



RACE REPORT

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IRONMAN AUSTRALIA 2006**

Living and working in the UK since May 2005

- decided to return to Australia to race the new course for a "holiday"

Written 17 days post IM OZ (19/4/2006)

Six things I did well

Recovery management – adequate sleep/ rest / stretching
Weight management
Marathon - raced smart – on limited training k's
Post Ironman training - - only 1 session missed to date!!

Six things I can improve on

Nutrition – pre race
Nutrition – run – sort out stomach issues.
Swim – technique, I need constant feedback - FIND A SQUAD
Swim – wetsuit & open water practice & racing
Bike - climbing ability (maybe pedal technique improvements would help)
Run – leg strength.

Detailed description of each leg INCLUDING:

- *NUTRITION/FLUID INTAKE – HOW YOU COPEd*
- *PHYSICAL STATE AND NOTE WHERE CHANGES OCCURRED (distances)*
- *MENTAL STATE AND APPLICATION IN RACE*

Pick a race and evaluate your performance.

Race Length: 3.8km / 180.2km / 42.2km

2006 Port Mac - 10:50 (315th / 81st : M30-34) Finishers 1444 Total / 235 : M30-34
 2005 Forster - 10:52 (446th / 133rd: M30-34) Finishers 1465 Total / 291 : M30-34

Pre Race

Mental State - -Very calm & relaxed – awesome sleep solid 7 hours (2005 maybe 4-5 hours of restless sleep)

Nutrition - excellent load day before race, morning of the race ate 5 hot cakes with jam, nutella & syrup (200ml) – tasted great, got it down,.. just ,.. but over did it I reckon.

Also - I did load on sodium in the 3 days before the race, 600mg 3 days out then, 1200 then 1800 mg, finally another 1200 on race day. I noticed some bloating on the first day of taking the sodium-- I think due to water retention,,,,. the bloating sorted itself out on day 2.

Also got onto the muscle ease (magnesium) the day before and the morning of the race.

Physical – felt a bit flat in the week leading up to the race,.. day before/morning off race also,.. never really got that jumping out of my skin feeling I had in 2005 - possibly just excitement in 2005, but I just didn't feel as rested or as strong as 2005.

Swim - 1:08 (824th / 172nd : M30-34) disgraceful time !!!
(2005 - 1:03 (530th / 147th : M30-34))

Mental State - - 15 minutes in thought –“why the PHUCK am I doing this?” – I was in the biffa a bit,.. and made the mistake of “pin balling” (changing direction) with each person I came in contact with for the first 25-30 minutes. I know NOT to do this, but I think lack of racing AND open water practice meant the whole experience was quite foreign & new again, THEREFORE forgetting the basics.

Nutrition - swallowed more sea water than usual (due to biffa - -lack of open water swimming and racing). Small vomit into my mouth & burping on about 10 occasions. TOO much food (Syrup ??) for breakfast!!!

Physical – Arms were turning over OK - not overly fast OR strong – but just at a pace to finish / survive. Bid not push hard, didn't feel as though I had strength to do so and maintain.

I have not felt strong in the pool since beginning to swim again in the UK, 3 months after 2005 IM OZ 2005. I know my technique is worse than 12 month ago when I was swimming at VUT – (due to doing sessions on my own with ZERO feedback).

No leg cramps during the swim - unsure whether it was the sodium, muscle ease or the fact that I just did not push on the swim.

Bike - 5:32 (157th / 47th : M30-34)
(2005 - 5:30 (427th / 136th : M30-34))

Mental State – Excellent for the first 130k's– a little concerned (but not overly worried) about in-ability to take on food & hydrate – see Nutrition below.

Nutrition - Took on T1 mix 400ml ok BUT felt uncomfortably full.

After this I was not able to eat and only drank about another 200 ml for the first 80-90ks on the bike. Lots of burping, very full feeling, I thought a chuck may have been good, but it did not happen. I was only able to start my nutrition strategy around the 90km mark (2:10ish into the bike) and it seemed to be all sorted by the time the run started. But still only hydrated 400-500ml per hour from the 90km mark of the bike.

