



*“Strong to go long,
then as easy as
possible to go longest
possible, then power
and range of motion to
go fast. Then go fast.
Then go long fast.
Then race fast. Ok?”*

-Bobby McGee

This Month's Activities

Speed & Form

Workouts: Every
Tuesday, 5:30 a.m. @
Vulcan Trail.

Vulcan Group Ride:

Every Tuesday, 5:30
p.m. from the BB&T
building (below
Mtn. BrookY).

Brick Training: Every

Thursday, 6:00 a.m. @
Brookwood Village.
**Note: this will be a
tempo workout**

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Race Reviews: IM Ohio 70.3 By Sarah Portella

This was the inaugural year for Ohio 70.3 and I want to commend the Ironman staff for making the first race run *SO* smooth! Despite a tornado touching down in the state park where the bikes were checked in T1 and all of the debris and trees they had to get out of the way during the night and early hours pre-race, everything ran on time and without a hitch.

Ironman chose the little town of Delaware, OH for its big event. With a quaint downtown (think Florence size) full of shops, a farmer's market, and a delightful bakery that opened at 5 a.m. for all the spectators race morning, the town played a wonderful host. Delaware is about 25 minutes North of Columbus and an easy drive to eat at some fun restaurants on High St. And the coffee! So many DELICIOUS places within walking distance of each other.

The course: The swim and T1 was at Delaware State Park. Race morning you



board a school bus and travel about 10 minutes out of town to the site. The swim is in the lake, which if it is windy the water can get pretty choppy. Race morning the water was nice and calm. T1 is in the parks parking lot and IM did a great job of sweeping the area and keeping it nice for bare feet!

August

Shout-Outs!

Stephanie

Farrington: 3nd AG
Rocketman

Tim Pemberton: 2nd
AG Rocketman

Sarah Portella: 1st
Overall Rocketman,
3rd AG Ohio 70.3

Craig Cecil: 1st AG
Rocketman, 6th AG
Age Group Nationals

Robert Thompson:
1st AG Rocketman

Ariel Cecil: 2nd AG
Semper Tri

Troy Goss: 2nd place
AL State TT

Alex Pitts: Top 15
finish at Thompson
Two Miler

Gavin Poole: 1st AG
Toughman Half Iron

Jon Herron: 4th AG
Colonial Oly Tri

Darwin Bell:
Completed 1st
Olympic distance Tri

The bike course was 56 miles of rural Ohio beauty. In August the place is super green and makes pretty contrasts with the corn and other veggies growing. The course is flat with some rolling hills (nothing steep) and a good amount of headwind on country roads. It seemed that the locals were all excited that there was a race going on and people came out to sit in lawn chairs and watch the bikes in action. The bike ended back in town in Selby Stadium (home of Ohio Wesleyan University) with T2 being on the field.

The run (two loops) was moderately hilly with half shade and half sun. There was one steep hill that you climbed out of transition but they didn't have you climb it again for loop two. The rest of the hills were long but at maybe a 1-2% grade, and plenty of flat sections in between. Coming in to finish is a straight stretch slightly downhill, and you run a half lap around the track at Selby Stadium before crossing the finish line.

Overall I give it two thumbs up! And recommend if you are looking for a fast end of summer race to put this on your calendar! Temps can be hot but the humidity is nice and low. And the people are super friendly.

The Dreaded 4-5a Swim Pace Zone Set by Sarah Portella

If you are coached by me, and have been gearing up to race, then chances are you've seen this workout, or some variation of it:

WU: 6x50 descending
MS: 2x100 at race start pace
5x300s (or 200s) at zone 4-5a
And there may or may not be a long zone 2 set!
CD: 100 easy

And I suspect that if you are coached by Craig you've seen this workout too. Zones 4-5a can sound rather intimidating. Especially if you look at your T-Pace and realize that if you stick to the 5a side you might be pushing harder than you can theoretically last for very long! Can we say above lactate threshold?!!

These workouts may start to appear in the Build phases (once you've done your Base and have a solid aerobic engine in the works) and become more frequent near the end of Build 2 and into the Peak phase.

So...why do it?

Swimming at your threshold or slightly faster increases your anaerobic endurance, something sprint and Olympic distance triathletes need the most due to the duration of their races. But if you train for longer races these workouts can be extremely important for you as well. The workouts have the ability to increase your aerobic capacity (stronger to go longer!) and economy. Double win!

So. each workout usually starts with a Race Start set (with short rest intervals)

which is typically at an anaerobic pace as well (think 5b), and is immediately followed by a longer set (200s-300s) at your 4-5a zones (a little longer rest). Your heart rate skyrockets and you have to learn to control it along with your breathing. The longish rest allows recovery time so you can go at your near maximal effort all over again.

In swimming these workouts can be the most beneficial on race day. Because the swim always starts out faster than you can most likely sustain for the duration, it is important to learn how to go out fast and confidently (anaerobically)! This fast pace usually last for several minutes and then you can settle in to a pace that is sustainable for the duration of the swim leg.

So, the next time you see this workout on your schedule don't dread it! Embrace it knowing that this will get you prepared for race day.

Discounts!!

- **Don't forget to use your athlete discount at Cahaba Cycles Homewood for all of your triathlon & cycling needs!**
- **PkPerformers also get a 10% discount at Trak Shak in Homewood!**