

## PACE THE RACE

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Hopefully everyone is well into their training programs and getting ready for the upcoming triathlon season. One very important, yet overlooked phase of racing at your true potential is the ability to properly pace yourself throughout the race. If you are like 99% of the other athletes competing, most have a tendency to start off faster than their trained ability. For the most part, this can be attributed to the excitement and anxiety of the race, but the inability to control this aspect of your race will directly affect your outcome.

One of the key aspects of controlling your pace is not only knowing what your current ability is but realizing if you want to race fast, you have to train fast. If your goal is to average 20 mph on the bike or run a 40 minute 10k, you had better spent time training at those specific intensities'. A lot of people think just because it's a race, they will magically be able to race faster than what their current training dictates.

Another consideration for controlling pace is to start slow and build throughout the race. I have found most athletes who start off to fast will have a huge drop off in performance towards the end. By controlling your pace early on, not only will you physically feel better later in the race, but mentally you will get a big boost when you are passing everyone who went out to fast. To see if this strategy will work for you, try it out on your next 5k, 10k or ½ marathon. Make a conscious effort to have the first mile in a 5k, 2 miles in a 10k or 4 miles in a ½ marathon be your slowest average/mile pace for the whole race. If you can control the first part of the race, the rest of the race will be a much better experience!

See you at the races!

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