



# Coach-Athlete Q&A

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

## Subject: **pac**ing strategies

Sonni,

I'm interested in planning **pac**ing strategies for the upcoming SC Half Ironman Sept.12th. Naturally, I will want to do the same thing for Ironman Florida as well. **right**.

For each segment what should I do and how should they be approached. Especially with Ironman, I read again and again that it is far better to go easier on the bike than you think you should as the most effective way to have enough left for the run and apparently the thinking is you will either make up or blow much time on the run portions rather than hammering too hard on the bike and falling apart on the run...**that's correct**.

. Well, I would like to know, what/how I should **pac**e in the Swim, Bike and Run. I assume it is by perceived effort for the swim but at what level of effort? **Realize that much of this will come w/ experience of long-course racing for the swim, bike, and run.**

**BUT.....for a half-IM, your swim pace should be just about right on target w/ your Critical-Swim-Speed pace that you use in "CSS" workouts.....while in an IM, the swim is clearly done @ an ez'r strictly aerobic endurance pace.**

For the Bike and Run do we use Heart Rate or Speed/Pace? **We use a combination of BOTH.**

We do **NOT** use **hr** solely because it is **NOT** a true measure of work output!! It **IS** a measure of the *EFFECT* of work output on YOU, under a given set of conditions. [For example: an 8 minute mile may equate to 155bpm on a 70-degree day.....but that same 8-min/mile may 'cost' you 165bpm on a 90-degree day. What's the true output? .....8-min miles. What's the COST of that output?? 155 or 165 bpm depending on conditions.]

So.....using just ONE form of feedback (heartrate) could potentially 'fool' you.

Here's a good **pac**ing guide for long-course racing:

**Half-IM-racing**: **bike**=ride in MAF zone near upper maf-number.....but this should equate to a mph-pace that is well BELOW you Olympic distance race-pace, yet above your endurance ride (ea) pace.

**Half-IM-racing**: **RUN**= in A.T. zone , do not exceed upper AT number.....but this should equate to a min-per-mile-pace that is pretty close to your "continuous tempo" (or open marathon) pace.

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**IM-racing**: **bike**=ride in EA zone near upper EA-number.....but this should equate to a mph-pace that is well BELOW you Half-IM race-pace, yet very close to your endurance ride (ea) pace.

**IM-racing**: **RUN**= in MAF. zone , do not exceed upper MAF number.....but this should equate to a min-per-mile-pace that is pretty close to your "Endurance Run" pace. Note that you MAY need to insert brief periods of walking to keep hr from the often inevitable "cardiac-drift" that many experience in racing for longer than 10 hours.

I am not sure how to individualize it for Myself. It will take some experience.....but by using **pac**e AND hr, you can better hone in on ideal paces for you w/ experience.