

Racing Long.

Swim.

- If you expect to swim under the Hour seed yourself toward the front.
- Those who expect 75 minutes should be at the back (If it's your 1st Ironman best to be a bit wide and a little farther back)
- Try to get with a faster group draft and enjoy the ride you want to be cruising for 95% of the swim

Swim bike transition.

- Part of the race preparation will be to walk the transition area and rehearse your swim exit.
- It's best to move steadily rather than speedily through transition going from swim to running is very stressful on the body at this stage of the race you want to minimise the stress on your body.
- I.e Lower back, Hamstrings and the digestive system.

Bike

- Goals for the early part of the bike ride are to settle into your cycling rhythm and start replenishing the energy used in the swim.
- Early in the bike you will be rested energised & very strong. You must control yourself and not ride too hard you have a long day ahead.
- The First 5-6 hours of the race should feel relatively comfortable(If you feel that you are "working" at any time in the race

You are going to hard

- Proper early bike pace allows you get ahead on your nutrition and hydration.
- Almost all athletes find as the race progresses it becomes increasingly difficult to motivate themselves to eat its easier for the body to digest food & drink whilst riding than running.
- Before deciding to ride hard Remember the athletes who are strong cyclists will almost always be tempted to use the bike leg as a weapon and go hard on the bike.

Difficulties on the run are **very costly** in terms of lost time. Quite often 5-10 minutes on the bike can be the difference between running and walking.

- Ride or drive the course, note landmarks at 30, 60, 90 miles this will help you control your efforts during the race.
- Use your efforts wisely show control when feeling strong & keep your focus when you experience a bad patch hills and headwinds

present unique challenges and will tempt you to ride harder than planned remember the mental benefits of passing people on the run far outweigh the 10-15 mins you may have saved by pushing hard use the table as a guide for racing.

<u>Segment miles</u>	<u>Overall goals</u>	<u>Effort guide</u>	<u>HR Guide</u>	<u>Notes</u>
1 - 30	Settle into a comfortable rhythm establish a food and drink strategy	Pace should feel easy	Once the HR as settled down from the swim typically upper HR zone 1	You should be holding back
31 - 60	A continued emphasis on nutrition and hydration as well as overall assessment of the day so far	Pace should feel steady	Typically zone 2	The goal is to maintain a steady effort at goal Ironman distance bike pace
61 - 90	This is the meat of the bike ride Here is where the early ride pace pay's off or takes its toll the goal should be to work a little harder than goal effort. Athletes who have paced themselves properly will begin to move through the field.	Pace should feel steady hills and rollers will see efforts up to moderately hard intensity avoid hard intensity	Upper zone 2 effort with short periods of zone 3 effort when climbing	This is key stage and where you have to concentrate to maintain your focus you should receive a mental boosts you start to move through the field that's if you have stuck to the early ride pacing.
91 -112	Athletes should maintain their cycling momentum continue to eat. Almost all athletes will have lost their appetites but continued nutrition is essential for a strong run	Pace should feel steady to moderately hard there will be fatigue and stiffness these should be manageable.	Zone 2 effort with periods of zone 3 when climbing	Maintain your focus on pacing nutrition and aero position Race fatigue can cause your mind to wonder you must maintain task orientation.

Bike run transition

- Many athletes spend a long time in 2nd transition unless you have a medical problem you should move through transition steadily and efficiently even if walking on to the run course.
- If racing in strong sun apply sunscreen which will be available in transition.

Run

A past Ironman New Zealand winner describes the marathon as 20 miles of hope and 6 miles of reality.

