Athlete Race Debrief Report

Athlete Name: Justin White

Race Distance:

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

Date and Time of the Race: 6/8/2023 7:30 AM

Location of the Race: Jamestown Olympic Triathlon

Race Classification: A-Race

Weather Conditions: Conditions were better than expected. Storms delayed the start of the race. Temperatures were in the low 70's to low 80's. Sunny and humid conditions.

Race Goals:

Overall Race Goals	
Goal Level	**Goal Description**
Level 3	3:01:00 w/ Transitions equal to 0:05:00
Level 2	3:13:00 w/ Transitions equal to 0:06:09
Level 1	3:25:00 w/ Transitions equal to 0:07:55

Race Goal Details			
Goal Level	**Swim**	**Bike**	**Run**
Level 3	Time 0:30:00 (2:00/100m)	Time 1:15:00 (AP = 199-231W, CAD = 80+ RPM, SPD = 20.0 mph)	Time 0:01:11 (11:30 min/mile). Negative Split 10K.
Level 2	Time 0:33:45 (2:15/100m)	Time 1:19:00 (AP = 199-231W, CAD = 80+ RPM, SPD = 19.1 mph)	Time 0:01:14 (12:00 min/mile). +- 5 sec variation in pace.
Level 1	Time 0:37:00 (2:28/100m)	Time 1:23:00 (AP = 166-198W, CAD = 70-80 RPM, SPD = 18 mph)	Time 0:01:17 (12:30 min/mile). Run entire 10K.

Nutrition Analysis:

Nutrition Plan			
Stage	**Carbs**	**Calories**	**Details**
Pre-Swim	20g	80	1 UCAN Gel (Orange Mango). Consume this gel 15-20 min before the swim starts
Bike	79g	310	2 scoops of Skratch + 1 scoop of Pre-Workout, 2 UCAN Gels (Mango Orange and Pineapple). Take the first gel around 10-15 min into the bike and the second gel around the 60 min mark
Run	59g	230	2 scoops of Skratch + 1 scoop of Pre-Workout, 1 UCAN Gel (Pineapple). Take the gel around mile 3 of the run
Total	**158g**	**620**	

| Nutrition Analysis (Race Time = 2:48:00)							
Stage	**Intake: Carbs**	**Intake: Calories**	**Intake/Hr: Carbs**	**Intake/Hr: Calories**	**Expend: Calories**	**Expend/Hr: Calories**	**Replacement Rate**
Pre-Swim	20g	80			262		30.5%
Bike	79g	310	73g	285	927	851	33.4%
Run	40g	160	31g	123	1,038	796	15.4%
Total	**139g**	**550**	**50g**	**196**	**2,279**	**814**	**24.1%**

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Training Year-to-Date:

Total Duration by Week (Hrs)

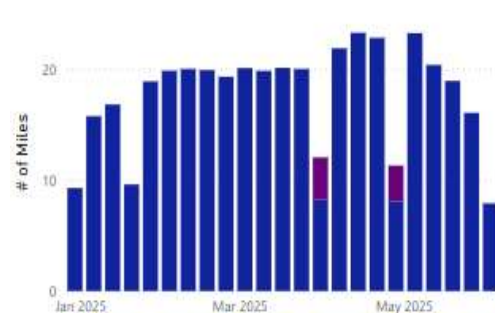Activity ● Cycle ● Other ● Run ● Strength ● Swim ● Walk/Hike ● % Chg. Hrs

Weekly Average = 12:50
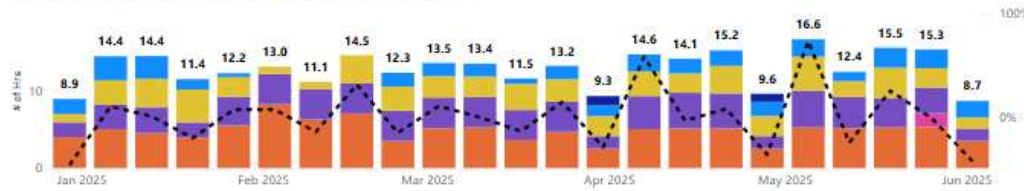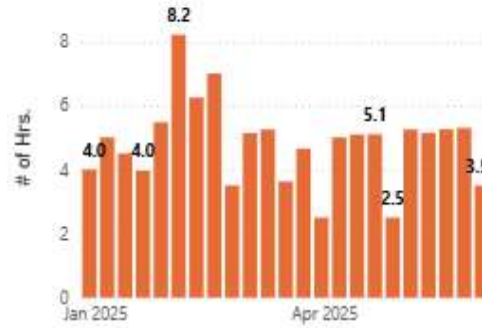

Run/Walk/Hike Volume (Miles)

