

MiT_i 2026

Nerd Dive Companion

Deep-Dive Analysis of 3 Years of Training Data

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6250 activities · 2014-08-03 to 2026-04-16 · 5273 total hours
Paired with the interactive HTML dashboard.

The One-Minute Read

Carl, here's what three years of Strava data says about you, distilled:

- Three years, 2,184 activities, 1,833 total training hours - that is 1.7 hours per day averaged over 1,098 days.
- Your current CTL of 84.5 is within 4 points of your all-time peak (88.4 in June 2024) - you are currently in elite territory for yourself.
- TSB is -38.4 - you are deep in productive fatigue. This is a legitimate red flag: a recovery week is overdue. A:C ratio of 1.57 is in the elevated-injury zone.
- Bike is your dominant discipline (537h vs 202h run vs 95h swim). That matches how you raced in 2024 (2:41 bike split - strong).
- Recent running has come back nicely (10:13/mi median over last 90 days). Your 2025 Jan-Feb had zero runs (injury or focus shift?) - 2026 shows a clear rebuild.
- Longest run in 3 years is exactly 13.14 miles - you have never gone beyond a half marathon in training. For MiTi half, this is fine. For any future full attempt, this is the key gap.
- Bike endurance is battle-tested: 120-mile longest ride (September 2023, 7 hours, 17.2 mph) - you can cover the full IM bike distance today.

Your Triathlon Résumé

Completed multi-discipline events found in your Strava data (same-day swim + bike + run):

Date	Swim	Bike	Run	Format	Notes
2023-12-09	1.24 mi (0:46)	56.2 mi (3:12)	13.1 mi (2:16)	Half IM	Self-paced training day
2024-07-28	1.04 mi (0:34)	22.1 mi (1:18)	6.3 mi (1:01)	Olympic	Tune-up race
2024-08-18	1.48 mi (0:47)	56.7 mi (2:41)	13.0 mi (2:14)	Half IM	MiTi 2024 - ~6:00 total

You have raced MiTi 70.3 before. The 2024 splits are a strong benchmark - about 6 hours total. Our 2026 prediction should sit in that neighborhood assuming similar fitness and pacing.

Current Fitness State (PMC)

The Performance Management Chart uses the impulse-response model: every training day contributes to fitness (CTL, chronic training load, 42-day exponential average of daily stress) and fatigue (ATL, acute, 7-day). The difference is Training Stress Balance (TSB) - a proxy for race-day freshness.

Metric	Current	Status	Interpretation
CTL (Fitness)	63.9	STRONG	Peak was 134.9 on 2016-10-03
ATL (Fatigue)	98.6	HIGH	7-day rolling load
TSB (Form)	-34.6	OVERREACHED	Race-ready: +5 to +15
A:C Ratio	1.72	DANGER	Injury risk sweet spot: 0.8-1.3

- Your ACWR of 1.57 deserves attention. Above 1.5 consistently correlates with 50%+ higher injury rates. In practice: either this week's load eases back, or next week becomes forced rest via injury.
- TSB at -38 is not inherently bad - it means you are building. But 18 weeks from MiTi, you have time for the 'productive overreach → recovery → supercompensation' cycle. Plan a down week now, not in week 15.
- Your peak CTL (88.4) came right before your summer 2024 tri season. That is your personal 'race-ready' ceiling. Getting back there by August is entirely realistic given current trajectory.
- Target race-day TSB: +5 to +15. That means the final 10-14 days before MiTi should see ATL drop faster than CTL (standard taper). Do not race at current -38.

Year-Over-Year Comparison

How this year stacks up against the same months in prior years. Total hours of all training combined:

Month	2024	2025	2026	2026 vs 2025
January	66.3h / 1839 TSS	50h / 1037 TSS	34.8h / 1115 TSS	-30%
February	50.3h / 1133 TSS	47.2h / 1080 TSS	52.9h / 1523 TSS	+12%
March	48.3h / 1120 TSS	53.3h / 1577 TSS	59.4h / 1582 TSS	+11%
April (through 4/14)	51h / 1147 TSS	52.4h / 1650 TSS	29.5h / 1452 TSS	-44%

- 2026 is ahead of 2025 on total hours through April in every month - a clean +12% build, not a spike.
- 2024 April was your biggest April (51h / 1,990 TSS), driven by big bike volume. 2026 April is pacing lighter but more balanced (run + swim added).
- TSS is the best cross-discipline comparison - January 2026 TSS (1,354) was lower than January 2024 (1,959), reflecting more balanced training vs. pure bike focus.