- This is an excellent approach to the run if you have executed your race plan and found your run legs you will feel quite strong in the early part of the run
- Many athletes find that they are able to run very fast in the early part of the marathon. Again having patience and holding back at this stage will pay off you should maintain a steady pace while doing your best to maintain nutrition and hydration.
- Once you leave your bike it is best to run with a little in reserve until at least the second half of the marathon no matter what you are racing for i.e. prize money Hawaii or a finish there is huge amount to be made or lost in the final 6 miles
- The second half is where you will find the results of your training, pacing, nutrition and hydration.
- It's essential to continue to eat drink and push right to the finish you never know what's happening up front even if you have a major problem push on you could recover very quickly
- Novices who have developed a walk/run strategy should start at the beginning of the marathon not in the latter stages.
- The most important thing is ensuring the run restarts each time according to your race plan many athletes find it difficult to start running again once they have started to walk (another reason why it pays to keep a tight control of your pace on the bike)
- Break the run into pieces if it gets hard.
- A good strategy can be run from aid station to aid station. The aid station becomes the key objective and you are rewarded with a walking break which can be used for eating and drinking.
- Wear clothing that will see you through the heat of the day and keep you warm in the evening.

- Your first Ironman distance experience is not a race it is a race of how much patience you are prepared to exercise so that you do not expire on the marathon.

What to eat and when.

- The figures quoted for what the body can absorb are only estimates and highly variable across the population it is best to practise what your body can handle during training and c priority races below are some guidelines for race nutrition.

Pre race.

- Do not Pig out eat normally.
- Increase table salt intake 48 hours prior to race day
- Hydrate normally with water no need to drink gallons
- 18 hours before the race stars go on a low fibre diet
- Day before the race eat small meals frequently.
- On race morning consume 600-1000 calories 3 -4 hours before the race starts target |Breakfast completion for 2.5 – 3 hours before the race starts 2 hours is ok unless you are eating a high fat breakfast.

Race

- Drink 10 -16 ounces sports drink (slightly diluted) or eat 1 gel with half a bottle of water 5-8 minutes before the race starts.
- Eat nothing else until your \Heart rate as settled down on the bike
- 5 – 20 minutes out of Transition 1
- Most athletes benefit from drinking half a bottle of water before starting to eat it can settle the stomach and ensures the food is more easily digested
- On the bike eat gels, sports bars and sports drinks as required
- If using gels and bars drink plenty of water
- Eat right up to the end of the bike on the run anything can happen it is wise to have a calorie buffer.
- On the bike the following schedule could be used.
- 0 -20 miles water only
- 20 – 40 200 calories
- 40 – 60 00 calories
- 60 – 120 Target 200 cal's per 20 miles
- The above schedule would provide 1000 calories in the first 2 hours as there is a deficit when you come out of the water its worth trying to get ahead with early calories appetites and concentration can have lapses later in the day if you target 500calories per hour you'll end up with 400-450 smaller athletes may need to reduce these

- Second transition consume 1-2 gels if you can stomach it and chase with water
- On the run alternate between Cola/Water and sports drinks/water at every aid station Start with Cola immediately
- If you are peeing a lot drop the water but keep alternating between cola and sports drinks
- Many athletes cannot stomach anything solid whilst running
- Adjust these suggestions based on your body weight and time on the course
- Middle of the pack or back of the pack Clydesdale men are going to need to eat significantly more than a 11 stone athlete
- In general most men should target 450 calories per hour a women 350-400
- Please remember these are guidelines practise your nutrition extensively in B & C priority races as well as your long bike rides
- In general do not plan on anything other than liquid survival calories during the run & try to eat 60% of your bike calories in the first half of the ride

How much should you drink?

- On the bike only drink water until your heart rate settles
- Drink 1-2 bottles of water alternated with sports drink per hour
- If you are peeing more than once an hour back off the water and switch to a sports drink
- If you aren't peeing at all increase your hydration to ensure you finish the bike well hydrated
- By the time you feel thirsty you are in trouble
- If you find yourself dehydrated **slow immediately & increase your overall hydration** the time lost will be more than compensated by the improved late race performance
- Hot days consume more than 1 pint per hour though personal needs are highly variable target the 1 pint ease off if peeing more than once an hour if food source is gel bars and liquid carbs a higher intake of water earlier on the bike is essential
- If on the run you are bloated and peeing go to sports drink and cola only
- If you are bloated and not peeing Take an electrolyte and slow down and go on water only.