Pacing Strategy Semi-structured Interview Guide

1. What do you know about your threshold (lactate or ventilatory) running pace?
   * Heart rate?
   * Power (watts)?
2. What do you know about your maximal heart rate?
3. Describe how you tested for these?
4. Do you know your crank size (length and # of cogs)?
   * Why did you select this size?
5. Explain your pacing strategy for this race?
   * Swim? Bike? Run?
6. How well did you match this strategy?
   * Why or why not?
7. Describe how you used feedback from technology or your body to pace yourself during the race.
8. Have you used this pacing strategy before in competition or in training? If so, what were the outcomes?
9. What component of the triathlon is your strength?
   * Why?
10. Did the **field of competitors** influence your pacing strategy during the race?
    * If so, how?
    * When?
11. Did the **crowd** influence your pacing strategy during the race?
    * Specifically during the beginning of the bike?
    * During the run?
12. Describe setbacks you experienced during the race. For example, mechanical, during transitions, physical (cramping, urination, diarrhea, etc.).
13. How did being in 1st place affect your pacing strategy during the race?
14. Did you plan or expect to be the top female finisher in the Lake Placid Triathlon?