Goal Setting & Race Selection

What races should I do in 2017?

Wednesday, February 4, 2017
6:00 pm at
Run-n-Tri Outfitters
11831 Retail Drive
Wake Forest, NC
919-569-9000

Presented by John Austin
Certified Triathlon and Running Coach

RUN-N-TRI
OUTFITTERS

Austin
Tri-n-Run
Coaching

Goal Setting & Race Selection

What races should I do in 2017?

Tuesday, February 28, 2017
6:00 pm at
Lonerider Brewery
8816 Gulf Court
Raleigh, NC

Presented by John Austin
Certified Triathlon and Running Coach

John@tri-n-runcoaching.com

❑Why do we race?

❑ Setting goals

❑ Race Selection

  ▪ Prioritization

  ▪ Frequency & Length

  ▪ Resources

  ▪ Examples

Goal Setting & Race Selection

- ❑ Coaching Triathletes & Runners for 3 Years
  - ▪ Granite Falls Athletic Club
  - ▪ Individual Athletes
- ❑ Certifications – IRONMAN, USA Triathlon, RRCA, ACE Personal Trainer
- ❑ Experienced Age Group Athlete
  - ▪ 346 Running Races since 1989 including 41 Marathons
  - ▪ 137 Triathlons since 2002 including 6 IRONMAN's
  - ▪ 10 Boston Marathons, World Championships – 3 ITU, 2 70.3's, 2 Kona's
 - ▪ USAT All American, IRONMAN All World Athlete

John Austin

- Trifind.com lists 1,213 triathlons
- RunningintheUSA.com lists 48,066 races
  - 2,850 in Texas
  - 1,986 in North Carolina
- 40 IRONMAN's , 106 IRONMAN 70.3's

The shear number of races today can make race selection overwhelming – Where do I start?

1. What are your long term goals?
2. **What are your goals for the year or season ?**
3. What are short term goals that support your longer term goals?
4. How will races help you achieve those goals?

Start at the End
Why do you race?
What are your goals?

WHY PEOPLE RUN

Get Healthy
Drink Beer
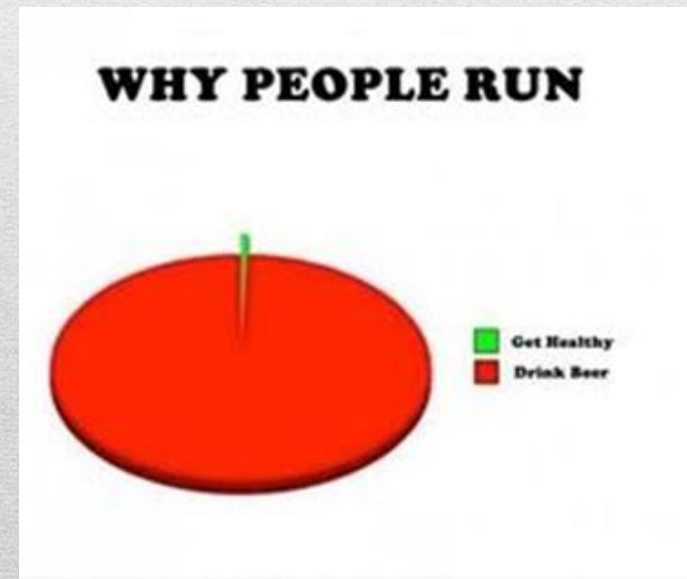
- ❑ Motivation
- ❑ Exercise
- ❑ Fitness Check
- ❑ Make New Friends
- ❑ Competitive Challenge
- ❑ A Sense of Accomplishment
- ❑ Learn Something About Yourself
- ❑ Explore New Locations
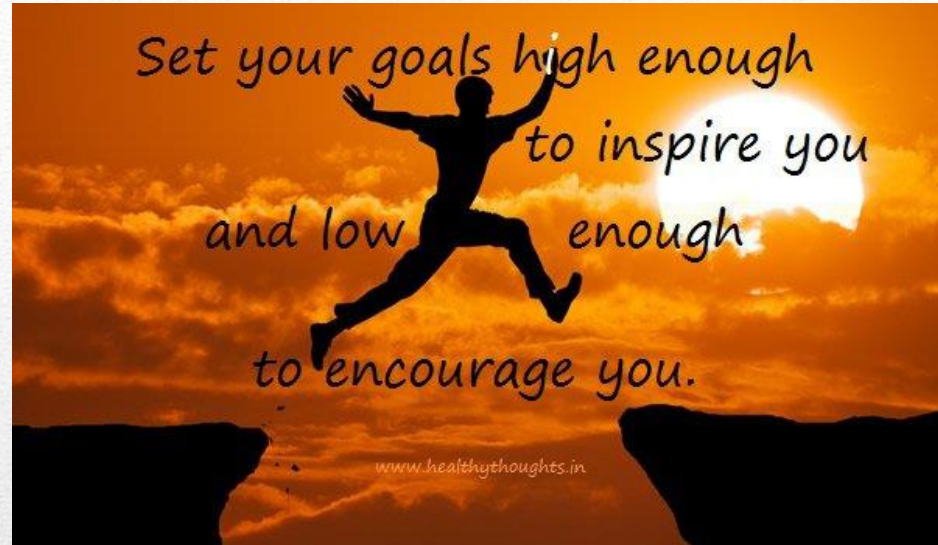- ❑ Get Outdoors
- ❑ Get a New T-Shirt

