



point where you aren't able to meet your running potential. Maybe you're not pacing yourself appropriately through the first two disciplines and this is impacting your run more than it needs to. Maybe your nutrition or hydration is lacking during the bicycle portion of the race and this is putting you on the run course with a quarter tank of gas.

While it makes sense to think you need to bump your run training back up to your pre-triathlon-training levels, this is just your running ego talking to you without regard for what's really going on. You're becoming a triathlete and, along the road to becoming a better, more experienced triathlete, your running will slowly but surely improve and start to more closely approximate your true running ability. This won't happen without some pain and suffering along the way, but adding more run training is not what will get you there.

We'd suggest, in addition to looking at how your run training has changed or decreased, considering how long you've been consistently training for swimming and/or cycling. It sounds like it hasn't been that long. Now, look at how many triathlons you've done. Now look at how many half-Ironman

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