

YOUR IRONMAN UK RACE PLAN by TEAM OXYGENADDICT

We're getting close to your big race! You've done all the hard work in training and hopefully you're feeling as ready and confident as you'll ever be!

We've created this race plan template for you to use in the lead up to IRONMAN UK, to help make sure you're fully prepared, have no nasty surprises on race day and calm your nerves by being in complete control of your preparation in the days leading up to your race.

There's a lot of detail here, but it's all important - trust us, you'll be glad that you've thought ahead and have a clear race plan that's front of mind.

And more often than not, simply the process of thinking about and writing down everything here will help you feel fully prepared.

You can also use this to refer back to ahead of future races, so you can compare, contrast, and make future race prep even simpler.

So - **download your own copy of this document** ("File -> Make a Copy" or "File -> Download As") and complete it as far in advance of Ironman UK as you can.

The only thing left to say is have a great race! You've worked hard, prepared the best you can so be sure to enjoy your day- you deserve it :)

Coach Rob Wilby

Head Coach & co-founder: Team Oxygenaddict



MY RACE GOALS:	
<p>What are your top 1-5 goals for the race?</p> <p>I.e. what will constitute a “successful” race for you?</p> <p>These can be performance focused (e.g. time, splits, position) or non-performance focused</p>	<p>E.g.</p> <ol style="list-style-type: none"> 1) <i>Swim - breathe bilaterally, stay calm throughout</i> 2) <i>Bike - equal time per lap, without exceeding target power</i> 3) <i>Negative split the run</i> 4) <i>Stick to hydration & nutrition strategy as planned</i> 5) <i>Enjoy myself!</i>

MY KEY RACE-DAY METRICS:	
Hydration: ml / per hour	<p>Guide: 600ml -1000ml per hour. (bigger athletes and / or hot conditions - closer to 1000ml)</p> <p>Bike:</p> <p>Run:</p>
Electrolytes: Sodium per hour	<p>Guide:</p> <p>https://www.precisionhydration.com/pages/why-personalise-your-hydration-strategy</p> <p>Bike:</p> <p>Run:</p>

Nutrition: calories per hour - bike (& run)	<p>Guide: 200-250 calories per hour (Smaller athletes at the lower end of the scale. Test what works most effectively for you in training)</p> <p>Bike:</p> <p>Run:</p>
Bike power / heart rate targets & maximums	<p>Guide: Overall Normalised Power of 65%-75% of FTP. (Bottom of Z2 HR - Top Z2 HR) Slower athletes at the lower end, Faster athletes at the higher end Cap at 85% (Mid Z3 HR) on long hills.</p> <p><u>Refer to this table to work out the optimal % of FTP to ride at relative to your expected completion time</u></p> <p>Target average power / HR:</p> <p>Max power / HR (cap for climbs):</p>
Run pace & strategy	<p>Guide: “E pace” (“easy” or “endurance” pace as calculated here) is usually the “best case scenario” in an Ironman marathon</p> <p>Target average pace / split time / power:</p> <p>Target average heart rate:</p>

PRE-RACE	
Kit list Start gathering everything you need several days pre-race	Download the checklist here: https://team.oxygenaddict.com/wp-content/uploads/2016/06/TheULTIMATETriathlonKitlist.pdf
Computer / watch settings: Data fields Alerts etc	E.g. <i>Bike:</i> Auto-lap every 1km Alerts: Power over 250w, Heart rate over 150bpm Screen 1: Lap power, 3s power, 10s power, 30s power, target power Screen 2: Distance, elapsed time, speed, lap average speed Screen 3: Heart rate, lap average HR, average HR <i>Run:</i> Auto-lap every 1km Screen 1: Pace, Heart rate Screen 2: Distance, elapsed time
Special needs bag(s)	E.g. <i>Bike special needs bag: 2 x bottles, 3 x gels, 2 x spare tubes, 2 x Co2 canisters, Arm warmers</i> <i>Run Special needs bag: salt tablets, 2 x gels, banana</i>

RACE MORNING	
Timings Alarms Breakfast Leave the house	E.g. <i>Alarm #1 @ 04:15</i> <i>Alarm #2 @ 04:25</i> <i>Breakfast @ 04:35</i> <i>Leave by 05:00</i>
Breakfast	E.g. <i>1 x bowl porridge</i> <i>2 x toast</i> <i>1 x banana</i> <i>2 x cups of coffee</i>
Eat / drink immediately pre-race	E.g. <i>1 x 500ml bottle of sports drink + electrolytes 30-60 mins before race start</i> <i>1 x gel 20 mins before race start</i>
Bike set up: <ul style="list-style-type: none"> • Tyre pressures • Calibrate power meter • Optimal gearing for the bike in transition • Nutrition to have ready on the bike • Hydration to have ready on the bike 	E.g. <ul style="list-style-type: none"> • Tyre pressures: 90 psi (check on race morning) • Gearing: Small chainring at the front, easy gear on the back <ul style="list-style-type: none"> • Hydration / Nutrition on bike: <ul style="list-style-type: none"> • 1 x bottle of water + electrolytes • 1 x bottle of sports drink • 1 x bottle of 5 gels mixed with water • 3 x bars in bento box