Why do you race?

From RunningCompetitor.com

- ❑ Competitive
  - ▪ Win your age group in a race or series
  - ▪ Finish in the top half of your age group
- ❑ Sense of Accomplishment
  - ▪ Go longer or go faster or more often
  - ▪ Qualify for a major race
- ❑ Lifestyle / Social
  - ▪ Organize a team for a major race
- ❑ New Experiences
  - ▪ Race a location where you've never been and combine it with a vacation.
  - ▪ Try a new kind of race – e.g. a trail run or aquathon
- ❑ Performance Goals
  - ▪ Set a PR
  - ▪ Finish a marathon with a negative split

Types of Annual Goals

SMART Goals

❑ **S**pecific

❑ **M**easurable

❑ **A**ttainable

❑ **R**elevant

❑ **T**ime - Bound

Set your goals high enough to inspire you and low enough to encourage you.

www.healthythoughts.in

Good to Have Both :

- <u>Outcome</u> Goals – Partial Control
- <u>Process</u> Goals – Nearly Full Control

MY GOAL IS TO BE ABLE TO BENCH PRESS AN AIRCRAFT CARRIER. WITHOUT THE PLANES OF COURSE, WANNA BE REALISTIC.

FACEBOOK.COM/GYMMOTIVATION

- Run faster this year – *not specific*
- Finish a half iron distance race under 4.5 hours in October – *may not be attainable*
- Complete an international distance triathlon this year feeling good at the finish. – *measurable*?

- SMART Outcome Goal : Run a 2 hour half marathon this fall with a negative split.
- SMART Process Goal : Increase my training to 5 runs per week in July.

Examples of Goals

- Runner when she was in high school
- Did a lot of 5K's in her 20's
- Started triathlons in her 40's
- Has done one half iron distance race each of the last two years in addition to several sprint and international distance races
- Enjoys the challenge and the sense of accomplishment from completing races
- Weakness is the swim and worries about completing long swims

2017 Goals :

- **Complete a fall IRONMAN feeling "good" at the end.**
- **Set a PR in a half iron distance swim swimming under 45 minutes.**

Mary – 47 Year Old Triathlete

- Started running 6 years ago for weight control and general fitness
- Has become more serious as he's gotten faster
- Has run 3 marathons – fastest was 3:31
- Wants to qualify for Boston this year. Qualifying time is 3:30
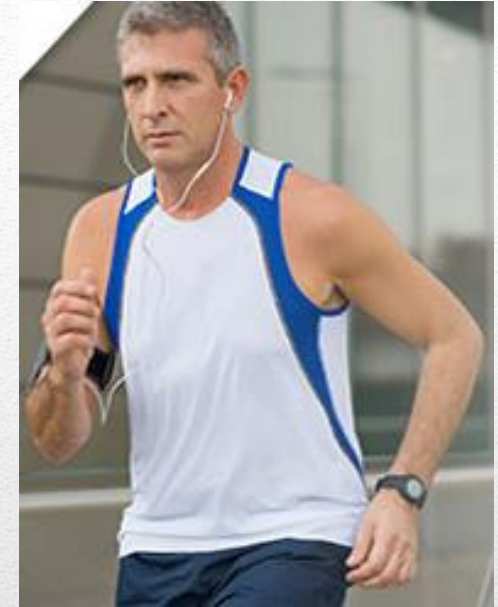
2017 Goals :

