

MICHIGAN TITANIUM

Training Readiness Assessment

Half Ironman (70.3) & Full Ironman (140.6) Analysis

Athlete: **Carrie Wolfe**

Race Date: August 16, 2026 | Grand Rapids, MI

Weeks to Race: 18 | Report Date: April 14, 2026

Data Source: Strava API | 150 activities analyzed (Jan 1 - Apr 14, 2026)

Training Base: Honolulu, Hawaii

Race Overview

Michigan Titanium is Michigan's only ultra-distance triathlon, hosted at Versluis Lake in Grand Rapids. 2026 marks the TITAN Finale - the last year for the ultra distance. The race offers half (70.3) and full (140.6) options.

Distance	Swim	Bike	Run
Half (70.3)	1.2 miles	56 miles	13.1 miles
Full (140.6)	2.4 miles	112 miles	26.2 miles

2026 Year-to-Date Training Snapshot

15 weeks of training data from January 1 through April 14, 2026. Total of 150 activities logged across all three triathlon disciplines - a genuine tri-training profile.

Discipline	Sessions	Distance	Hours	Avg/Week	Longest
Bike	33	979.6 mi	60.5h	~65 mi	65.1 mi
Run	38	226.2 mi	37.3h	~15 mi	12.0 mi
Swim	30	36.9 mi	20.6h	~2.5 mi	2.05 mi
Strength	29	-	23.0h	~1.5h	-
Walk	11	19.4 mi	~5h	-	-
Other	4	-	~2h	-	Yoga, E-MTB

Total training: ~148 hours across 15 weeks = ~9.9 hours/week. A clean multi-sport balance with bike as the biggest time investment.

Monthly Volume Trend

Month	Bike	Run	Swim	Long Efforts
January	Building	Base mileage	Base pool work	Ramp-in month
February	50+ mi rides x3	Consistent runs	Regular pool	50.1, 50.2, 50.0 mi rides
March	Peak month	Extending long run	Big swim block	65.1 mi ride; 2.05 mi swim
April*	60.9 mi ride	12 mi long run	Steady volume	Long run PR (4/6); 60.9 mi (4/5)

*April through 4/14 only

Three-Discipline Highlights

Unlike most age-group athletes this far out from an Ironman, Carrie already has long efforts in all three disciplines that approach or exceed race requirements. This is a mature triathlon training profile.

Discipline	Best Effort	Date	Vs Half IM
Bike	65.1 miles	March 8	+9.1 mi over race distance
Run	12.0 miles	April 6	-1.1 mi from half marathon
Swim	2.05 miles	March 23	+0.85 mi over race distance

Half Ironman (70.3) Readiness Assessment

Discipline	Race Requirement	Current Max	Status	Gap / Notes
Swim	1.2 mi open water	2.05 mi (pool)	EXCEEDS	Already at full IM distance
Bike	56 mi with hills	65.1 mi	READY	Multiple 50+ mi rides done
Run	13.1 mi (half marathon)	12.0 mi	ON TRACK	1 mi gap; easy to close
Volume	10-14h/wk by now	9.9h/wk avg	ON TRACK	Room to grow slightly
Strength	2x/week maintenance	~2x/week	READY	Good supporting volume

Half IM Verdict

READY - POLISH AND EXECUTE - all three disciplines are at or above race distance, with 18 weeks still to sharpen.

This is an exceptionally rare training profile 18 weeks out from a half Ironman. The bike has been stacked with 50+ mile rides since February, including a 65-mile effort in March - already 9 miles beyond race distance. The swim longest is 2.05 miles, well above the half IM 1.2-mile distance and already meeting the full IM requirement. The run is at 12 miles, just 1.1 miles short of the half marathon, and will close easily with normal long-run progression.

At this point the half Ironman is not a question of if - it's a question of how to execute well. Focus shifts to race-specific preparation: open water swimming with sighting practice, back-to-back workout days, race-day nutrition rehearsal, and transition efficiency. Volume needs only modest increases. This is the enviable problem of being ahead of schedule.

Full Ironman (140.6) Feasibility Assessment

Discipline	Race Requirement	Current Max	Status	Gap / Notes
Swim	2.4 mi open water	2.05 mi (pool)	ON TRACK	0.35 mi gap; very achievable
Bike	112 mi with hills	65.1 mi	BUILDING	Need 80-100 mi long rides
Run	26.2 mi (marathon)	12.0 mi	NEEDS WORK	Build to 18-20 mi long run
Volume	15-18h/wk peak	9.9h/wk avg	BUILDING	~50-80% peak week growth

Full IM Verdict

FEASIBLE - STRONGEST CANDIDATE OF THE GROUP

Of the three athletes being assessed, Carrie has the profile most compatible with the full distance. There is no discipline starting from zero. The swim already covers full IM distance in the pool. The bike base is strong with consistent 50+ mile rides. The run is the main build required - moving from 12 miles to 18-20 miles over the next 12 weeks is realistic with injury-free progression.

The honest caveat: a full Ironman marathon off the bike is fundamentally different from a standalone 18-mile long run. The bike leg drains the legs and run fitness has to be built with that in mind. Weekly volume also needs to climb from the current ~10 hours to 15-18 hours in peak weeks. This is doable, but requires commitment and careful load management to avoid injury.

