

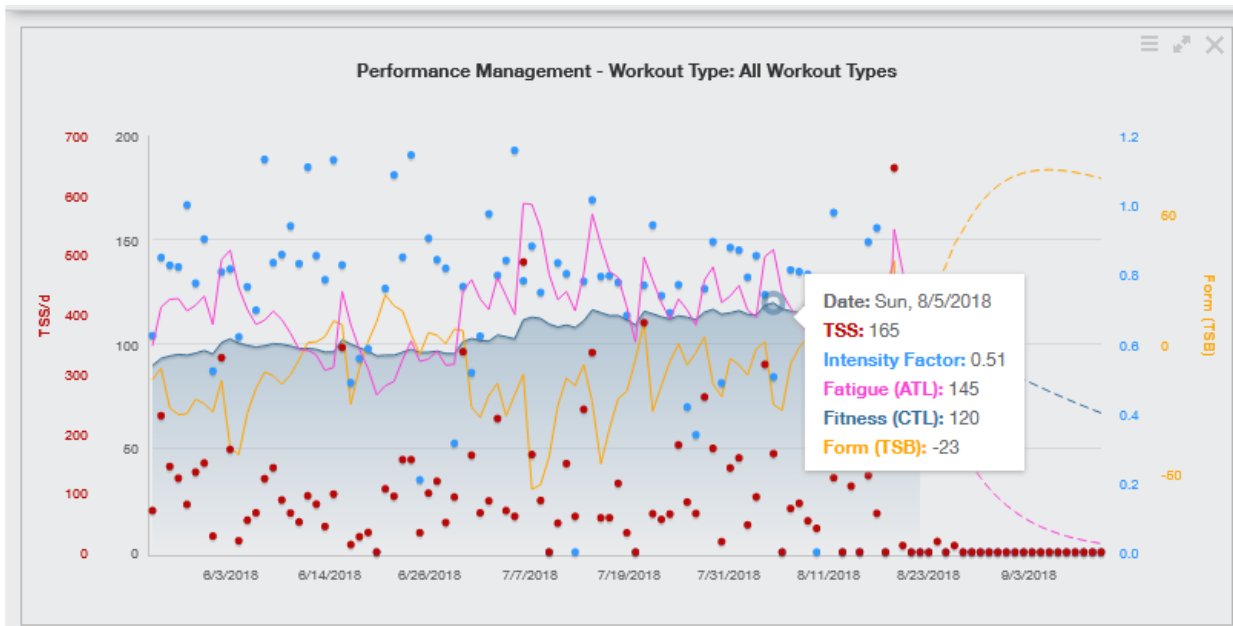
# Blake Williams

## Mont-Tremblant Ironman

### August 19<sup>th</sup>, 2018 Race Report

**Pre-work:** Over the course of 8 months of training, I completed 3,450 miles biking, 796 miles running and 101 miles swimming. I completed the Boston Marathon and the Patriot Half Ironman which was all incorporated into the training plan.

Leading into the Race, my coach Jonathan Steeves used Training Peaks to monitor my growth and preparation into the Ironman. During the final Peak week, I maxed out on my [CTL](#) score of 120. This score was the overall fitness level I achieved over the last 42 days before the taper started.



**Thursday August 16th 2018-** First morning in Mont-Tremblant I set out for a 1hr 15 minute ride along the course. I was able to cover Montee' Ryan and Chemin Duplessis, but was a little gun shy with the traffic on Montee' Ryan that morning. I had an unusual tingle in my right Hamstring on the ride and brick which I had not felt earlier over the course of training. More to come on the Hamstring later. After the ride I moved on to a 20 minute brick run through the village. For the rest of the day, I had family time and did the Gondola and Luge. I kept it quiet for the afternoon.