- **Run under 3:25 in a fall marathon on a certified course.**
- **Increase his longest training week to 60 miles**

Joe – 50 Year Old Runner

- Swam in high school and did a few 5K's for fun
- Has a busy job and two young children
- Started running last year with a group of friends a couple mornings a week and on Saturday – really enjoys the social interaction
- Did three 5K's last year with friends – several of whom also race triathlons
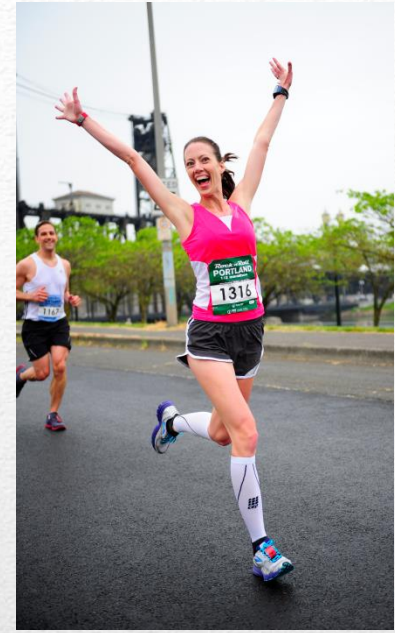
2017 Goals :

- **Race 2 or 3 triathlons with friends and enjoy the experience**
- **Develop bike skills to ride safely and complete a 50 mile group ride**

Erin – 32 Year Old Runner

Key Considerations in Choosing Races

Table 14
Most Important Influence on Choice of Races
By Number of Triathlons Participated in During the Past Year

Proximity to Your Home: 44% / 37%
Time of Year: 50% / 13%
Past Experience: 43% / 9%
A Friend or Relative Chose: 29% / 9%
Word of Mouth: 26% / 6%
Info on Race Website: 24% / 5%
Qualifier for anoth Race: 12% / 4%
Cost: 35% / 3%
Race is for a Cause: 17% / 3%

☐ Most Important ■ Other Important Reasons
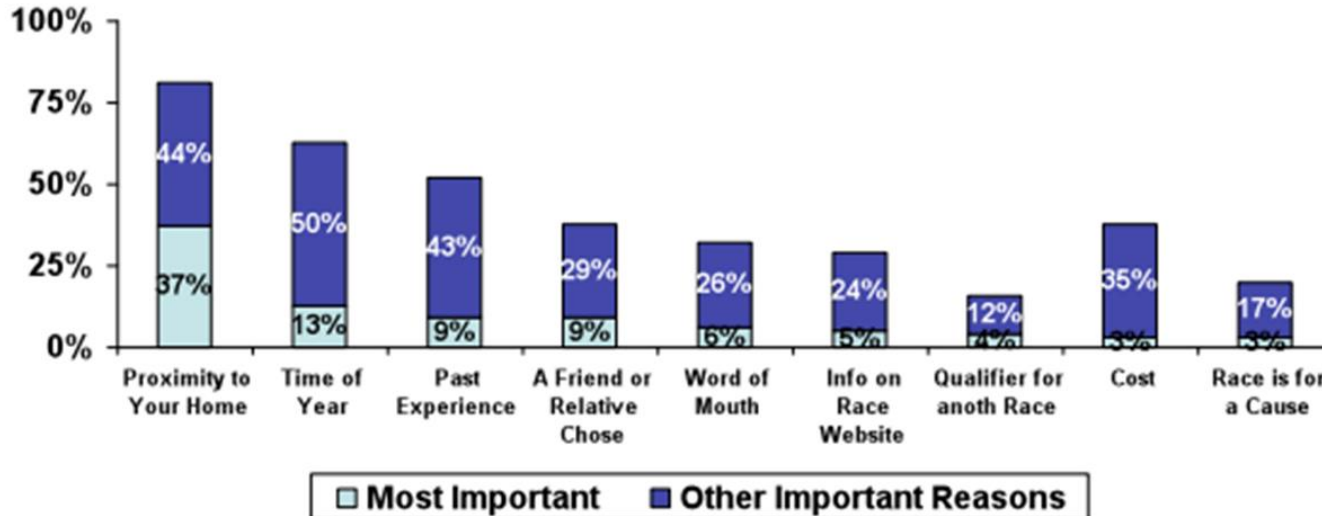
I know my goals, now which races

