



TRIATHLON: TRAINING & RACING WITH TECHNOLOGY

USING GADGETS TO ACHIEVE A PERSONAL BEST

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WORKOUTS

Bike workout: 180'

WU: 20-30' @ Zone 1

MS:

- 2 x 15' (5') @ Zone 4, 10' EZ
- 5 x 15' (2') @ Zone 3
- Remainder @ Zone 2-3

WD: 10' Easy Spin



WORKOUTS

Run Q2 workout:

WU: 20' E pace w/ strides

MS: 2 x 10' T pace (2')

30' @ E pace

25' @ M pace

CD: 2' E pace



GADGET

What is a Gadget?

A gadget is essentially a tool used to provide the user with specific information. We are referring to:

- GPS running watches
- Heart rate monitors
- GPS cycling computers
- Powermeters



POWERMETERS



USING GADGETS EFFECTIVELY

Getting the most from your gadgets requires only a few simple steps

- Testing!
- Determining your training/racing zones
- Executing



TESTING! (OUCH)

Knowing **EXACTLY** what your **CURRENT** fitness is is the only way to get the most out of your workouts and races.

Testing is the only way to know what your current fitness is.



TESTING! (BIKE)

Testing for FTP (Functional Threshold Power) on the bike is determined by figuring your Lactate Threshold. This can be achieved in many ways.

- New City Time Trials (minus 5%)
- 20' (record average power minus 5% or HR)
- 2 x 20' (2') (record NP or HR for the entire 42 min)
- 60' all out effort (record power or HR)



TESTING! (RUN)

Testing for the run is simple

- Run a time trial close to the distance you plan to race
- (5k -10k)
- Last race (If it was a triathlon, just the portion)



DETERMINING ZONES

The huge benefit to testing is knowing exactly what your pace/effort should be.

Using the information from the tests we can now determine our biking and running zones.



BIKE TEST RESULTS

Rabbit:

Test result outdoors

2 x 20' (2') = NP 200 Watts

Avg HR = 180bpm



BIKING ZONES

Power

Zone 1 (Z1) 65-70% (Recovery) = 130-140 watts

Zone 2 (Z2) 70-75% (Ironman Pace) = 140-150 watts

Zone 3 (Z3) 80-85% (Half Iron Pace) = 160-170 watts

Zone 4 (Z4) 95-100% (FTP) = 190-200 watts

Zone 5 (Z5) 120%+ VO2 Max = 240+ watts



BIKING ZONES

Heart Rate

Zone 1 (Z1) 65-78% (Recovery) = 117-140 bpm

Zone 2 (Z2) 78-89% (Ironman Pace) = 140-160 bpm

Zone 3 (Z3) 89-93% (Half Iron Pace) = 160-167 bpm

Zone 4 (Z4) 93-99% (FTP) = 167-178 bpm

Zone 5 (Z5) 100-102% VO2 Max = 180-183 bpm



WORKOUTS

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WD: 10' Easy Spin



BIKE SETUP



RUN TEST RESULTS

Rabbit One:

Test result outdoors

5k (3.1 miles)