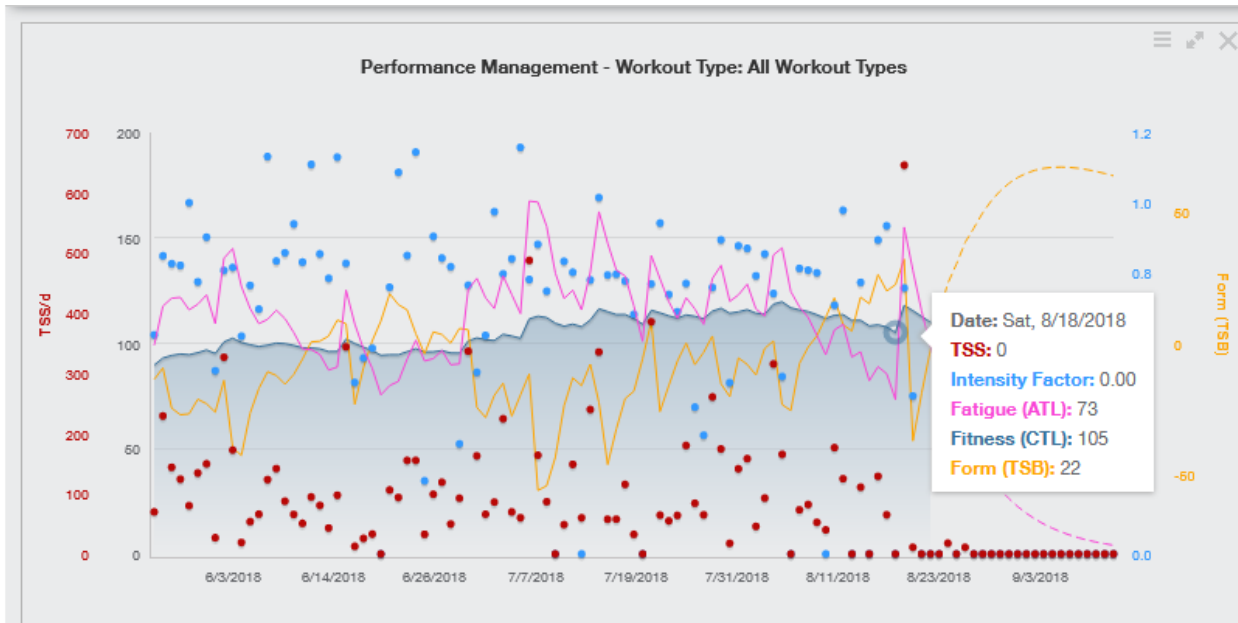


**Friday August 17<sup>th</sup>, 2018-** This was a race prep day. I got up early and headed to the beach with my father in law. I did a quick 1500 yards and the water was about the same temp as my home training ground at Farm Pond. After a quick transition in the parking lot, I moved on to the bike for just 20 minutes and another short brick for 18 minutes. Everything was super slow this morning for me, as I just wanted to rest. The rest was family day and walking around the village.

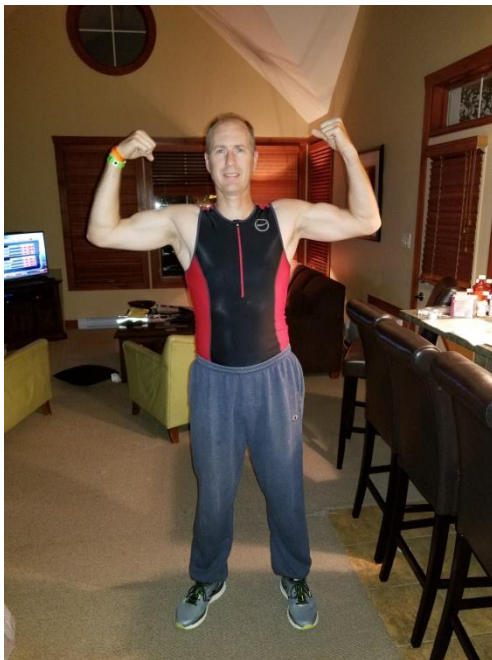


## Sunday August 19<sup>th</sup>, 2018 – Race Day

Over the final two weeks of taper, recovery kicked in and the work load levels decreased. I started the race with a [CTL](#) of 105.