SWIM	
Plan: Position in water (mass start) Self seeded time (rolling start) Swim strategy	<i>E.g.</i> <i>Self-seed at 1hr 30 (rolling start).</i> <i>Swim on the right side</i> <i>Sight every 5 breaths</i> <i>Start position - (mass start) - position appropriate to ability. Be conservative!</i> <i>Swim relaxed to first buoy.</i> <i>Breathe bi-lateral whenever possible.</i> <i>Sight every 3/5/7 breaths</i> <i>Gently increase kick for last 5 minutes</i>

T1	
What do you need to do in T1?	<i>E.g.</i> <i>1 x gel</i> <i>Apply suncream</i> <i>Apply chamois cream</i>

BIKE	
HR / Power targets / caps	<p>E.g.</p> <p>70% of FTP (normalised power) on average Limit to 85% of FTP on hills</p>
Bike position	<p>E.g.</p> <p>Aero position whenever possible Sit up when climbing <20km/hr Approach aid stations sitting up & <15km/hr Sit / stand and stretch every 20 minutes</p>
Hydration / electrolyte consumption	<p>E.g.</p> <p>First 3 hours: 1 sip of sports drink every 10 mins (375ml & 50 calories every hour) 1 sip of electrolyte drink every 10 mins (375ml & 500g sodium every hour - more sodium if necessary for very heavy / salty sweaters)</p> <p>Remainder: 1 sip of sports drink every 10 mins 1 sip of water every 10 mins, 1 salt tablet every 30 mins</p> <p>If hot, increase frequency / volume by 25%</p>
Nutrition consumption	<p>E.g.</p> <p>1 x gel every 30 mins (100 calories) 1 x bar every 30 mins (100 calories)</p>

Aid stations	<p>E.g.</p> <p>Aid station 1: 1 x bottle of water + 2 gels</p> <p>Aid station 2: 1 x bottle of sports drink + 2 gels</p> <p>Special Needs: 1 x bottle, 2 x bars, replace any used spares (tubes, Co2 etc)</p>
End of the bike leg:	<p>E.g.</p> <p>Last gel/ food no later than 30 minutes before the end</p> <p>Increase cadence in last 15 minutes to prepare for run</p>

T2	
What do you need to do in T1?	<p>E.g.</p> <p>Grab 2 x gels</p> <p>Apply suncream</p> <p>Change socks</p> <p>Change into running kit</p> <p>Toilet visit</p>

RUN	
HR / pace - caps / targets	<p>E.g.</p> <p><i>First 5km:5:40/km pace</i> <i>Each subsequent 5km: 5s / km quicker</i> <i>Keep HR below 140 regardless of pace</i></p>
Hydration & nutrition plan	<p>E.g.</p> <p><i>Aid stations every mile</i></p> <p><i>First 2 hours: 1x cup of water, 1x cup of High5, 1 gel or half banana at each aid station</i></p> <p><i>Remainder: 1 x cup of water, 1x cup of flat coke, 1 handful of salted snacks at each aid station. Pick up 1 gel to carry</i></p> <p><i>Eat sandwich from special needs bag</i></p>
Run / walk plan?	<p>E.g.</p> <p><i>Walk all aid stations (approx 1 minute)</i> <i>Walk all hills</i></p>
Mental tricks / mantras	<p>E.g.</p> <p><i>Break down into 8 x 5km runs</i> <i>Dedicate each mile to someone / something</i> <i>Sing! (in your head)</i> <i>Replay your most difficult / enjoyable training sessions</i></p>
Finishing chute	<p><i>Smile for the cameras!</i></p>

Appendix

The table below is taken from [this article](#) and is particularly useful for athletes riding with a power meter.

Used in conjunction with [BestBikeSplit](#), you can accurately estimate the % of FTP to ride at relative to the course, in order to perform optimally (i.e. as fast as possible without compromising your ability to run well).

Iron-Distance Bike Pacing Estimate:

Time / % FTP	57%	58%	59%	60%	61%	62%	63%	64%	65%	66%	67%	68%	69%	70%	71%	72%	73%	74%	75%	76%	77%	78%
8h	260	269	278	288	298	308	318	328	338	348												
7h30	244	252	261	270	279	288	298	307	317	327	337	347										
7h		235	244	252	260	269	278	287	296	305	314	324	333	343								
6h30			226	234	242	250	258	266	275	283	292	301	309	319	328	337	346					
6h15					233	240	248	256	264	272	281	289	298	306	315	324	333	342				
6h						231	238	246	254	261	269	277	286	294	302	311	320	329	338	347		
5h45								236	243	250	258	266	274	282	290	298	306	315	323	332	341	
5h30									232	240	247	254	262	270	277	285	293	301	309	318	326	335
5h15											236	243	250	257	265	272	280	287	295	303	311	319
5h												231	238	245	252	259	266	274	281	289	296	304
4h45														233	239	246	253	260	267	274	282	289
4h30																233	240	246	253	260	267	274

<248 TSS	Left a little on the Table
249-262 TSS	Safe zone for novices and unsure runners
263-286 TSS	Most AG athletes with Good Preparation
287-309 TSS	Proven, STRONG IM runners only
310-320 TSS	Run a few miles - walk it in
321+ TSS	You're most likely blown - try again next year