Recommendation: start the build as if targeting the half Ironman, evaluate at week 10-12. If the long run has reached 15-16 miles comfortably and the long ride is at 75-80 miles with a run off the bike, the full remains on the table. If either lags, downgrade to the half without regret - it will still be a strong race.

Discipline Analysis

Swim - Ahead of Schedule

30 sessions, 36.9 miles, 20.6 hours. The longest swim of 2.05 miles already exceeds the half IM race distance and covers 85% of the full IM distance. Pace is steady at roughly 1:53-1:56 per 100 yards in longer efforts. A genuine swim engine.

- Strength: Pool distance is essentially race-ready for both events.
- Focus: Transition pool fitness to open water. Hawaii ocean swims give a big advantage here - practice sighting, navigating chop, and swimming without lane lines.
- For full IM: One swim to 2.5+ miles every 2-3 weeks will close the distance confidently.
- Michigan race water is cool (mid-60s to low-70s F) - wetsuit practice recommended, which changes stroke mechanics.

Bike - The Strong Foundation

33 rides, 979.6 miles, 60.5 hours - the biggest time investment of any discipline. Long rides have clustered above 50 miles since February, peaking at 65.1 miles in March and a recent 60.9 miles in April. This consistency is exactly the bike base a triathlete wants entering the specific-build phase.

- Strength: Half IM bike is already well in hand.
- For half IM: Add race-pace intervals and brick workouts. A 3-hour race rehearsal ride in weeks 12-14 is the main missing piece.
- For full IM: Build to 80-90 mile rides by week 12, peaking near 100-110 miles in weeks 14-15. Hawaii has excellent terrain for long rides; seek out rolling profiles that simulate Michigan's course.
- Nutrition on the bike is make-or-break at full distance - use long rides to dial in what goes in per hour.

Run - The Build Variable

38 runs, 226.2 miles, longest 12.0 miles on April 6. Average pace around 10:06 per mile shows a comfortable aerobic gear. The long run has progressed steadily and is almost at half marathon distance.

- For half IM: Extending from 12 to 13-14 miles over 4-6 weeks is routine progression. Low risk.
- For full IM: This is the highest-effort build. Target 15 mi by week 8, 18 mi by week 12, 20 mi by week 14. Follow standard every-other-week progression with step-back weeks.
- Critical: Start practicing run-off-the-bike NOW. Even a 20-30 minute run after each long ride builds the specific fitness needed for the tri run.
- Watch for overuse injuries during the run build - calves, Achilles, hips. Strength work already in place will help.

18-Week Focus Plan

The plan below assumes a full Ironman target with a decision point at week 10-12 to confirm or downgrade to half. Peak weeks are higher than if targeting the half only.

Phase	Weeks	Primary Focus	Key Workouts	Target Volume
Base Lift	Wk 1-3	Consolidate base; add bricks	First bricks; long run to 13-14 mi; ride to 70 mi	10-12h/wk
Build 1	Wk 4-7	Extend all three disciplines	Long ride 75-80 mi; long run 15-16 mi; swim 2.5 mi	12-14h/wk
Decision	Wk 8-10	Assess - commit half or full	100-mi ride attempt; 18-mi run; 70.3 rehearsal day	13-16h/wk
Peak	Wk 11-14	Race-specific long days	Biggest week: 100-110 mi ride + 18-20 mi run + 2.5 mi swim	14-18h/wk
Sharpen	Wk 15-16	Race-pace work; reduce volume	Race sim day (abbreviated); transitions; nutrition	12-14h/wk
Taper	Wk 17-18	Rest, sharpen, stay loose	Short quality efforts; legs fresh; mental prep	7-10h/wk

Top 5 Priorities Right Now

1. **Start brick workouts this week.** The single biggest missing piece. Run 20-30 minutes off every weekend long ride. The legs need to learn the transition before race day demands it.
2. **Make a half-vs-full decision by week 10.** Don't train in the middle ground. Commit by week 10 based on how the long run build is going. Either path still leads to a great race.
3. **Get open water swim practice.** Hawaii makes this easy - take advantage. Pool fitness is more than ready; the open water skill (sighting, buoy navigation, chop) is the piece to build.
4. **Dial in race-day nutrition on long rides.** Test carbs/hour, hydration, and sodium on every 3+ hour ride. Nutrition failure is the #1 reason strong athletes DNF a full.
5. **Plan a wetsuit/cool-water swim session.** Michigan's Versluis Lake will be cool. Practice in a wetsuit at least twice before race week - it changes body position and breathing.

The Bottom Line

Carrie has the most balanced tri-training profile of the group. Eighteen weeks out, there is no discipline starting from zero and no glaring gap. The bike base is strong, the swim already covers full IM distance, and the run is on a reasonable trajectory.

For the half Ironman: ready. The next 18 weeks are about sharpening, adding race-specific work (bricks, open water, nutrition), and arriving at the start line fit and uninjured. Expect a strong race.

For the full Ironman: genuinely feasible, with the long run as the main build variable. Approach the first 10 weeks as a half IM build with an upgrade path, then decide. The Hawaii training environment and existing multi-sport consistency are significant advantages.

The fitness is there. The miles are there. The next 18 weeks are about putting the triathlon together - connecting the disciplines, practicing the transitions, and rehearsing the race. This is the fun part.