**3am Wake up** – Woke up to get coffee started and get some food in me since transition opened at 5am. I had my usual oatmeal, toast with Peanut Butter and an Endurox R4 Recovery Drink. I like these Recovery Drinks as they are packed with Carbs for recovery, but also top off the body in the morning. I also had a Stinger Waffle to top off breakfast.



**4:40am** – Walked 15 minutes from the condo to transition, checked the air in the tires, put nutrition on the bike and headed to body marking.



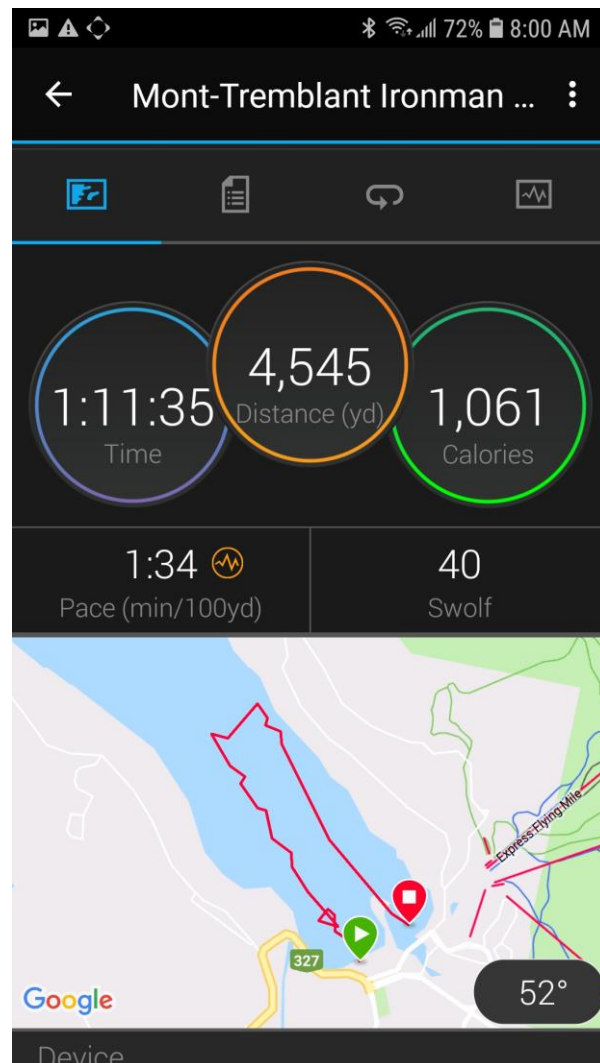
**5:30 am** - Kristen and I walked to the starting line and saw a fog thickly settled on the lake. That fog caused 3x15 minute delays to the start which was planned for Age Groupers around 6:50. As we stood around waiting for the fog to lift, I was already hungry and had close to 6000 steps on my feet already. I had another Stinger waffle, but it was not enough. Stomach growling, we stood in the corral waiting for the signal to start. I finally started at 7:46am.





**7:46 am Swim** – The goal entering the race was 1hr 05min for the swim. As I entered the water, I tried to stay just to the left of the mass of people. I quickly proved I could not swim a straight line as I continued to drift more to the left than I wanted and seemed to course correct the entire first half of the swim. By the time the turn came in sight, I was finally swimming a little straighter. Keep in mind, that you could not see the next buoy at times due to the fog. Making the final turn, I again proved I cannot swim straight as a kayaker helped get me back on course. I swam with a good pace and Garmin indicated 4500 yards. Finishing at 1hr, 11 minutes, and 37 seconds, that's a 1:34 per 100/yard pace. My fastest ever recorded is a 1:31 per 100/yard pace. **Note:** I stopped three times for maybe 6 seconds each as my left goggle kept leaking on me.

**Where did I lose my 6 minutes from my goal?** Swim straighter next time.



**T1 (9 minutes 11 seconds)** – From the swim, the wetsuit strippers did their job and I ran probably the 200 yards to the changing tents. I did not rush myself. I did not want to forget anything. I ate another Stinger Waffle as I changed, put on Sun Tan lotion, caught my breath and headed out. Could have easily shaved 2 minutes here, but at the time, I wasn't worried about my final time..... And a quick pee stop on the way out...

