



Athlete Race Debrief Report

Athlete Name: Justin White

Date and Time of the Race: 4/5/2023 10:00 AM

Race Distance:

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

Location of the Race: Smithfield Sprint Triathlon

Race Classification: B-Race

Weather Conditions: Conditions were good. Temperatures were in the mid to upper 50's to low 60's. Sunny and dry conditions. Windy conditions on the bike course. No humidity and low dew point.

Race Goals:

Overall Race Goals	
Goal Level	Goal Description
Level 3	1:28:00 w/ Transitions less than 5 min
Level 2	1:32:00 w/ Transitions less than 5 min
Level 1	1:36:00 w/ Transitions between 5-6 min

Race Goal Details			
Goal Level	Swim	Bike	Run
Level 3	Swim 6:00 (1:50/100 yds).	Finish in 38 min (AP = 199-231W, CAD = 80+ RPM, SPD = 18.9 mph)	Finish in 34:06 (11:00 min/mile). Progressive 5K.
Level 2	Swim 6:33 (2:00/100 yds).	Finish in 40 min (AP = 182-198W, CAD = 80+ RPM, SPD = 18 mph)	Finish in 35:39 (11:30 min/mile). Negative Split 5K.
Level 1	Swim 7:00 (2:08/100 yds).	Finish in 42 min (AP = 166-182W, CAD = 70-80 RPM, SPD = 17.1 mph)	Finish in 37:12 (12:00 min/mile)

Athlete Comments:

Swim: I was a bit anxious over this one. I didn't know how it would go swimming in the pool with all the people and if I or others around me had seeded themselves correctly. Overall, I think the swim went well. I was able to execute the flip turns without interference from others. There were a few people I needed to pass but that was about it. I think I seeded myself correctly. I felt comfortable throughout the swim and no issues with the shoulders with swimming in the tri kit (it is a sleeved kit).

T1: This still needs some work. It was hard to get the socks on for the bike despite drying the feet off. I just could not get my balance. So, I am interested in seeing if I can wear these shoes without socks and just dry the feet and go. That must be better than trying to get into socks after getting out of the water.

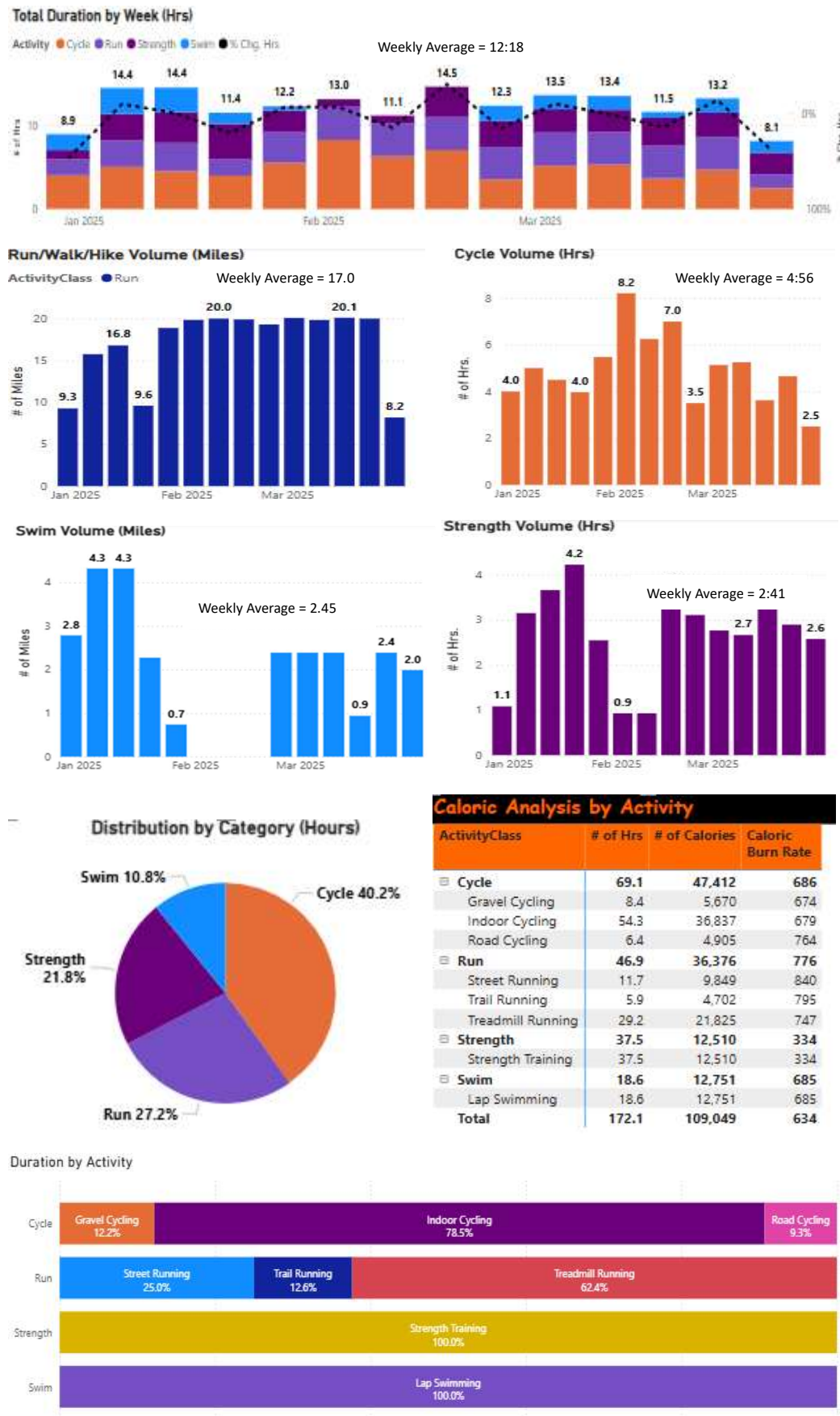
Bike: This was a solid ride. No issues getting on the bike and out of the parking lot. I felt comfortable on the bike throughout the ride. It was windy in some spots, so my goal was to be in aero as much as possible. I passed a lot of people on the bike. I felt fast but in control of the effort the entire time. I thought it was an out-and-back kind of course. I kept seeing people riding in the opposite direction, so I was looking for the turnaround. But it never came, and I was surprised when I found myself coming up on the YMCA where I started. There were no real issues with the aerobars slipping. I think it may have happened one time, but I adjusted it back and was fine.