ActivityClass ● Run ● Walk/Hike

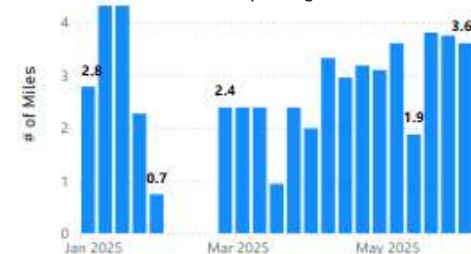Weekly Average = 17.7

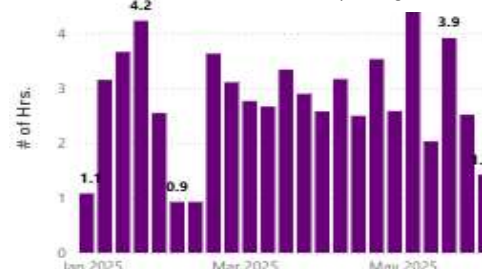### Cycle Volume (Hrs)

Weekly Average = 4:50
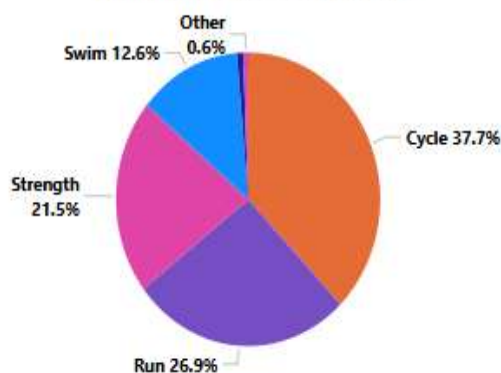

Swim Volume (Miles)

Weekly Average = 2.81

Strength Volume (Hrs)

Weekly Average = 2:46

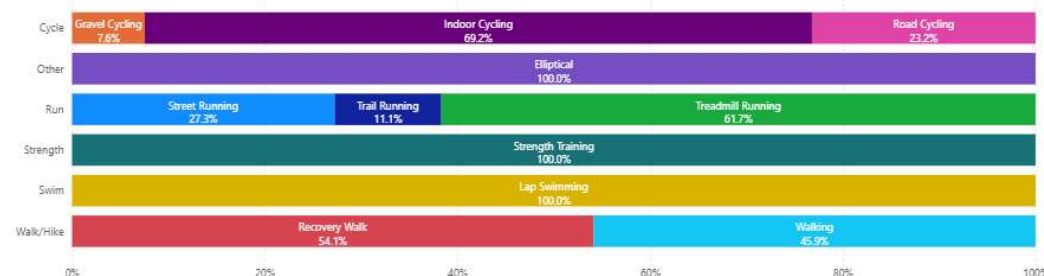### Distribution by Category (Hours)

Other 0.6%
Swim 12.6%
Cycle 37.7%
Strength 21.5%
Run 26.9%

Caloric Analysis by Activity

ActivityClass	# of Hrs	# of Calories	Caloric Burn Rate
⊟ Cycle	111.3	78,705	707
Gravel Cycling	8.4	5,670	674
Indoor Cycling	77.0	53,273	692
Road Cycling	25.8	19,762	765
⊟ Other	1.8	1,055	602
Elliptical	1.8	1,055	602
⊟ Run	79.3	61,440	775
Street Running	21.6	17,975	832
Trail Running	8.8	6,907	786
Treadmill Running	48.9	36,558	748
⊟ Strength	63.5	20,188	318
Strength Training	63.5	20,188	318
⊟ Swim	37.1	27,115	731
Lap Swimming	37.1	27,115	731
⊟ Walk/Hike	2.2	677	306
Recovery Walk	1.2	409	342
Walking	1.0	268	264
Total	295.1	189,180	641

Duration by Activity

Cycle	Gravel Cycling 7.6%	Indoor Cycling 69.2%	Road Cycling 23.2%
Other		Elliptical 100.0%	
Run	Street Running 27.3%	Trail Running 11.1%	Treadmill Running 61.7%
Strength		Strength Training 100.0%	
Swim		Lap Swimming 100.0%	
Walk/Hike	Recovery Walk 54.1%		Walking 45.9%

Coach Training Comments:

It has been 5 weeks since the Smith Mountain Lake Sprint and overall training has been consistent and purposeful. Continued to focus on building strength in the weight room, but some lower body training sessions were removed due to leg issues. There was good progress in upper body strength.

In terms of run training, there was more of a focus on pace work and zone 2 running since Jamestown is a flat course. Numbness in the right arm during runs was still a persistent issue. More discipline in keeping the long run efforts in the zone 2 range helped manage the numbness. There were some issues with pain in the Achilles tendons that impacted both feet so run training was challenging and there were some minor adjustments needed to accommodate the issue. Switched shoes to a less pronounced heel-toe drop to see if that would help.

Continued to perform well on the bike with a nice mix of big gear and progressive ramp up sessions.

The build in the pool was a little more "hurried" than was optimal so training volume increased faster this training block compared to earlier blocks. But the shoulders held up well and there was continued focus on mobility work. Still no focus on increasing speed.

Race Results and Coach's Evaluation:

This was a successful race and went better than expected. Honestly, I didn't really know how this race would go because I know this is typically a hot and humid race and I don't handle those conditions well. To help prepare, I did include some infrared sauna sessions but not sure if I did it enough to really have an impact. I think I just got lucky with better-than-expected conditions. 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.