**Bike 9:07 am:** My FTP rating coming into the race was 279. The goal was to average 199 watts on the ride and the prediction was between 5hr 30min and 5hr 40min according to Best Bike Splits. I wanted to beat 5:30 as a personal goal. Once on the road, I started in my Infinit Go Far nutrition. I had the equivalent of 7 hours of fuel with me in case anything happened and more in the special needs bag, which I never used. Although the average temperature for the ride was 78's, the sun was blazing. The morning fog was now completely gone. I registered as high as 82.4 degrees and I heard some riders register 86 degrees on the highway portion. Riding on the highway without a cloud in sight and no shade really started to cook me. I went through all 4 bottles of nutrition along with 5 more bottles of water on the course. I took 2 licks of Base Salts every 30 minutes and had 4 gels on the course. I should have forced a few more gels reflecting back.

**Issue #1:** For the first hour on the bike, my right hamstring felt like it was about to pull, or knot up. I just kept riding, but it was always on my mind. I had real concerns about it just giving out early in the race. Then, about 1 hour and 15 minutes in, it suddenly felt better and never thought about it again while on the bike.

**Issue #2:** Halfway up Chemin Duplessis on my first loop, a rider pointer out my spare tire was dragging out of my back cage. It was close to getting wrapped up in the tire, so I stopped to secure it in my shirt. This cost me 33 seconds and a



little momentum as I stopped completely to secure the spare tube.



In the end, I finished the bike in 5hr 44 minutes and 43 seconds. My power average was 195, while the normalized power was 221 given the 5700 feet of climbing it calculates in. The max power of 670 is something I should have never done given my training, but things happen during a race. The goal was to keep climbing at around 260 watts, but I needed at least 330 watts on most hills to not feel like I was falling over. My target HR average was between 117 and 125. I was close to that with an average of 127. I hit 40mph multiple times and set an all-time high of 43.8 mph on the hills.

**Where did I lose my 15 minutes from my goal?** I suffered from over confidence in myself. These hills were more than I expected and the second loop took a toll. I was 1 mph slower on the second loop.



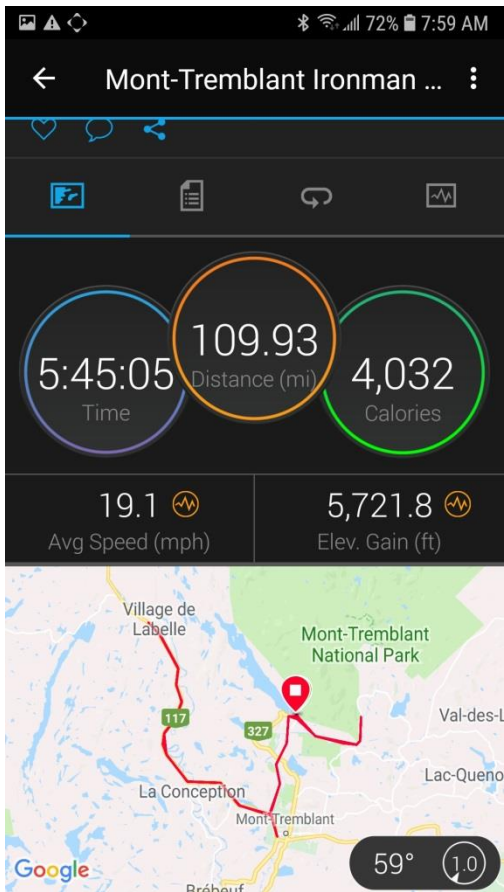


Coming down the Chemin Duplessis, I saw Hunter and Logan and played a little shoot them up with my finger... I was going 30+mph at the time.



Bike Summary from Training Peaks and Garmin

	Planned	Completed	
<u>Duration</u>		5:45:05	h:m:s
<u>Distance</u>		110	mi ▼
Average Speed		19.1	mph
Calories		4032	kcal
Elevation Gain		5722	ft
<u>TSS</u>		353	TSS ▼
IF		0.79	IF
Normalized Power		221	W
Work		4032	kJ
	Min	Avg	Max
Heart Rate	94	127	158 bpm
Power		195	670 W



**T2 4 minutes 59 seconds** – Pretty smooth transition for me. Again, not overly rushed, just catching my breath and getting things done. As I left, volunteers added more sunscreen to arms, legs and neck. And a quick pee stop on the way out...

