zones and want to focus on building muscular endurance by pushing heavier gears longer, as my current strength and power are solid.

Run Focus: Improving self-care and recovery is a key part of my training. My posterior tibia tendonitis had improved before race day but wasn't fully healed, and racing caused some setback—though it's less severe than before. I plan to use a run/walk approach when resuming running, gradually building strength and speed, and staying disciplined with calf and leg care to handle increased mileage.

Transitions: I need to improve my speed in the transition area, especially getting from the water into transition, from the dismount line into transition, and efficiently exiting transition onto the run. The layout and organization of my transition area is efficient.

Strength Focus: In the off-season, I'll target strength and power in the weight room, while improving core and shoulder stability. I'll emphasize single-leg exercises to enhance my running form and add complex movements for overall benefit.

Nutrition: My nutrition strategy went well and is worth refining further, including continued gut training. I want to improve my intake during the run, but since I haven't had a solid race segment running yet, I'm unsure how to assess my needs.

Justin White
Owner and Head Coach
Tabula Rasa Racing
804-543-9418
coachjustin@tabularasaracing.com
www.tabularasaracing.com