



5 Reasons why you run poorly off the bike

## should in Triathlon? You are part of a very large group of athletes with the same problem. Most amateur Triathletes are part of this not-so-exclusive club and there are even T-shirts that have been made applauding one of

Are you a really good runner, but somehow you never run as well as you

the reasons for this phenomenon; "Swim, Over-Bike, Walk". Funny stuff! We are going to explore 5 reasons (outside of incorrect training methods) why this could be the case for you, and hopefully after reading this article you will have all the solutions to nailing the run segment of your next Triathlon. You bike too hard - and you do so on purpose In golf there is a saying: "Drive for show, putt for dough". This saying means that there are a lot of guys out there who can hit the ball a mile off the tee,

## The same principle applies to Triathlon, except the saying would be "Bike"

will usually card the better score.

The uncertainty of one's ability

gives rise to unrealistic hope;

hope that even after emptying

for show, run for dough". The standout "show piece" item in Triathlon is undoubtedly the bicycle. Nobody stands in awe looking at a pair of running shoes, or swim goggles for that matter. People gravitate towards the bike, and really expensive bikes get really special attention from everyone. This puts a lot of pressure on the athlete who owns the expensive bike,

but when it comes down to the scorecard, the guy who can putt the best

because they inadvertently feel that they need to justify owning such a sterling piece of equipment, by laying down a monster bike split. This has disastrous consequences for the run. A lot of athletes get caught up in the hype of the race. As soon as a fellow competitor comes past on the bike, the urge to try stay in contact is greater than Gollum to "the Precious". The uncertainty of one's ability gives

the tank on the bike there will somehow be a reserve tank to get through the run.

You inadvertently pace yourself incorrectly on the bike

250 200 150 100 50

0.875

0.9

0.925

0.950

0.975

0.8

0.825

Number of athletes

0.850

BELL CURVE DISTRIBUTION OF 20MIN VERSUS FTP

You start off too fast on the run 3 The same principle applies to the run; athletes generally have very little idea of what they are physiologically capable of, and therefore they run on feel. This is always going to produce a very quick first half and a very slow second half, particularly in the longer Triathlons. Again, if we have a performance/time curve at our disposal, we then have a method of more accurately determining what pacing window is optimal for you. You may be very fast over a very short distance, but poor over a really long distance. Only by determining the rate of deterioration in your running speed, can you accurately estimate pacing over longer distances. Rather start too slowly; there will then be energy left to speed up at a later stage. The rule of thumb in running is that for every minute you gain on your perfect pace in the first half, will be lost double in the second half. For

Triathlon, I would argue that this rule can be multiplied three or four times

because of the accumulated fatigue from the swim and cycle legs. If you run 2

You get your race nutrition wrong I meet with a lot of athletes who complain about "hitting the wall" on the run, particularly in the Ironman. Getting off the bike with an empty tank will end in a very poor run split. The so called "bonk" is totally avoidable with a well calculated nutrition and pacing strategy. "Bonking" is a direct effect of hypoglycaemia, or low blood glucose levels. It is the effect of the brain shutting down the body in order to preserve the brain. The worse and more sudden the hypoglycaemia, the more severe the shut-down process will be. As a rule of thumb, you should consume 5-4 times your body weight (kg) in Calories, per hour. So, if you weigh 70kg (154 pounds), you should aim to consume between 350-280 Calories per hour on the bike. Also, studies have consistently shown that the more complex the ingested solution, the slower

the gastric emptying rate will be. So, in hot weather racing where you will

sweat a lot and therefore have much greater fluid intake needs, it is best to

restrict or totally avoid complex solutions and/or solid food altogether and

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dehydration. Dehydration will certainly occur in the longer races, but it has a very negative effect on performance once fluid loss exceeds %5 of body weight. A good strategy is to take on fluids at every aid station, and to plan your intake accordingly. "The main goal in getting the sufficient nutrients in on the run are to maintain blood glucose levels, and to prevent the effects of severe dehydration." Racing in hot and humid conditions is a science that needs to be well understood by all who endeavour to race in those climates, particularly long distance events. The increased sweat rate induced by the heat and humidity will cause dehydration to set in earlier than usual. This can be a downward spiral to which there is very seldom any comeback. The best strategy is to

race conservatively in the heat and to ensure that there is enough blood in

Hot weather and tummy issues go hand in hand, and the reason that people

suffer from gastric distress during races, is usually a mismatch between fluid

intake and sweat rate. In hot weather, people can sweat at rates of up to 3L

per hour or more. The harder you push, the higher the sweat rate will be and

the more fluid you will have to take in. There is a limit, though, as to how much

fluid the body can absorb per hour, and a further mismatch between imbibed

fluids and absorption can occur, resulting in a backlog of fluid in the gut. The

There is one major exception which needs to be mentioned: If you slow down

to the point where you are walking, you will no longer be sweating at the

same rate as you were when you were running. Continuing to take in a high

you ever get to the point in any long distance event where you are walking,

stick predominantly to solid food as this will slow down the rate of gastric

goal would be to take on as much fluid as the body can tolerate whilst

keeping the sweat rate to a minimum.

"It is essential

in longer races

slower running

with nutrient

to coincide

walking or

intake."

the gut to absorb the fluid and nutrients needed to continue racing.

emptying. Drink only according to thirst. Fatigue often masquerades as thirst, so be careful not to drink simply because the legs are blown. Overhydrating can be deadly. Obviously, you will need to have the appropriate nutrition strategy practiced vital organs. When you are competing and heart rates are high, there is less bloodstream. Keeping the heart rate high will cause the nutrients to stay in the

the moment and being in control of yourself. Devote your mental activity to monitoring breathing, correct pacing, nutrition strategy and break up the race into small digestible pieces. I always tell my athletes to focus on executing each moment as well as possible, whether it be the swim, bike or run. Each moment should be done as well as possible without any thought given to the result of the

People often get half way through an endurance event and 'give up'.

They end up walking, not because the body is no longer up to it, but

distance that still remains. When you start out on the run, it might be

appropriate to think of getting from one aid station to the next at your

goal pace. Towards the end of the run, these targets may need to be

reduced to 'the next street light' or that 'spectator beside the road'.

You need to aim for a target that can be reached, and one that your

segments is a well-known strategy amongst all endurance champions.

Learning to effectively break up races into mentally acceptable

You approach the run with the wrong state of mind

Nobody feels like running after getting off the bike; the legs are

some chafe from the swim and/or bike that you start to feel, and

these irritations become magnified with fatigue. The thought of

running a marathon after hours and hours on the bike can be too

much for some people. So, don't do it! I am not talking about the

running, I am talking about the thinking. Don't think of the marathon

or whatever the distance of the run may be. Rather, think of being in

tired, the back and neck are usually a little tight and often there is

RAIFFEISEN

Get this one right, and the reward of an excellent effort will be there Good luck for your next race!

Freddy has won acclaim as a coach in the following areas:

Pro Athlete/Coach Freddy Lampret holds 2 B.Sc. Degrees:

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