❑ A Races – Your most important races. The ones that are most critical to accomplishing your goals. No more than two per season. You will peak for these races.

❑ B Races – Important but not as critical as your A races. You want to do well as they support your goals. You will reduce your training load some before each.

❑ C Races – Done for experience, fun, or to test fitness. You'll train through these races. Can also include non-competitive events.

Prioritize Your Races

	Mary First IRONMAN	Joe Qualify for Boston	Erin First Triathlons

Location

Date

Course

    Length

    Characteristics

    Likely Weather Conditions

Cost

Reputation

Past Experience with Race

Friends / Relatives Doing the Race

Qualifier for Another Race

Race for a Cause

Select your A races based on your most important considerations

	Mary First IRONMAN	Joe Qualify for Boston	Erin First Triathlons
Location			✅
Date	✅	✅	
Course			
Length	✅	✅	✅
Characteristics	✅	✅	
Likely Weather Conditions	✅	✅	
Cost			✅
Reputation			
Past Experience with Race			
Friends / Relatives Doing the Race			✅
Qualifier for Another Race		✅	
Race for a Cause			

Select your A races based on your most important considerations

Advantages

- Practice race tactics
- Develop mental strengths and confidence
- Experience similar courses and / or conditions as your A race.
- Enhance training if selected properly – timing and distance. Match distance and intensity to training focus (e.g. 5K when working on speed, 10 miler when working on threshold elevation).
- Enjoyment / Challenge

Disadvantages

- Disrupts training if too frequent.
- Requires recovery time that the athlete may not take
- Risk of injury
- Expense

Typical Maximum Race Frequency				
		Goal Distance		
		5 to 10 K	½ Marathon	Marathon
		Sprints	Int'l / 70.3	140.6
Base & Preparation Phase		Occasional	Occasional	Occasional
Build & Competitive Phase		2 Weeks	3 Weeks	4 Weeks
Taper		None	None	None

Race-to-Race Spacing Guidelines

Race Distance	Weeks Until Next Race
Sprint	1-4+
International	2-5+
Half IRONMAN	5-8+
IRONMAN	8+

www.enduranceworks.net

David Glover 9/20/2016

Do I need to do B & C races?
How often should I race?

Where to Look

- ❑ Experience / Reputation
- ❑ Friends / Associates / Coaches
- ❑ Publications
- ❑ Internet
  - ▪ National and Local : RunningintheUSA.com / Trifind.com
  - ▪ Race Series : Ironman.com, Setupevents.com / Fsseries.com

What to Look For

- ❑ Date / Time / Location
- ❑ Course Details
- ❑ Cost & Registration Information
- ❑ Previous Race Results
- ❑ Travel & Lodging Information

