

Tactic	How Are You Making the Tactic Happen?	When & Why to Implement:	Stocking the Tactic Tool Kit
<b>Run</b>			
Hang & follow	Staying on the shoulder of a competitor. Accelerating above your current pace by pumping arms quicker and lengthening your stride all the way to the finish.	When the competitor runs at your desired pace. Saves energy and demonstrates you can hang with your nearest competitor. Imposes beliefs in others that you will not be dropped by the pacer. Forces others to respond to your same level of will or they fall off the pace.	Requires patience from you to be steady and the right runner at your targeted pace. A variation is to tuck in behind the runner during a headwind as he will end up working much harder than you to maintain pace.
Hang and drop	Running to stay with a competitor as long as possible.	When it will help you gap others but not for the duration of a race. If you run with someone longer than expected you can still boost your confidence. Also easier to run harder with someone than by yourself.	Great for the bike too....
Run the tangents	Running the shortest distance between curves and around turns. Not staggering on straightaways. Looking ahead on the course and not blindly follow the person immediately in front.	Throughout the race. Running the tangents can prevent unwanted extra race time.	Run straight lines when possible on curving roads. Preview the course specifically looking for opportunities to go straight and save time. Let your competitors take the loose turns and go wide adding distance and time to their run splits. Swim and bike straight too.
Fartlek	Changing your running pace to faster, then slower to recover, then into steady planned pace. Temporary increasing speed to pass someone, then backing off to recover and settling into your steady comfort pace. "Pass-Recover-Pace-Repeat"	Fartlek is great to use when wanting to drop a competitor running with you. A temporary burst in run speed often demoralizes a competitor into thinking he can no longer hang with you. Separately, use a fartlek acceleration for a mental boost when you want to slow but instead surge to reset your pace expectations.	Fartlek is a surge, recover style of running. No matter how steady you want your run splits to be you may need to back off pace or speed up to hit next split target. Those pace changes are a subtle type of a fartlek derivative. Include planned fartlek training runs. Helps you handle your own pacing fluctuation and gives you confidence to demoralize your competitors.
Fartlek -- Landmarks	Choosing landmarks, such as signs or cross-streets to launch into a surge of speed until the next marker, then ease back down into a pace run speed. Repeat.	To drop competitors with a structured plan using landmarks as the trigger. Transforms you to aggressive leader from follower to set the pace you want. Not vice-versa.	Fartlek can be used in portions of the run leg. Its main theme is speedplay which allows you the flexibility to change speeds to beat your competitors.