<<<ZING>>>>

Urinated 3 times on the bike – surprising given minimal fluid taken on in the first 90k's,... I think the pre-race hydration and sodium must have helped.

Physical – Very very good & strong, rode at mid E2a lap 1, high E2a lap 2 then the lights started to go out at about the 130km mark (just under 4 hours into the bike), noticeable reduction in pace... held it together for the remaining 50k. Unsure whether this was due to pushing too hard early – or lack of nutrition in the first 90k (not convinced it was nutrition as I believe my stomach was still full & processing food from breakfast for the first 1-2 hours in the bike)

Run - 4:10 (445th / 99th : M30-34)
(2005 - 4:19 (504th / 132nd : M30-34))

Mental State – Very good - just focused on running to the next aid station (due to being underdone in the running department, I decided pre-race to walk all aid stations and power walk all hills that were bigger than a slight rise). On a number of occasions actually held myself back from running faster in the first lap (21k's) as I was concerned a blow up may occur in the 2nd lap.)

Nutrition - Took on muscle ease in 300ml in T2. No carbs as I have found NRG source before running would give me stomach problems during the run - - (Stomach pains / lots of gas – running scared as you're never 100% sure you're not going to shit yourself when you fart next).

Within the first 2k's, the farting started, with 5 k's I could hear the water sloshing in my stomach and pains began (as described above), then the first loo stop was 8km's, another at 15k's, then 29k's then 35k's.

I think my body cannot process the water in quantities greater than 125ml per 15 minutes normally (as I have been taking on in training here - only one running session with stomach issues and that was after a big lunch 60 minutes before). So taking on 300ml in T2 was stupid,... also I think there was still breakfast/ and bike nutrition sitting in my stomach ...unsure.

Wound back the fluid, could only manage to take on 200-250ml per hour, and had around 1.5 powerbar gels (from the course – I had been doing all my training with these) per hour, maybe 40g carbs.

<<<ZING>>>>

Had 4 porta loo stops for number 2's only....12-15 minutes in total.

Urinated 4 times while actually run - surprised, given the lack of fluid I was taking on.

Physical – Heart rate was around 5bpm below the top of E1 for the entire run at 140, the legs could have carried me along a bit faster, maybe to low E2a, but that would have been it – then of course the risk would have been a blow up later in the run.

I finished the race with my legs feeling ok,.. unsure whether I could have actually run any faster as I was held back due to stomach pains for maybe 40% of the run.

Post Race / General comments

Elite Triathlon Performance Australia - "Educating Through Activity"

Nutrition - I think the sodium and the fact that I was super hydrated pre race & MEGA CARBO loaded meant I did not suffer too badly due to lack of fluid & nutrition on race day.

Since the race I have been reading that for SOME PEOPLE stomach/Gastro Intestinal distress can be caused by <<<ZING>>>> sugar (high Gi generally, but also fructose for some people)

Lots of testing / experimentation is required. - - I'm going to try operating on a little less fuel for breakfast – then maybe 50g per hour while running and wind back the bike nutrition from 70g in the last 60 minutes of a brick & race.

Cont.....

ALSO, will trial some other gels with no fructose and/or no sugar at all to see if that solves my problems. .

Test in training and at the UK HIM.

Physical / Mental State– feeling UNREAL !!!, smashing up my sessions with ease.

Weight wise I'm 73-74kgs, I reckon I raced at 70-71 after load. I know the training volume is considerably less than pre race, but I am running very very well now !!!,.. with 2-3 extra kg's !!! ,... wondering whether I was maybe going too hard on the nutrition cut down in the months before the race and was actually under fuelled during that time.

I am now back on a good nutrition program after the 2 week eating “free for all” post Port Mac.

I'm ready to swim/ride/run further & harder than the program currently requires,.. or requires for the next 2-3 weeks. MORE MORE MORE.