



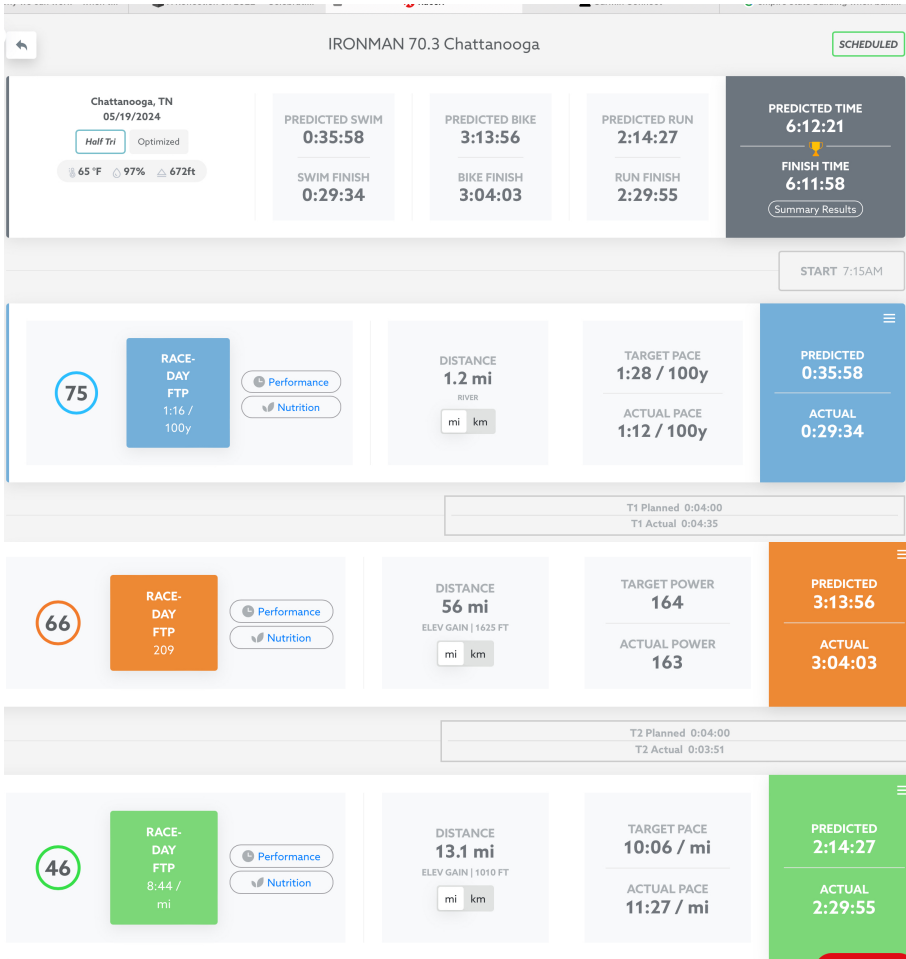
Chattanooga 70.3 Ironman - May 19, 2024 with Justine!

1. Swim: first race with the current of a river. Expected to go 7:20/500 or 1:28/100 Yard pace, and looked on my watch at the first alert at 500 yards and went 6:14 with a low heart rate for the first 1,000, very smooth, very easy. Fastest 500 was #4 at a 1:07 pace and felt amazing looking up at the art museum up the huge granite cliffs. It was longer swim than a normal 70.3

Ironman at 2,485 yards and averaged 1:10/100 yards with the current - unreal! Felt like back in college!

