



## **PR Tri Coach's Lee Simril Interview with Ironman Triathlete Brian McWilliams**

LS: Congratulations on finishing the 2008 Ironman Wisconsin.

KS: Thanks, We ended up having great weather and the fans and volunteers of the race just made it such a special day.

LS: How was your training leading up to the big day?

KS: Training is sometimes a fine line between improvement and injury. I was able to stay injury free for the most part this year. I did a two-week taper this year, but prior to the taper there were some 15-20 hour weeks of training. I did a long bike of 120 miles and long swim workout of about 3 miles

LS: Please give me a run down of your nutrition for race day, beginning with the night before the race and ending at the finish line.

KS: I normally start my race day nutrition a week in advance. I start loading up on my glycogen stores and increase my fluid intake to at least a gallon a day. I stay away from most processed foods and try to stay with whole foods. On Friday, I ate at the Ironman Banquet. They had whole grain pasta with a marinara or meat sauce, mixed vegetables, lettuce and greens salads, and breadsticks. It was very good. The day before is a good breakfast, sensible lunch and for me a large dinner. We went to an Italian place in Verona for a dinner similar to Fridays with extra vegetables and one beer. The biggest think the last two weeks is not to eat too much. Your activity level is decreasing, so must your diet to avoid gaining unnecessary weight

Race day starts with three pieces of whole wheat bread with peanut butter, and a cliff bar, and 20 oz of water. I also do an Accel Gel about 15 minutes prior to the start of the race. On the bike I try to get in 70 grams of CHO per hour. I do this with a combination of cliff bars, fig newtons, accel gels, Gatorade/sports drinks. I just started with one water bottle, because there are water bottle exchanges about every 10 –15 miles. On the run I focused on fluid such as water and Gatorade and on the second loop I added cola as well.

It takes me awhile to eat after the Ironman. I do water and Gatorade for the first hour or two. After about two hours I had a couple small subs at the athlete tent. Later on I had one pint of Guinness

LS: Please tell me your best moment of race.

KS: One was getting out of the water and seeing the time clock say 1:07, because I was shooting for a 1:15 and I never swim with a watch. Secondly I just enjoyed the entire bike. Having practiced on the bike I felt like I hit every shift and turn correctly through the course and passed several people I usually don't in races

LS: Please tell me your worst moment of the race.

KS: Being only three miles into the run and having to walk due to side/diaphragm cramps/spasms

LS: Did you get to enjoy the post race party?

KS: Not really, I wanted to see several other people finish, so I went back and got a shower and then waited for others to role in. One of the athletes I coached Beth Nasal finished at 11:30 at night with the biggest smile I have ever seen. That's what the Ironman is all about. If you have never seen people finish the Ironman after it gets dark I highly recommend it. It will truly inspire you

LS: What motivates you to compete in triathlons, as opposed to just excising for the sake of fitness?

KS: Mostly so I can wear spandex out in public. Now seriously, I just love the events, the people and the training involved in triathlons. I think it helps establish healthy goals for people and I truly like the triathlon lifestyle. I guess this is why I enjoy coaching so much.

LS: What are your race plans for the "Off Season"?

KS I'm going to do some fun races this fall. I'm going to do a relay with my 9 year old soon for the GB Duathlon, I'm pondering a marathon, and my father and I will be running a race at Disney while we are on vacation in late October. Then I will put my race schedule for next year. No Ironmans in the plans for a while, but I like the Olympic and Half Ironman distances