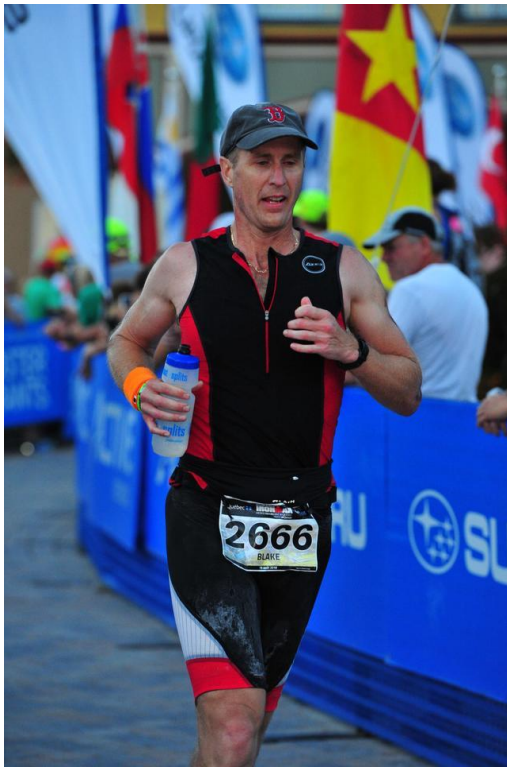
**Run 2:57pm:** The goal was 4hr 30 minutes which is just a little over a 10 minute mile. Coming out of the tent, I knew I was dehydrated already and starting to have GI issues. I no longer wanted the Inifinit products I was running with as I felt sick to my stomach. I did manage to get two bottles in my over the course of the run, but the goal was 4 bottles of Inifinit Jet Fuel.

Leaving transition, the first 3 miles are rolling hills. I started at the pace I had done previously during brick runs, but could not sustain sub 9 minute miles. I slowed down and was able to run fairly well for the first 9 miles. And then I started to struggle. Near mile 4, I had to stop and rub my right hamstring again as it felt like it wanted to pull again. My legs felt OK, but I really just had no energy. While I stayed on track with the lick of Base Salt every mile, I was getting fatter behind on calories as I was drinking water on the course instead of my products I had with me. I ran the first half in 2 hours and 15 minutes and was really thinking the second half was going to turn into a 3 hour ordeal. On the start of the second loop, I walked a good  $\frac{3}{4}$  of a mile to settle my stomach and relax. I started to drink the on course Gatorade and that seemed to be a turning point. I went from 12 and 13 minute miles back into the 11 minute miles. Most impressive was the fact that I did indeed get faster again as I got the Gatorade flowing over the second loop. My last 4 miles were back in the 10 minute mile range. The second half ended up at 2 hours and 37 minutes.

My planned HR Zone was between 138 between 146 and the actual average was very low at 125 for a marathon. This is due to a slower pace and a lot of walking.

