

ITU Long Course World Champs – Nevada, 5/11/11. Race report

by [John Hancock](#) on Friday, 11 November 2011 at 14:58

I wrote this in Word so the graphics don't work but gives you the general idea! It wasn't quite what I signed up for but a good day nonetheless.

Absolutely amazing bike course – like riding on the surface of the moon!

Goals

I was a bit spooked by the amount of climb on the course after a club member did a session on it in July. It was advertised as having 10,000' of climb on the bike. The truth was half this but it made us think good goals would be:

- Build on fast Taupo swim – 57m for 4k?
- 200W on bike and run
- Execution excellence

Preparation

I've been remarkably consistent with my training given work, travel and home demands. Last few sims have all been very positive. Stupid Polar power meter stopped working 3 weeks ago – couldn't get it fixed before leaving. Decided to use HR and perceived cadence (pretty accurate usually).

Course recce in the car previous day well worth doing. Quite a lot of detail.

Juggled family and holiday in previous week so taper wasn't textbook but 4 days of mountain biking in Utah was pretty awesome.

Prerace

Usual drill. Trundled down to start at 6 to discover the swim was cancelled. Story is that the water temp was marginal and with the air temp low they erred on the side of safety. Big shame really because it's the only discipline I can ever put any time into the others with.

Kept my head, adjusted for a TT bike start (5 second intervals in number order over 1h20).

Bike

Power meter HR average 138. Sim in October when meter was working had 200W=132 HR average so I think I wasn't far off. Speed average 26.2 is a bit meaningless but on 1500m climb ...

Worked well on using gears relentlessly, cycling shortest line and trying to find angles. Kept power up downhills and flattened through soft pedalling up them. Others left me for dust on ascents but I almost held my own on descents.

None of the climbs – even the famous "3 sisters" are that steep but it's relentless. Held aero well until about 90k then neck got really sore – I think this is lack of practice in aero longer rides.

After last sim, took Voltaren 30m before end of ride.

T2

Reasonably slick – everything in bumbag.

Run

Goals were control (respect the climb) & commitment (it's a world champs so try hard). I wanted to do a negative split. I don't think I did but I wasn't far off. Result was good though. Pace 5m40/k with 315m climb. IMNZ 2011 was 5m55/k with 270m climb in 42k. First time I've ever done Jon's IM goal run pace in a race – let alone on these hills J Strategy was

- 1st 2 laps comfy
- 3rd lap good technique
- 4th hard if poss

Worked well. I do struggle going quickly uphill but was flying coming back downhill. Voltaren at 45m and 1h45 (with one on the bike).

After Race

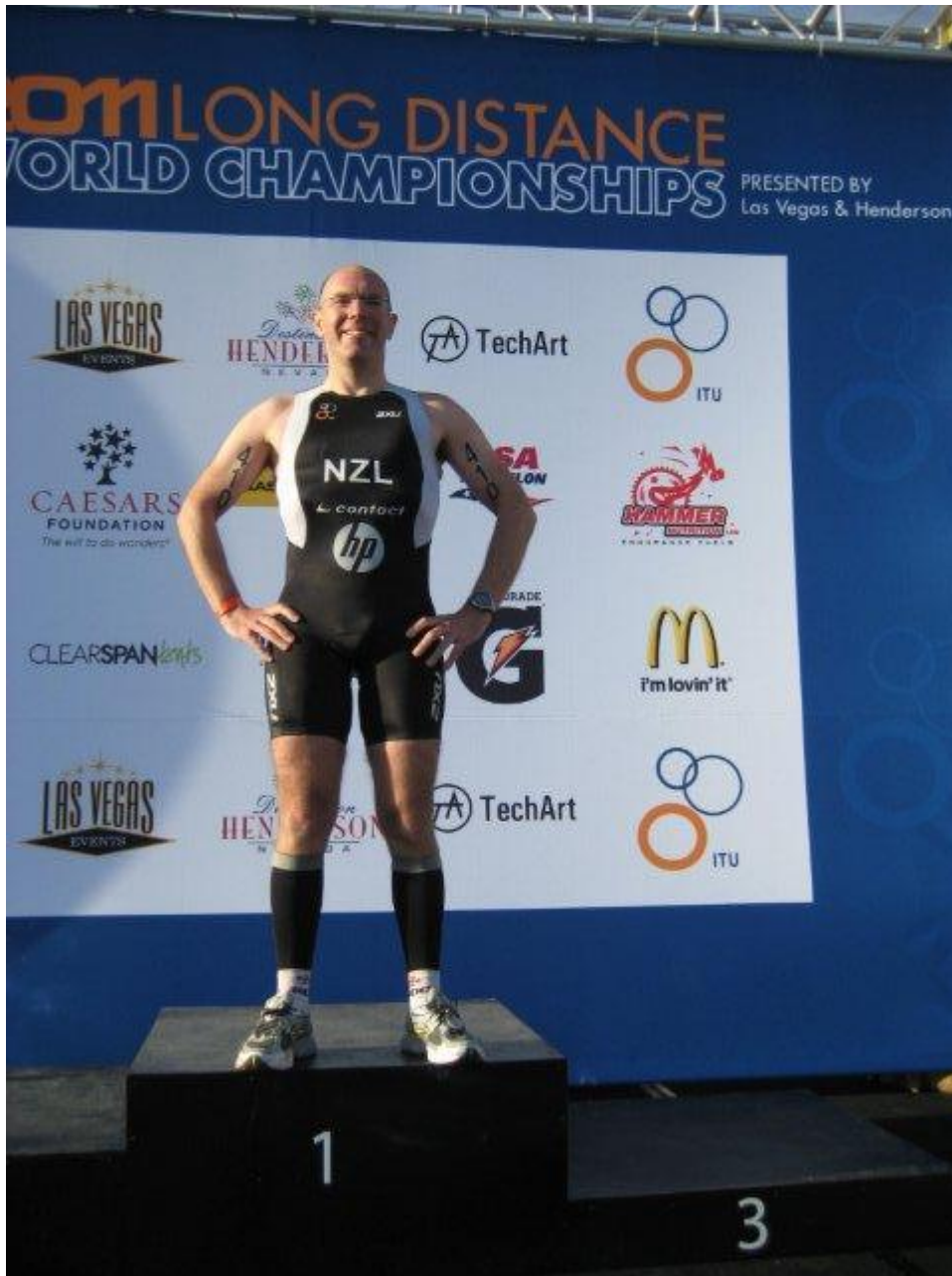
Sore but walking.

Thoughts

Kept my head really well. I listed to a Marinda Carfrae interview a while back when she said that triathlon is about being incredibly organised but being able to cope when things don't go to plan.

Great Control of day and breakthrough run split. Need to lengthen bike.

5/11/11



One for the company newsletter



Finish in sight