Do Your Research - Resources

Setupevents.com

FSSeries.com

Ironman.com

Running.competitor.com

Websites

Raleigh / Wake Forest - Local Running Races and Triathlons 2017

		Based on 2016 Date				Based on 2016 Date
	Running Races			**Triathlons**		
Jan		1/1	Commitment Day 5K		1/1	
	1/7	1/8	Run for Young 5K	1/7	1/8	
	1/14	1/15		1/14	1/15	
	1/21	1/22		1/21	1/22	
	1/28	1/29		1/28	1/29	
Feb	2/4	2/5	Krispy Kreme Challenge	2/4	2/5	
	2/11	2/12	Run for the Roses 5K	2/11	2/12	
	2/18	2/19		2/18	2/19	
	2/25	2/26		2/25	2/26	
Mar	3/4	3/5	Florence Forth 10K	3/4	3/5	
	3/11	3/12		3/11	3/12	
	3/18	3/19	Tobacco Rd Marathon	3/18	3/19	
	3/25	3/26	St. Paddy's 8K	3/25	3/26	
Apr	4/1	4/2	Umstead 100, Rock n Roll Marathon	4/1	4/2	
	4/8	4/9	Mountains-to-Sea Trail Runs	4/8	4/9	Granite Falls Sprint
	4/15	4/16		4/15	4/16	
	4/22	4/23	Tar Heel 10 Miler	4/22	4/23	
	4/29	4/30		4/29	4/30	Kerr Lake Intl, USAT Duathlon Nat'ls, Triangle Orthopedic Sprint
May	5/6	5/7		5/6	5/7	
	5/13	5/14	Run Like a Mother 5K	5/13	5/14	Beaver Dam Intl
	5/20	5/21	NCRC Half Marathon	5/20	5/21	
	5/27	5/28		5/27	5/28	
Jun	6/3	6/4	Race Raleigh 13.1	6/3	6/4	IM Raleigh 70.3
	6/10	6/11	Inside Out 5K	6/10	6/11	Ramblin' Rose Sprint
	6/17	6/18	Wake Forest Rotary 5K	6/17	6/18	3 Little Pigs Sprint
	6/24	6/25		6/24	6/25	

Local Events

Raleigh / Wake Forest - Local Running Races and Triathlons 2017

			Based on 2016 Date				Based on 2016 Date
	Running Races				**Triathlons**		
Jul	7/1	7/2			7/1	7/2	
	7/8	7/9			7/8	7/9	
	7/15	7/16			7/15	7/16	Triangle Sprint
	7/22	7/23			7/22	7/23	Rex Garner Sprint
	7/29	7/30			7/29	7/30	UNC Wellness Sprint
Aug	8/5	8/6	Sir Walter Miler		8/5	8/6	
	8/12	8/13			8/12	8/13	Rex Wakefield Sprint
	8/19	8/20	Run for Life 5K		8/19	8/20	
	8/26	8/27			8/26	8/27	
Sep	9/2	9/3	Big Muddy Challenge		9/2	9/3	
	9/9	9/10	Faster than a Pastor 5K		9/9	9/10	
	9/16	9/17	Buddy Run 5K		9/16	9/17	Rex Knightdale Sprint
	9/23	9/24			9/23	9/24	
Oct	9/30	10/1			9/30	10/1	Battle of Buckhorn Sprint, Sandling Beach 50
	10/7	10/8	Race Raleigh 13.1		10/7	10/8	Ramblin' Rose Sprint
	10/14	10/15	Oktoberfest 8K		10/14	10/15	
	10/21	10/22	ATT 10 Miler, Bull City Race Fest		10/21	10/22	IM North Carolina 70.3
	10/28	10/29	Run for Your 5K		10/28	10/29	
Nov	11/4	11/5	City of Oaks Marathon, Old Reliable 10K		11/4	11/5	
	11/11	11/12	Raleigh Greenway Half Marathon		11/11	11/12	
	11/18	11/19			11/18	11/19	
	11/25	11/26	Skinny Turkey Half, Gobbler's 5K		11/25	11/26	
Dec	12/2	12/3	Jingle Bell 5K - Raleigh		12/2	12/3	
	12/9	12/10	Race Durham 13.1		12/9	12/10	
	12/16	12/17			12/16	12/17	
	12/23	12/24			12/23	12/24	
	12/30	12/31			12/30	12/31	

Local Events

Mary's Race Selection

2017 Goals :

- **Complete a fall IRONMAN feeling "good" at the end.**
- **Set a PR in a half iron distance swim swimming under 45 minutes.**

		Mary First IRONMAN
Location		
Date		
Course		
Length		
Characteristics		
Likely Weather Conditions		
Cost		
Reputation		
Past Experience with Race		
Friends / Relatives Doing the Race		
Qualifier for Another Race		
Race for a Cause		

A Races

IM Florida	Nov 4	Good race for first timers, Flat, Likely wetsuit legal
IM Augusta 70.3	Sep 24	Downstream swim 7 weeks before Florida
South Beach Triathlon	Apr 2	Ocean swim, considered Gulf Coast 70.3 on May 13 but 24 week training plan starts May 20

