

Serving The Mid-Atlantic Multisport Community

Tri★DC

Issue 8 | Spring 2009

TRI-DC.com

★ **Plus:**
Athlete's Edge,
Injury Prevention & more
★ check us out at: www.tri-dc.com ★

Remembering **JARON**

**DAMON TAAFFE
TELLS HIS
BROTHER'S STORY**

**RETÜL @
CYCLELIFE**

**SIDEWAYS
TO VICTORY**

**2009
EVENT CALENDAR**



the athlete's edge

SHARPENING YOUR PERFORMANCE



Ironman Reflections Part II: Going Faster

BY DAVID GLOVER

In the last issue of Tri-DC, I shared lessons I've learned for athletes who are starting out with Ironman training and racing. As with most triathletes, my first Ironman was about just finishing, because the race was an unknown quantity – I had no idea how my body would respond to 140.6 miles of swim, bike, and run. I was fairly confident that I could finish because I had done the training as prescribed to me by an experienced coach; however, I had no idea what to expect on race day. My second Ironman was about recapturing the ecstasy of the finish.

My third Ironman, the Vineman Full in Santa Rosa, CA, was about going faster. Here are some things I learned from that race and subsequent races about going faster at the Ironman distance.

Reach for the Pie In the Sky

When I first raced the Vineman Full in 1998, it was a Hawaii Ironman World Championship qualifier - there were 25 precious Hawaii slots to be given away to the top athletes in each age

group. Based on the previous year's qualifying times, I speculated that I would need to finish under 9:30 to pick up one of the two slots in my age group. That would be 44 minutes faster than my time at Ironman Canada. Having this stretch goal made all the difference – it gave me a challenge and provided me with the motivation I needed in order to stay focused on my training for the six months leading up to the race.

Training and Recovery Must Become a Priority

As the saying goes, "You can have ANYTHING you want. You just can't have EVERYTHING you want." Consistent, race-specific training – which includes long swims, bikes, and runs – is critical. The more that your body is prepared to race at an Ironman distance, the faster it is possible for you to go. Recovery, which includes sleep, massage, stretching, and proactive injury mitigation, is also a critical success factor. In hindsight, I realized that the races in which I performed at my best were the races where I

If there are time gains to be made in an event, cycling is usually the quickest and fastest place to make the gains.

made the extra effort to consistently train and recover. At other times, distractions like a relationship break-up, starting a new job, graduate school, or other commitments shifted my priorities away from triathlon, and my results reflected that shift.

Spend More Time in the Saddle

This one is simple. Cycling makes up the largest percentage of time of the three events in an Ironman – typically more than 50%. If there are time gains to be made in an event, cycling is usually the quickest and fastest place to make the gains. Training also needs to be race-specific – train the course and the pace you want to maintain. Being strong in the saddle also usually means you're in a better place to start the run. A proper bike fit that makes you aerodynamic, powerful, and comfortable will also make a significant difference.

Taper Aggressively

One of the biggest mistakes that I frequently see, even with experienced Ironman athletes, is not tapering enough. I have played around with



LURAY, VIRGINIA



Register Now!
August 15: International
August 16: Sprint

www.luraytriathlon.com



varying taper periods from 1-3 weeks, but the key success factor in any taper strategy is that race week must contain a significantly reduced volume of training in order to rest your body for race day. Do not, for example, ride half the bike

Achieve your desired outcome on paper first.

course or run half the run course the Wednesday before the Saturday race. Instead, ride an hour or run 30-40 minutes, then rest. During the final taper week, you should feel like you're not doing enough.

Dissect the Race from Start to Finish

Training is but a small piece of the Ironman puzzle. Break down the race into its component parts – training, racing, equipment, nutrition, pacing, transitions, etc. – and look at how you can improve each one. Write your race report before the race even begins – how you want the race to happen from start to finish. Achieve your desired outcome on paper first. What are you eating before the race, during the bike, and during the run? What clothing are you wearing to account for the cold in the morning and the hot sun in the afternoon? How are you using your heart rate and rate of perceived effort to control your pace? What are the positive mantras that you are playing through your mind during the race that will get you through the low points that inevitably happen?

Race Your Race, Not Someone Else's Race

I'm always amused on the run, when I close in behind other runners, start to pass them, then watch as they see me and suddenly quicken their pace to stay ahead of me. This usually lasts for a minute or two, after which they begin to slow down again. I start to re-pass them, and then they speed up again. This continues for three or four times. Eventually, they give up and soon

drop out of sight behind me. It's a long race. Race your own race and don't worry about the guy or girl who passes you. They'll slow down later.

My Vineman Finish

At Vineman, I achieved my goal, squeezing in just under 9:30 in a time of 9:29, and earned my right to take a Hawaii slot. At the awards ceremony, I declined the slot – I was not ready for Hawaii yet. I wanted to break the nine-hour mark first.

Author of Full Time & Sub-Nine: Fitting Iron Distance Training into Everyday Life, David dabbles extensively in endurance sports as an elite triathlete, coach, writer, and race director. He has helped hundreds of individuals through coaching, educational seminars, and eBooks. As an athlete, his accolades include an 8:51 Ironman PR, and being the 2007 inductee into the Vineman Hall of Fame. He is excited to announce She Does Tri camps for women in 2009 (www.sheadoestri.com). For more information about David, please visit: www.davidglover.net. For more information about his services, please visit: www.enduranceworks.net.



The new generation of suits from Quintana Roo are here

BONZAI

bonzai sports is the one and only destination for a wetsuit in 2009. from entry level sleeveless suits to high end fulls we have you covered. we offer the country's largest and simplest rental program in the industry. stop by the shop to see our massive selection or visit tribonzai.com to shop online and to find out more about our rental program.

**2826 Fairfax Dr
Falls Church, VA 22042
703 280 2248**

tribonzai.com