Run: This went better than I thought it would. I felt good throughout the run. At the turnaround, there was a water stop, and I grabbed some water and then another cup to pour over my head. That worked great in cooling me off. I felt ok coming off the bike. I just took it easy and let the legs come to me. I felt stronger as the run progressed.



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Training Year-to-Date:



Coach Training Comments:

Overall training has been very consistent and purposeful. We started "triathlon-specific" training at the beginning of the year. We cut strength conditioning down to 2x a week and moved away from progressive overload sessions to more of a hypertrophy focus. It wasn't until a couple weeks before the race that we changed things up and opted for increasing frequency and decreasing duration in the weight room.

Bike training as been going well and the addition of gravel riding has improved comfort on the bike and bike handling skills. This was a valuable addition to the plan.

Swim training has been challenging because of the issues with the shoulders. We had to shut down swim training for a few weeks to help with recovery. We were doing some swims with intensity but when we returned to swimming, focus was more on building endurance rather than speed. This is the one area we need to keep working on.

Run training has been good and incorporating sessions where we focus on speed or strength. Have seen significant improvements in the run. With this race being relatively flat, more focus was put on speed rather than strength.



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Race Results and Coach's Evaluation:

Overall, this was a successful race. This race went better than expected. The only segment where I did not meet my level 3 goal was the swim and I wasn't that far off from my level 2 goal. All my transitions were under 5 min, which satisfied my goal for transitions, but there is more work that can be done in improving my efficiency in transition.

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

Smithfield Sprint: Summary Metrics							
Phase	Total Time	Total Distance	Avg. Speed/Pace	Avg Cadence	Avg Power	Norm. Power	Goal Status
Swim	6:11	300M	2:04 per 100M				Level 1
T1	3:59						
Bike	28:57	9.80 miles	20.3 mph	85 RPM	213W	241W	Level 3
T2	2:55						
Run	33:17	3.11 miles	10:42 per mile	165 spm			Level 3
Total	1:15:19						Level 3

- Swim: I met my level 1 goal for the swim and missed my level 2 goal by 4 second per 100M (22 seconds).
- Bike: I beat my level 3 goal by 1.4 mph and a total of 9:03 min. I was in my goal cadence target range. My average power was within Zone 4 range and normalized power was in Zone 5 range.
- Run: I beat my level 3 goal by 18 sec per mile and a total of 49 seconds. I ran the entire 5K and it was a progressive 5K (11:04, 10:56, and 10:27)
- Overall: I placed 5th place in the Clydesdale division. I placed 3rd in the swim, 2nd in the bike, and 7th in the run for the division. I beat my Level 3 overall race goal by 12:19 min.

I felt my strength going into this race was my bike. I did a lot of bike training when I was training for Monster Cross. I also increased my bike volume when I had to shut down my swim training for a few weeks to rest the shoulders. I also knew all that bike training would pay dividends on the run and I felt I was correct in that assumption.

I felt confident I could cover the distance in the pool without an issue. My only concern was being able to perform like I really wanted to or if I was going to get run over in the pool. In pool swims, the water can get choppy, and I have been struggling with body position in the water. So, I didn't know if that was going to have an impact on my ability to get into a steady breathing rhythm.

When I felt the wind on the bike course, I knew I needed to stay low and be in aero as much as I could. I was just hoping that I would not have any issues with my aerobars.

In terms of the run, I felt solid, and my performance showed it. I was patient at the start of the run and allowed my legs to come to me. Those brick sessions on Saturday helped in terms of giving me opportunities to practice being patient at the start and now freak out when my legs felt heavy or back felt tight. As the run progressed, I felt better and better and I enjoyed the run, which is not something that normally happens.



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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. Performance in this race tells me my training plan is working for me. The table below is a summary of historical sprint races I have done that were similar (300-400M pool swim).

Historical Sprint Performances: Summary Metrics				
Phase	Avg Time	Total Distance	Avg. Speed/Pace	
Swim	7:55	364M	2:10 per 100M	
T1	3:03			
Bike	41:40	12.7 miles	18.6 mph	
T2	1:27			
Run	30:24	3.39 miles	8:55 per mile	
Total	1:24:29			

Swim Focus: We will focus 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. One thing I need to continue working on is holding my aero position. With the issues with my shoulders, I cannot stay in aero very long, but it is getting better. The next race is going to be rolling hills so increasing my focus in low cadence work is needed and that will pay dividends in June with Jamestown being a flat route.

Run Focus: Based on the pictures taken, I do need to relax my upper body more (keep the elbows tucked in and shoulders relaxed) as I start the run. The run is where I tend to fall in the ranks and that was the case in this race. So, I need to continue working on increasing and maintaining speed. I do need "truer" zone 2 runs in the plan to build that relaxed feeling

My transitions continue to need work. I feel like I am taking too long in transition. Going sock-less on the bike will save me some time in T1 where balance tends to be shaky coming out of the water.

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