00:23:09

7:28 pace



RUNNING ZONES

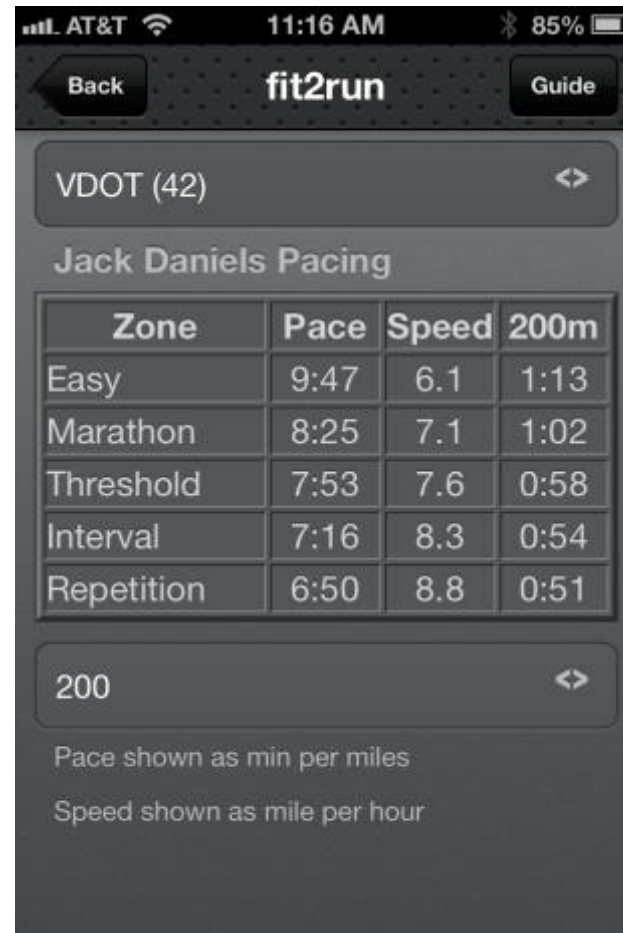
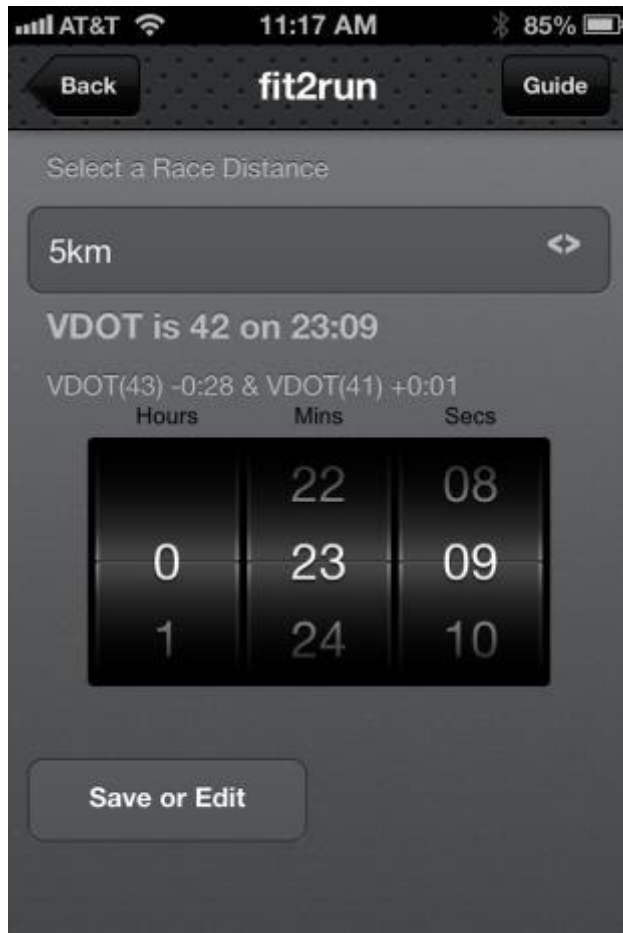
Enter the results from your most recent running test in any of these websites to find your proper running intensities.

- <http://www.runbayou.com/jackd.htm>
- <http://www.attackpoint.org/trainingpaces.jsp>
- <http://www.runworks.com/calculator.html>

These websites with built-in calculators will determine your proper training intensities once the distance and time is entered. It will also give a number called a Vdot.



FIT2RUN IOS APP



RUNNING ZONES

Vdot is a measure of your current running ability based on:

- Running economy/efficiency
- Biomechanics
- Mental toughness

Rabbit 1

VDOT: 42



RUNNING ZONES

Vdot uses 5 specific training intensities to improve the different components of performance. The Vdot is used to determine the correct pace for each intensity:

- Easy/Long (E) pace: 9:48 pace
- Marathon (M) pace: 8:25 pace
- Threshold (T) pace: 7:52 pace
- Interval (I) pace: 7:12 pace
- Repetition (R) pace: 6:48 pace



WORKOUTS

Run Q2 workout:

WU: 20' E pace w/ strides

MS: 2 x 10' T pace (2')

30' @ E pace

25' @ M pace

CD: 2' E pace



RUN SETUP



RACE EXECUTION

Half Ironman Distance Pacing

Bike:

- Zone 3 (Z3) 80-85% (Half Iron Pace) = 160-170 watts

Run:

- Marathon (M) pace: 8:25 pace

BENEFITS

The benefits of training with a purpose:

- Maximize your time
- Maximize your abilities
- Race Day execution
- Change your perspective



SPRINGFIELD TRIATHLON CLUB



SpringfieldTriClub.com