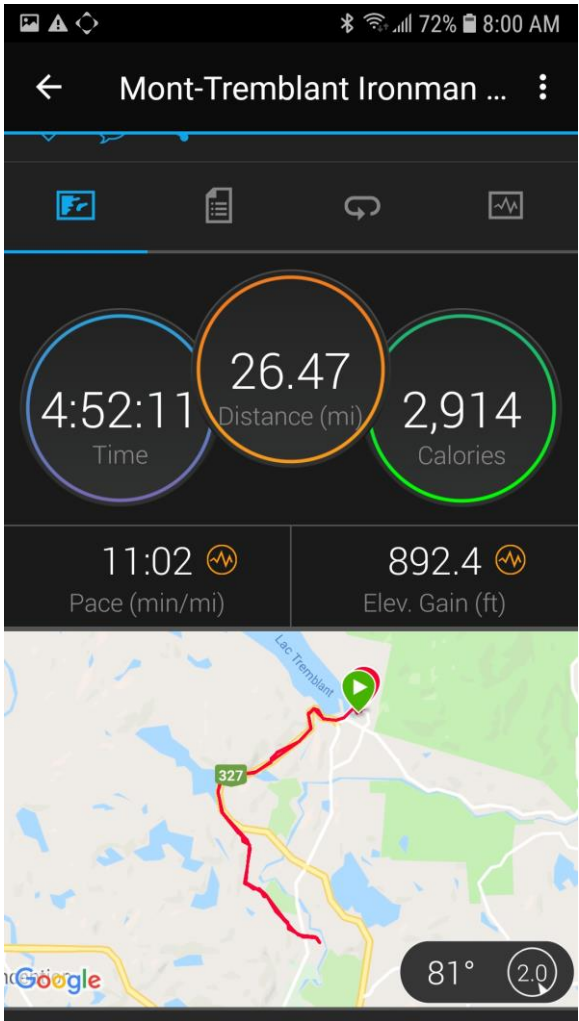
**Where did I lose my 22 minutes from my goal?** I should have moved to Gatorade sooner and abandoned my Inifinit as my stomach was just not having it. This Ironman race is about problem solving and adapting to the elements. I took way too long to accept that my planned nutrition was no longer right for me this day.



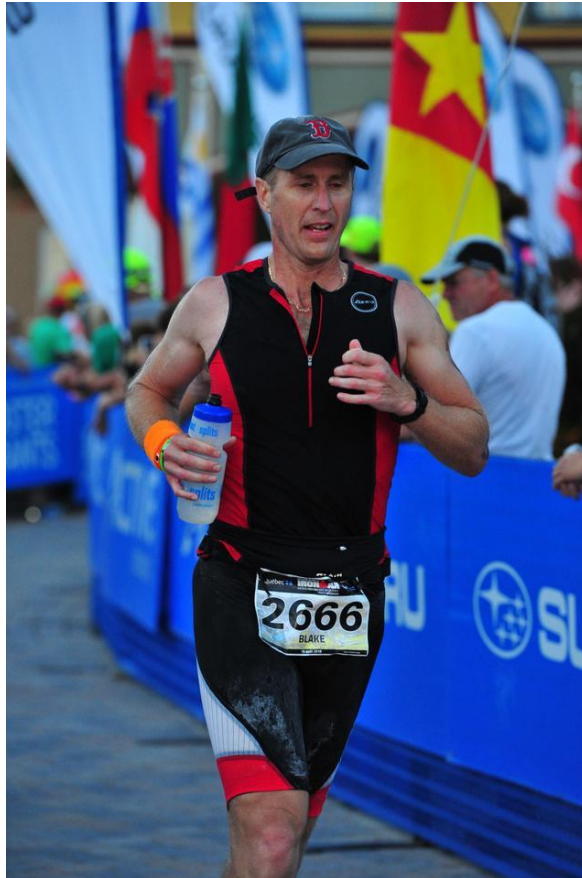


Run Summary from Training Peaks and Garmin

	Planned	Completed		
<u>Duration</u>		4:52:11	h:m:s	
<u>Distance</u>		26.5	mi ▼	
Average Pace		11:02	min/mi	
Calories		2914	kcal	
Elevation Gain		892	ft	
<u>TSS</u>		223	rTSS ▼	
IF		0.63	IF	
Elevation Loss		899	ft	
Work			kJ	
	Min	Avg	Max	
Pace		11:02	07:40	min/mi
Heart Rate	90	125	147	bpm



**Finish Line:** So I had dreams of coming in somewhere in the low 11 hour and 20 min range when in reality I came in at 12 hours and 2 minutes and 56 seconds. I'm absolutely thrilled with this time as it was more about finishing and experiencing this event (Mont Tremblant was simply awesome for me and a incredible family destination). I do wish I found those 3 minutes in transition or on the course because 11 hours and 59 minutes and 59 seconds sounds so much better. Maybe next time.....







Total Calories for the day was 9,512 a new personal record and 60,592 steps, another personal record.