Jamestown Olympic: Summary Metrics							
Phase	Total Time	Total Distance	Avg. Speed/Pace	Avg Cadence	Avg Power	Norm. Power	Goal Status
Swim	0:15:06	873M	1:53 per 100M				Level 3
T1	0:6:30.7						
Bike	1:05:20	23.43 miles	21.5 mph	86 RPM	208W	226W	Level 3
T2	0:2:47.4						Level 1
Run	1:18:15	6.40 miles	12:14 per mile	160 spm			Level 1
Total	2:47:59						

- **Swim**: this went well. The swim was cut short and was wetsuit legal. Because it was cut short, cannot compare to other races and the goals were based on non-wetsuit full course times. However, based on pace, this was a fantastic swim and met the level 3 goal. Comparing this swim to Smith Mountain Lake Sprint (which is the same distance) my pace during this swim was faster than the pace at SML and I don't think I swam it as hard as I did at SML.
- **T1**: I got out of the water and felt ok. There was a bit of the beach we had to walk on but once I got to hard ground, I lightly jogged back to transition. My transition was slower than I had hoped. The distance from the swim exit to transition was a long way and that partially explains the long transition time.
- **Bike**: I had a fantastic bike. I rode hard and was in aero as much as possible. I had to take it a little easy because I installed new race tires and the roads were wet from morning rain. I didn't completely trust the grip of the tires, so I was conservative. I also stayed away from the shoulders of the road as much as I could to minimize the chances of a flat. My normalized and average power was in Zone 4, and I had a solid cadence. I consumed all my planned nutrition and executed the plan well.
- **T2**: My transition was efficient. The speed laces in the shoes worked well and saved me some time. I had a small, insulated cooler in transition for my run nutrition to keep it cold. It worked well and something that is worth doing. Nothing worse than warm liquid nutrition on a humid run.
- **Run**: The run could have gone better. I started patient and relaxed. Around the half-way mark, I had to stop and urinate. It only cost me a minute. However, it wasn't long before I had to stop again for a more urgent bathroom break and this one cost me nearly 3 min. So, in total, around 4 min of my run is standing still. Before my second break, my overall average pace was 12:09/mile. After the break, my average pace was 11:33/mile and the last mile was my fastest mile, and I negative split the run. I think my digestive issue could be from the laxatives still in my system from the night before (part of my race prep). So, I want to test using something like Imodium rather than taking a laxative. I did not take the gel during the run because of the digestive issue but I did take in the liquid. I dumped water on my head at each aid station to help cool me down.
- **Overall**: I placed 2nd in the Clydesdale division and grabbed a podium. I placed 1st in the swim, 1st in the bike, and 4th in the run for the division (out of 5 racers and one of those racers was a DNF). The digestive issues and lost time didn't cost me 1st overall in the division because I would have still been 4 min slower than 1st place. This is a great performance and a fantastic way to end the triathlon season.

My mantra "be patient" while on the run was effective. It helped me relax. This mantra is valuable and works for me.

Conclusion and Areas of Focus Going Forward:

Overall, I think this was a really successful race for me. Two weeks leading up to this race were less than ideal with the Achilles issues and the adjustments to the training plan as a result. I think my taper for this race was spot on and I felt ready and fresh.

The table below is a summary of historical Olympic races I have done that were similar.

Historical Olympic Performances: Summary Metrics					
Phase	Avg Time	Avg Distance	Avg. Speed/Pace	Avg. CAD	NP / AP
Swim	0:30:57	1,532M	2:01 per 100M		
T1	0:03:48				
Bike	1:21:00	25.6 miles	19.1 mph	83 rpm	188 / 178W
T2	0:02:21				
Run	1:06:00	6.2 miles	10:34 per mile	164 spm	
Total Avg	3:00:00				
Min	2:28:28				
Max	3:14:43				

Swim Focus: Focus has been on building endurance to cover the distance. Now, I can transition to a more "well-rounded" plan working on building both endurance and speed. Continuing focusing on mobility and strength in the shoulders.

Bike Focus: I am happy with my bike fitness. This is the second race where my Garmin said I set a new FTP. So, I may adjust my FTP Threshold to this new level and see how my body responds. I think this is more accurate than doing an FTP threshold test on the trainer. This would be a change from 220W to 227W. My FTP threshold is old, and I want to make more progress in increasing bike fitness. I will also transition to more gravel riding, and this is good in building strength and improving bike handling skills.

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. This is my weakness, and my body doesn't hold up well to the volume. I need to be more disciplined in my self-care to keep my calves and legs in good shape so I can handle the run volume. My run focus for the remainder of the year is in preparation of the Richmond Half Marathon in November. Curious if I should try a 10-day training block rather than using the standard 7-day block.

My transitions continue to be a weakness, and I am struggling to get in and out of transitions faster.

Strength Focus: I will be increasing my focus on the weight room and its importance in the training plan now that the triathlon season is over. Focus on building more strength and increasing mobility and stability is key to my longevity in the sport.

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