



Race Plan

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Pre-race Swim, Thursday or Friday (if allowed)

As you practice your swim before the race, look for items you can mark off of that are high. For example, if there is a building that is on the same line as one of the buoys, or the swim exit, use that as you mark and not the buoy, as you can see that large landmark better than the buoy, and swim towards that landmark. This only works if you are going to be swimming the exact same course that the race officials open for practice.

Note how often you need to mark. Some swimmers can go 20 strokes before they drift off course, some can go only 5. See how many strokes you can take before you are off course, and use that number consistently in the race. Going off course will cost you much more in time than lifting your head to check your line often.

Pre-race Nutrition

Pre-race nutrition should not deviate much from what you have been doing prior to your long brick workouts. If you have been eating a good breakfast the morning of a long brick, eat a similar breakfast the morning of the race.

This should still be approximately 1,000 calories at 4am, and continue to snack until 6am.

Do not take in any calories in the final hour before your race starts.

Warmup

No warmup should be done for an event of this distance.

Walk-through

At bike dropoff at T1, please spend a few minutes walking from the Swim Exit to your bike, walking from your bike to the Bike Out gate. At T2, walk from the Bike In gate back to your transition area, and then walking from the transition area to the Run Out gate. This will allow you to perform the same movements you will perform in transition, and to find the best route, and landmarks to your bike.

Swim



I recommend that you place yourself as close to the front as possible. It is better to be passed on the swim than to pass others for two reasons: 1) the passing swimmer must yield to the leading swimmer, and so you can maintain your line and 2) when passed by a faster swimmer you can draft off of them for a few moments.

At no time on the swim should you go anaerobic. Your pace should be steady. Don't race anyone else, don't do unnecessary accelerations.

Bike

This strategy is based on your outstanding brick on 7/15. You must do all you can to hold back to these numbers, no matter how good you feel.

There is significant risk if you exceed 245 watts at any time, even up the hills. Any time you spend above 240 will cause significant fade during the second half of the bike and entire run.

Kilometer 0-70: Try to hold 190 watts, do not exceed 205. I will meet you at the Aid Station at Kilometer 70 to talk or give you anything you need, but you do not have to stop to talk. Kilometer 10-28 will be uphill, please try to stay seated when possible and keep wattage below 200. At kilometer 28, you will be flying for the next 10 kilometers downhill, still keep the wattage at 190-200, don't allow yourself to go too slow during this downhill portion.

Kilometer 71-120: Maintain 200-215 watts, do not exceed 220. This will take you back up the hills again, stay seated and keep the wattage low just like the first loop. Maintain that wattage on the downhill, don't rest.

Kilometer 121-180: If you feel "good" (and I think you will). Now is the time to consider increasing output. 220-235 watts. Holding at 220 would be a very good place if you are on track for a 5:40 bike time. If you are close to not making the 5:40 mark, pushing it to the 235 mark is acceptable. Do not exceed 240 watts at any time.

Nutrition on the bike should be consistent with the 500 calories per hour plan we developed earlier, and that you have been training with.

Run

Kilometer 0-2: Start out at 12kph. If you have paced yourself well on the bike, it will be tempting to go faster. Don't. High cadence, 90rpm. Whatever cadence you lock in for the first 2K will likely stick for the entire run.

Kilometer 3-10: 12-12.5kph, you can accelerate slightly for this period if you feel good. If not, hold 12kph.



Kilometer 11-20: Hold at no more than 12.5kph, no need to go faster. Things will start to hurt a bit. Allow yourself to see yourself in pain from this section on, and that pain is normal and OK.

Kilometer 21-42: This is unknown territory, and it does not make sense to set a target. Walking for brief periods is acceptable, but please note that once you start walking, it is very hard to get back up to speed. If you were able to average 12kph for the first 20K, you will make the second half in under 2 hours.

You will likely start to slow down for this section even if you don't walk, this is normal.

Nutrition on the run should be 100-200 calories per hour. There are aid stations all over the course, every 1.5 kilometers. You should have plenty of fluids and nutrition available.

Congratulations! You are very prepared for this event, this is just another workout for you, just like Tuscany with a few kilometers more on the run.