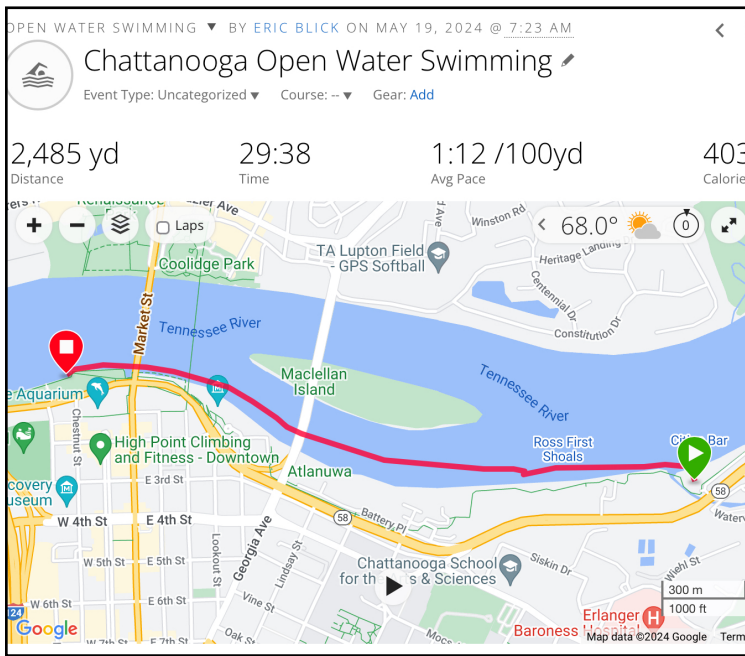
2. Bike: Watts right on what I trained for: 163 for 3 hours and target of 164! I pinched my back 2 weeks out and could not hold aero bars but maybe 1 hour total of 3 hours. Took Advil at transition.

3. Run: first 10k only about 4-6 minutes off target pace of 1 hour 2-3 minutes, but then heat caught up with me and overheated. Did not train outside in humidity 2 weeks prior because Nebraska did not have any. TriDot confirmed that nutrition and hydration was perfect (100g carbs and 500mg sodium per hour on bike and run) and concluded the heat got me, worth 15 minutes on my time roughly. New cadence >175 so no Ironman-shuffle at the end.



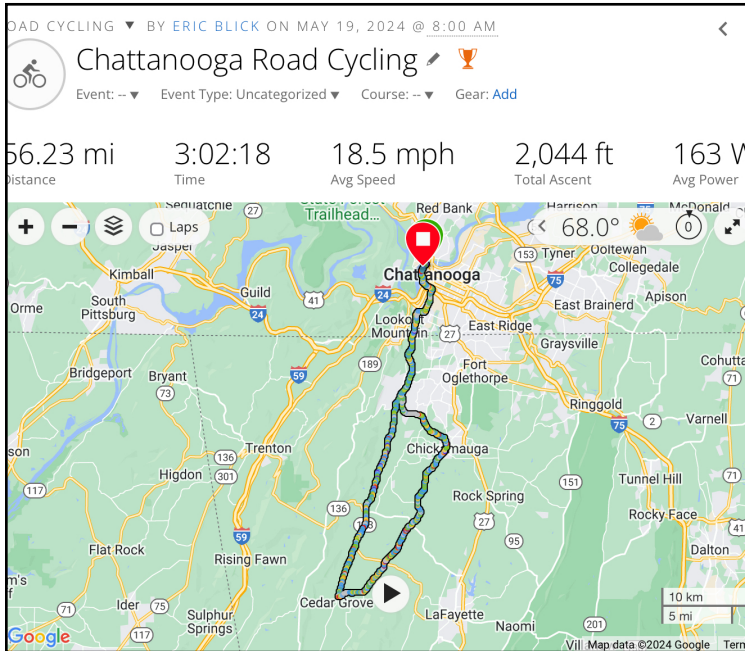
4. LOVES: hands down starting WITH my 25 year old daughter on the rolling starting line for the swim! She was 90 minutes faster than 2 years ago after saying she would never do that distance again. She wanted me to train her and use TriDot and she did not hit a brick wall in training on running like she maxed out last time. She was healthy, mastered nutrition, and smiled the entire race!