B Races

Race Wilm 13.1	Feb 19	Run training block early in year
Azaela Sprint Triathlon	Mar 11	Only early season triathlon nearby
Carolina Beach Double Sprint	Jun 21	Ocean swim
Lake Logan International	Aug 6	Wetsuit swim, timing fits her training plan

C Races

Run for Young 5K	Jan 8	
White Lake Sprint	Apr 23	Race before training break? Wait & see
Velo 4 Yellow Century	Jul 15	First century ride
Big Deuce and Lil Uno Swim	Jul 22	Experience a 2 mile swim,

2017 Goals :

- **Run under 3:25 in a fall marathon on a certified course.**
- **Increase his longest training week to 60 miles**

		Joe Qualify for Boston
Location		
Date		
Course		
Length		
Characteristics		
Likely Weather Conditions		
Cost		
Reputation		
Past Experience with Race		
Friends / Relatives Doing the Race		
Qualifier for Another Race		
Race for a Cause		

Joe's Race Selection

A Races

Baystate Marathon	Oct 22	Mostly flat, high % of BQ'ers Considered Chicago (full), Erie (too early), Richmond (too hilly), and Phila (too late)
Hit the Brix 10K (Charlotte)	Sep 16	5 weeks before Baystate, try to set a PR
Tar Heel 10 Miler	Apr 22	Early season focus on lactate threshold & pacing

B Races

Run for the Roses 5K	Feb 12	Lead up to 10 Miler
Florence Forth 10K	Mar 4	Lead up to 10 Miler
Cleveland Half Marathon	May 21	Family visit

C Races

Xterra Fisher Farms 10 mi trail run	Aug 20	Looking for a low key race in Aug. Trail run is something new
Historic Hillsboro 5K	Oct 1	Final sharpener before Baystate. Start taper afterwards

2017 Goals :

- **Race 2 or 3 triathlons with friends and enjoy the experience**
- **Develop bike skills to ride safely and complete a 50 mile ride**

	Erin First Triathlons
Location	
Date	
Course	
Length	
Characteristics	
Likely Weather Conditions	
Cost	
Reputation	
Past Experience with Race	
Friends / Relatives Doing the Race	
Qualifier for Another Race	
Race for a Cause	

A Races

Rambling Rose	Jun 4	Women's only race is less intimidating. Friends are racing. Short bike (8 miles)
Wilmington YMCA Sprint	Sep 23	Friends are racing, longer open water suits her swim strength

B Races

St. Paddy's 8K	Mar 21	Wants to do a little longer run before a triathlon
Tour de Cure 50 Miler	May 21	Low key, before Rambling Rose, has a good friend with Diabetes

C Races

Other 5K races with friends	TBD	Will decide later
Triangle Sprint Triathlon	Jul 15	Uncertain now, depends how Rambling Rose goes

Erin's Race Selection

John's Race Selection

	John Qualifications Above
Location	
Date	
Course	
Length	
Characteristics	
Likely Weather Conditions	
Cost	
Reputation	
Past Experience with Race	
Friends / Relatives Doing the Race	
Qualifier for Another Race	
Race for a Cause	

A Races

Tobacco Road Marathon	Mar 19	Before first triathlon, local and relatively fast, done it before
IM Raleigh 70.3	Jun 4	Try to qualify for Chattanooga, plays to bike and run strengths
IM Mt. Tremblant 70.3	Jun 25	Signed up a year ago with friends/athletes, becomes a B if I qualify at Raleigh
IM Louisville	Oct 15	Wetsuit swim, several athletes competing, optimum time of year

B Races

Florida Half Marathon	Feb 5	Tune up for Tobacco Road
Kerr Lake Triathlon	Apr 29	Tune up for Raleigh
Lake Logan International	Aug 6	Timing
IM 70.3 World Championships	Sep 9	Substitute a shorter triathlon if I don't qualify

C Races

Granite Falls Sprint Triathlon	Apr 9	Granite Falls Tri-club coach
Tour de Cure 200 miler	May 20 -21	Good training ride, friends & athletes

Thank you for attending.

Any other questions?