



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: Hey Sonni,

>

> Training is going fine. I was wondering about the intensity of my training and
> the 2 races I have coming up (Moore's Creek Duathlon and Azalea Festival). Do I
> need to race these at a specific heart rate or can I go for it. At Moore's
> Creek it would be easier to race at a target HR but, Azalea festival it would be
> tough with the swim. With this in mind I didn't want to go for it and wreck my
> base training. Whenever you get a chance to look at my info, could you let me
> know about the races and the heart rate I should compete at. I know you said
> some races will be used as training.

M.G.

A: As for monitoring hr in races.....GO FOR IT!!.....I advise folks to ONLY wear the hrm in events where the duration (& it's effects on calorie consumption) would be a factor.....2+ hours, like Olympic distance and above. In the longer events (like the half-iron) is when we can use the hrm to gage how our output may be affecting our hydration and sugar consumption.

I do this for 2 reasons:

#1-race conditions change (especially in the summer w/ the heat), so i don't want people holding back in a hot 75 minute race simply because of the humidity.....and then not taking it as close to the edge as they could have.

#2-if you look down in a sub-1:30 race and see 177, so what? This isn't helping you develop a "feel" for racing at lactate threshold (& occasionally above) heart-rates. That should be done using your own trial-&-error on how you feel. And this is developed over a number of tries. This is one instance where a monitor can give only a "half-truth" and serve as more a 'crutch' than a 'tool'.

You won't harm your base training in just two events spaced out like they are. Your program sequencing takes into account the recovery aspect of these training races.

But your question is a very good one.

See ya,

Sonni Dyer