# TACTICAL TRIATHLETE

## Go Faster by Racing Smarter



### Different Races Require Different Tactics

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Surge on up-hills	Increasing pace slightly comparative to competition for 30-60 seconds.	Surge when running up hills. Create a gap of a few strides on the others, then ease into your targeted pace. The surge may break your competitors' mental confidence to hang with you on the run. At that point, one stride may as well be 1 mile! Your deliberate move will demonstrate your mental toughness and underscore your confidence.	Hills facilitate best opportunities to drop your competitors and win races on the run. Ensure your workouts include hill surges. Women tend to run more in packs and may benefit more using this tactic for their advantage on the course to earn a step up on the podium.
Surge on downhills	Lengthening stride and using gravity to pull away from others.	When competitors least expect it. Pick up speed just before the apex of the hill then surge with speed and extended stride to the bottom before setting into a your targeted race pace. Downhill gains can be earned more efficiently than an uphill surge. Others may over stride trying to stay with you and ineffectively slow their stride and put an excessive burden on their quad muscles.	Ensure you train for downhill running. Your strides should feel more like an extended float than a pounding burden. Experiment with lifting elbows slightly up and out to exaggerate the float. Settle in to what becomes comfortable and effective for you.
Redlining	Running race pace as fast as possible without going in to oxygen debt.	From start to finish on the run leg. Provides your quickest run split at your maximum tolerable pain threshold.	Train for proper distances. Requires your ability to sustain long runs at max tempo in Level IV.
Competitors surge, your reaction	<p>How to respond to competitor surges:</p> <ol style="list-style-type: none"> <li>1) Reel her in by gradually increasing your pace. This is the conservative response.</li> <li>2) Surge in sync without allowing a gap. This aggressive response neutralizes any mental gains your competitor wanted.</li> <li>3) Let her go. Either she'll come back to you if the gap is not sustainable or you know what you need to train for to minimize future drops.</li> </ol>	At the time of the surge. You need to know in advance your immediate response to competitors. You can respond differently to different competitors at different locations in races. Counter surges can backfire on aggressive runners. Learn when to use them to your advantage.	Surges for any runner may be tiring. Fartlek training is more effective to implement and respond to surges. Be ready to respond quickly to surges. At a minimum expect them to occur anytime. Skilled runners seem to prefer turns, hills, and when leading packs to drop weaker physical and mental runners.
Pass just one more & repeat	Thinking with short-term goals of passing one runner at a time.	In the middle of the race. You may think the middle of the race is too early to pass competitors. To build your confidence, set your objective to pass only the runner immediately in front of you. Once you succeeded, then focus on the next runner to pass. Repeat to the finish.	Focusing on the process of passing one runner at a time makes the objective of finishing higher in the race standings easier. It's a simply stated objective with immediate feedback to continue or re-set. A pass will boost your confidence.

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Pass five more people	Thinking more strategically with a multi-pass objective that requires a sustainable pace.	In the middle of the race. Reinforces your confidence and expands your world of achievable objectives.	Focuses on the process of passing multiple competitors for a higher finish.
Spot a kit color to pass	Identifying a specific runner by kit color and steadily gaining on him until passed.	Any time in the race. Often used on turnarounds when specific people can be identified. Provides interim objectives during the race.	Can be a specific kit design, a competitor's club colors, or even a specific person. These are variations of other passing tactics that require similar skills.
Special Needs' Bag treat	Placing a mid-race treat in the special needs bag.	About mid-way point in full tri distance races. Provides an incentive for reaching mid-point of a race. Promotes your well being. And allows you to personalize your mid-race nutrition like you do during training runs.	Who said every triathlete lives for delayed gratification post race time?
Aid-station grazing	Walking through the aid-stations.	At any or all aid-stations. Encourages optimal re-hydrating and energy consumption. Especially pertinent to half and full distance triathlons.	You may experience a pogoing affect or leap frogging others who run through the aid-stations faster than you walk but do not run faster than you run. Often best to walk here than between aid stations on the course.
Buddy Run	Running with a friend or club mate.	During any or all of the race. May be your best survival tactic to finish your race objectives.	Running isn't a lone wolf experience every time out. Peer pressure does wonders for ease of completion and compliance.
Run and walk	Running and walking while consistently moving forward to the finish line.	During the entire run leg. To reach your race goal.	Often a better approach than running hard and sitting down to rest and recover. Worked for the tortoise when racing the hare.
Skip last Aid Station	Running with confidence through the last aid station.	At the last Aid Station. Keeps your momentum and signals to competitors you're strong to make it to the finish line.	Usually the last aid station is within a mile or kilometer from the finish line. Your body cannot absorb much fluid or calories over the last bit of race real estate to boost your physical performance. No detriment to skip.
Final kick to finish	Accelerating above pace by pumping arms quicker and lengthening your stride all the way to the finish.	200--300 meters out from finish line, earlier if you can go FAST all the way in. The increased speed gets you to the line quicker which promotes your well being and may earn you a KQ spot. That would definitely make the race pain dissipate quicker.	Seconds count. In Ironman Utah, four people in the same age-group finished within 15 seconds of the last qualifying spot for the Ironman World Championships in Kona, Hawaii. The last qualifier beat his competition by 1 second. The three others are still hurting from that race.