

# Pace your Race

Whether it's a sprint, Olympic, half or even full ironman triathlon, the ability to know and keep to your pre-planned race pace can be one of the biggest factors in ensuring you perform to your potential.

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If you've been around the sport for a while, you'll have likely seen athletes who've essentially cooked themselves on the swim and bike legs walking, or even stopped entirely, on the run. Unless you're one of the Brownlee brothers, racing at your limit from start to finish isn't going to end well.

From my experience, dialling in race pace is something that I still struggle with from time to time, even after racing professionally for over eight years. Many people rely on their bike computer or GPS watch, which can be quite effective as they let you gauge just how hard you are going. The problem with this is that many athletes rely solely on these tools rather than acknowledging how they are feeling during a race. The toughness of the course, as well

goal race pace. I do this session without looking at my GPS running watch and only my coach reading out my times after each kilometre. This type of run session really teaches you to think about what your race pace should feel like without having to rely on external monitors. By doing this on race day you should have the confidence to know exactly just how hard you can push yourself, no matter what the conditions or course throw up.

This same principle can be applied to your swim sessions, with the length of the effort depending on what distance you are training for. For an Olympic-distance race, I recommend doing 15 x 100 metres to replicate the 1.5-kilometre race distance, whereas if you're training for a 70.3, you

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as climatic condition such as heat and wind, are all major factors that you need to take into account when racing. A course such as Mooloolaba, where you typically have a tailwind on the first half of the cycle course and a headwind on the return, is a great example. If you pace this course based solely on your bike speed reading you will be riding easy out with the tailwind and absolutely killing your legs on the return ride.

The way many athletes, myself included, dial in race pace is to do specific sessions devoted entirely to getting that race pace feeling. A great set that I do regularly is one-kilometre run repeats at my

would do 18 x 100-metre efforts holding race pace.

Practice makes perfect and devoting just one session each week to working on your swim, bike and run race pace is a great way to ensure that come race day you will be confident that you can control your pace from start to finish. Tools such as your bike computer and GPS run watch are great to monitor your pace both in training and on race day, but avoid relying on these alone. Essentially, the more evenly you can pace your race, the better your final result will be.

Until next time,  
happy training. 



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