6. Lessons learned: A. Weight training for arms and neck before / in each running workout warmup and / or in bike Zone 1-2 time. B. Run outside OR use a space heater in Hurt Locker to simulate heat if I have to two weeks prior to the race. Needed more humidity training. C. Don't line up perfectly by speed in the swim, no one did really so start closer to the front than what you think. D. Could I have grabbed another hundred grams of carbs at breakfast three hours before race time? Three hours was perfect to empty my stomach before the swim. E. Seat on the bike was too low probably for full knee extension and being forward in the saddle for more power. Target 85 cadence not 78 to save legs even more for

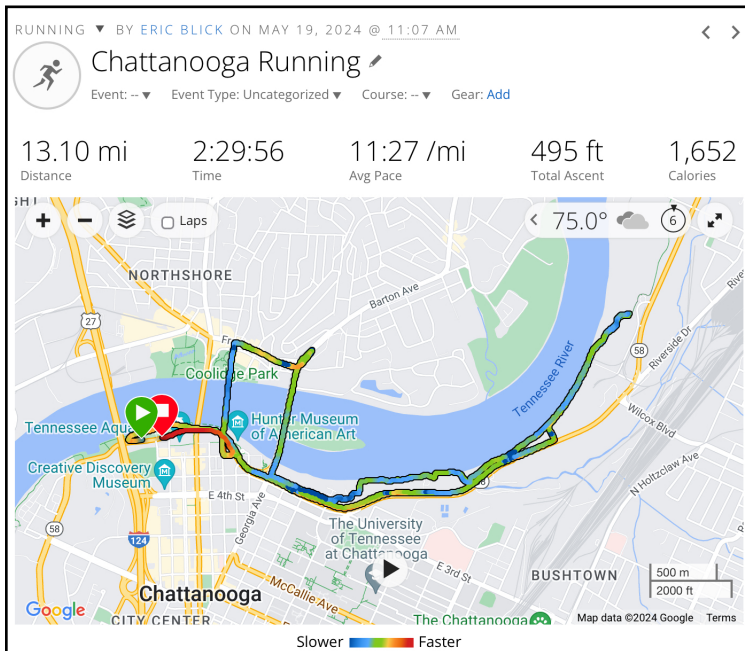
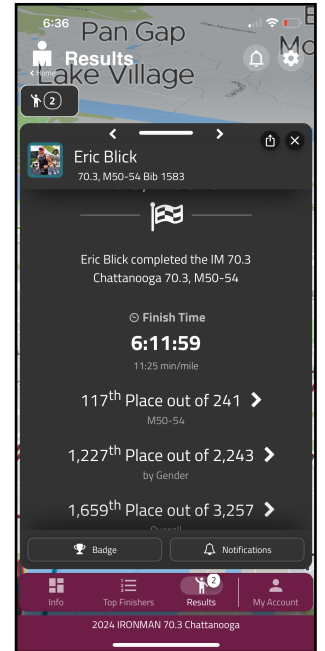


Lap	Lap Distance	Time	Pace / 100 Yards	Heart Rate
1	500	6m 14s	1m 15s	140
2	500	6m 10s	1m 7s	144
3	500	5m 45s	1m 9s	147
4	500	5m 34s	1m 7s	150
5	485	5m 56s	1m 13s	151
Average	500	5m 56s	1m 10s	146
Target	2485	7m 20s	1m 28s	137

the run. Burn a few matches at 250 watts at 70 cadence for two minutes at a shot to pass a few.



Lap: 20 minutes	POWER: Average Watts	Heart Rate	Cadence RPMs Revolutions per minute
1	166	145	78
2	155	140	80
3	181	142	78
4	159	136	76
5	167	135	72
6	160	135	79
7	164	134	79
8	148	132	79
9	158	135	78
10	173	140	81
Average	163	137	78
Target	164	136	85



Lap	GAP: Grade Adjusted Pace	Heart Rate	Cadence: Strides per Minute
Average	11m 25s	146	162
Target	10m 9s	131	170
1	10m 27s	142	165
2	10m 43s	140	164
3	10m 44s	143	165
4	10m 49s	144	165
5	11m 8s	143	163
6	11m 32s	142	165
7	11m 6s	145	163
8	11m 21s	147	160
9	11m 41s	146	160
10	11m 59s	147	157
11	12m 31s	147	158
12	11m 52s	149	161
13	12m 19s	148	156
14	11m 43s	148	159
15	10m 44s	153	167

