

SPARTAN's Wobbly Road to IMv2



Well it has been awhile since my last entry, but I have been asked to put a blog on heading to the ludicrous idea of doing another IronMan (Pt Mac v2). Why, why, why?

Well for a start I was a bit disappointed with quite a few things, although I was proud to have got to the START line and then the FINISH line without injury.

So many things went wrong in leading up too and during the race. Toes bleeding, nails falling off, hammies and cramps. I think that it has triggered a desire to have another go and see if I can at least do a better job but not necessarily a better time.

Things I want to rectify.

Point 1 - Shoes.

I had bad shoes for my whole training period until Jen put me onto Altra for wide feet individuals. Fully cushioned to save my hip but I was a bit late in learning this valuable point to capitalise enough on the lead to race day for any decent run.

Remember if you do a normal marathon it gets ugly usually at the end but in Ironman marathons it get ugly from the start (well for me anyway). I now have good shoes and a toned down expectation of what I will be able to run on the day.

I have realised to keep a pace that you can actually try and start with and hold for most of the race. If you train at 7min/km then don't expect to run a 6min/km. I think in training I am now going for a 7min/km race pace at best and will train for a lot more running off the bike to achieve this. Its all well and good doing big runs but I struggle off the bike so that is my challenge.

Point 2 - Improve transitions.

I wasted about 20-30 min in transition putting on this and that and over complicating the whole process.

Point 3 - Toilet stops

Don't wait for a toilet stop for 15min (unfortunate but necessary). If it can be helped. Line ups are horrendous and you waste a lot of time. Not sure how to combat this one yet especially if you have a gut issue at the time.

Point 4 - Control the bike

I am no longer thinking get the best bike time. Don't think you're a gun on the bike as it will make you suffer later. I over reached the bike by about 1km/hr, not much hey but it took its toll. I want to be more controlled this time around.

Point 5 - Don't over train.

I did way too much training for my body genetics. If you think over training is good for a middle age athlete, its not. I was burnt out and was ready 3 months before the actual race. I will attempt to time my peak a bit better.

Point 6 - Diet and nutrition

Get thin and I mean real thin for Spartan. If I can lose 10Kg then that will be better than over training and assist my run. Nutrition and off the beer is going to happen in my build up and definitely over race season. I am going down the path that the sugar doesn't work real well on me after about 5hrs. I am going to minimise the sugar and see if I can explore something else. I have even heard that just start training for less sugar so the body adapts to using your fat stores. I have plenty of fat stores so that suits me.

Point 7 - Have fun

I am not stressed about impressing anyone or even trying to get a better time. My plan is to enjoy the journey of training. Rest a lot more in training. Enjoy the build up racing and have a lot more fun. I think the first one created so many unknowns about finishing that it stressed me out from enjoying it. I plan to do better but this is not my main goal. It is to arrive and finish uninjured and enact a much better controlled plan (hard for Spartan).