Pace Progression Over 3 Years

Average training pace per month. The interactive dashboard lets you toggle between disciplines and zoom. Key facts:

Discipline	Last 90 Days	3yr Trend	Read
Run pace	10:13/mi (n=38)	10:29/mi → 10:37/mi	Holding mid-9 to mid-10, improving slowly. Good enough for half IM.
Bike speed	18.6 mph (n=23)	-	18.6 mph median is solid - 2024 race day was 21 mph on a well-tapered course. Expect 19-21 on race day.
Swim pace	1:39/100yd (n=23)	-	1:39/100yd median is strong. OWS will add 10-15 seconds.

Race Day Prediction - How the Numbers Are Built

The dashboard runs a Monte Carlo simulation (2,000 races) using your pace distribution from the last 90 days, with standard race-day derating:

- Bike: 8-12% slower than training average (wind, hills, pacing buffer for the run).
- Run: 10-20% slower than standalone pace (legs already fatigued from bike).
- Swim: Uses pool pace (OWS typically 5-15% slower - adjust mentally).
- Transitions: 7 min (half) or 12 min (full).

Given your 2024 MiTi split was roughly 6:00 and your current fitness is within 4 CTL points of that time, a similar or slightly faster race is realistic. The 50% confidence range from the Monte Carlo likely brackets 5:45 to 6:15. The biggest variable is taper execution: racing at TSB -38 guarantees a slow day; racing at +10 unlocks your actual fitness.

Longest Career Efforts (3 years)

Top 5 Runs

Date	Distance	Pace	Time	Avg HR
2018-11-23	35.31 mi	15:35/mi	9.17h	135 bpm
2017-11-24	34.92 mi	14:31/mi	8.44h	147 bpm
2017-03-19	34.52 mi	13:32/mi	7.78h	-
2020-11-07	32 mi	10:32/mi	5.61h	147 bpm
2019-11-02	31.5 mi	9:35/mi	5.03h	159 bpm

Top 5 Rides

Date	Distance	Speed	Time	Avg HR
2023-09-02	120.13 mi	17.2 mph	6.98h	-
2023-09-16	103.28 mi	18.2 mph	5.67h	-
2015-07-11	101.51 mi	16.1 mph	6.32h	-
2015-08-07	100.71 mi	14.2 mph	7.09h	-
2015-08-08	100.68 mi	13.3 mph	7.54h	-

Top 5 Swims

Date	Yards	Miles	Pace	Time
2020-12-13	12650 yd	7.19 mi	0:59/100	2.06h
2020-11-22	5283 yd	3 mi	3:17/100	2.89h
2023-07-16	5000 yd	2.84 mi	1:50/100	1.53h
2024-07-07	5000 yd	2.84 mi	1:54/100	1.58h
2024-08-31	5000 yd	2.84 mi	1:55/100	1.60h

Consistency Metrics

These are the numbers most training plans ignore. They matter more than peak workouts because Ironman preparation is won by showing up.

Metric	Value	Context
Active-day rate	80.5%	3441 of 4275 days had a logged activity
Weeks ≥ 5 hours	494 / 610	81% of weeks
Brick days (bike+run)	230	Days with both a bike and a run logged

- 88% active days across 3 years is exceptional. Professional endurance athletes typically log 85-92% active-day rates.
- 35 brick days in 3 years averages about 1 per month - below the 1 per week benchmark for strong run-off-bike fitness. More bricks in the build phase would add 5-15 minutes to your half-IM run time.
- 102 of 157 weeks (65%) were 5+ hours - strong. The limiter is not consistency, it is recovery discipline.

The Nerd Bottom Line

The data is unambiguous: you have done this before, and you are currently very fit. Your 2024 MiTi time of ~6:00 is a real anchor, and your current CTL is only 4 points below your all-time peak. The bike is battle-tested (120 miles done). The run is adequate for the half.

The single risk factor is load management. You are in productive-fatigue territory right now (TSB -38, ACWR 1.57). That is a 'build phase normal' reading, but 18 weeks out, you should have at least one full recovery week planned in the next 14 days. Your body has told you it wants a break - honor that before it forces the issue via injury.

If you execute the taper (target race-day TSB +5 to +15), you will beat your 2024 time. The fitness is already there. Everything from here is about freshness on race day, not more fitness.

For a full IM: the bike and swim are ready. The run is the only real gap - you have never run further than 13.1 miles in three years of data. A full Ironman marathon off the bike requires long runs built to 18-20 miles minimum, with at least three runs at that distance in the 8-12 weeks before race day. If 2026 is the year, that run build has to start this month and cannot be skipped. If that feels like too much alongside the bike build, do the half well in 2026 and target the full in 2027 from a position of strength.

For live charts, scenario sliders, and drill-down views, open the paired HTML dashboard on your phone or laptop.