



Racing yourself into Shape

As an endurance coach I am often asked by athletes “Am I ready to race?”

Normally my answer is yes, but this is a complex question. You have a basic level of fitness from all of the training you do. However, people often are reluctant to race for fear of not performing at their best. The problem with not racing until you are in peak form is that racing can be such a great workout in and of itself. I am a firm believer in “racing yourself into shape”. Racing yourself into shape is a training model coaches have followed for years.

Think about how college swimmers and runners train and race. College teams do some type of speed training during the week along with one or two races a week. As a result, these athletes are often racing when they are not totally rested and ready to race.

Pin a number to your shirt and you will push yourself harder than you are able to push during training. The other great thing about racing is the chance to see friends that you would otherwise not see.

Racing when tired and not totally fit can be a little hard on the ego, but it is the fastest way to peak racing form. So, every now and then just check your ego at the door and jump into a race purely for the future benefits!