

### 3 Reasons to Race Your Own Race



When the gun goes off it's easy to get caught up in the excitement – everyone does. The adrenalin is pumping and it's go time. But after this initial high you need to quickly settle into your own race. From your training you should have a good idea of what your pace should be, and what you're capable of. Here are 3 reasons why you should stick to your plan on race day:

1. **You'll have more fun.** When you race your own race you get to push your own limits, and that's the reason most of us got into the sport of triathlon.
2. **You'll go faster.** 99% of the time following your plan, or racing within yourself is the fastest way to get to the finish line. Heroic tales of going faster than you've ever gone make great stories, but more often than not lead to you blowing up. Stick to your plan and empty the tank in the closing kilometers of the run if you have anything left.
3. **You'll actually be able to run.** The dreaded death-march on the run is often the result of going too hard on the bike. Most of us know our limits, and we know the pace we should be going, but when we get caught up going too hard when we feel good we pay for it later.

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