

This pace guide is licensed for use only by Tri4Him Performance Members. This guide can be effectively used only after implementing a TriLife Eternal Training custom race-prep plan and inputting data from key workouts and functional threshold testing as prescribed in plan. Other training plans may not prepare you sufficiently to handle this optimized pacing strategy. (See Notes tab for usage instructions.)

Select Race Distance

Full

Enter data in the light blue cells below.

SWIM

Without pace or heart rate feedback during the swim, you'll need to go by RPE (rating of perceived exertion) for the swim. Your number one objective here is to conserve as much energy as possible. Start at what you perceive to be slower than your T+4 pace. With all the adrenaline and race-day excitement, it will actually be a little faster than your T+4 pace. Warm up. Find your T+4 pace, settle in, relax.

BIKE

- 1) Enter your LTHR from your most recent bike TT.
- 2) Enter your Functional Threshold Power (FTP).
- 3) Select nearest anticipated bike split (from Race Rehearsal).
- 4) Select your RUN performance level from chart to the right.
- 5) Enter fine-tuning offsets in Watts and BPM.

LTHR	150
FTP	310
Time	5:10
Level	6

	Watts	HR	HR Cap
Half-Iron	0	0	0
Full-Iron	0	0	0

Level	RUNNING Ability	TriDot
1	Beginner	<35
2		37
3	Normal Age Groupers	41
4		44
5		47
6		50
7	Top AG	53
8	VERY strong	>55

Gear	Usage	Watts	HR	HR Cap
1	First 60 minutes	220	120	128
2	Target on all flats	229	126	135
3	Long hills (> ~ 2 min)	257	132	139
4	Short hills (< ~ 2 min)	273	139	145

Change gears slowly. Remember that HR will lag. You'll likely not see your gear 4 HR until after the hill (when it's too late). On downhills, pedal in gear 1 until you reach ~32-35 mph (~37mph if you weight > 180) then coast and conserve.

Run

- 1) Enter your run TriDot.
- 2) Enter your LTHR from your most recent run TT.
- 3) Enter fine-tuning offsets as percent of pace and BPM.

	TriDot	51
	LTHR	160
	Pace %	HR
Half-Iron	0%	0
Full-Iron	0%	0

Miles	Pace
0-6	8:14
7-20	8:14 7:44
21-26.2	7:44

Forced slow pace.
As you feel, GRADUALLY increase pace.
Home stretch. Smoke 'em if you got 'em.

HR Guidance	
Min	Max
122	138
138	141
141	160

Use pace as primary guidance. Stick with goal paces UNLESS you reach HR max. Then back off a little.

Projected Run Split 3:29:07

Throw off everything that hinders you and the sin that so easily entangles, and run with endurance the race marked out for you. Fix your eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart!

-- Hebrews 12:2-3