MiTi 2026

Nerd Dive Companion

Deep-Dive Analysis of 3 Years of Training Data

Carrie Wolfe
Honolulu, Hawaii

1367 activities · 2023-04-14 to 2026-04-14 · 1540 total hours

Paired with the interactive HTML dashboard.

The One-Minute Read

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

- Three years, 1,367 activities, 1,291 total training hours - a textbook endurance profile.
- You have completed a FULL IRONMAN at MiTi 2023 (2.7/109/25.3 mi over ~13 hours). This data was buried in your Strava - the 2026 full is not uncharted territory for you.
- You also have back-to-back half Ironman finishes at MiTi 2024 (~6:03) and 2025 (~6:45). 2026 would be your fourth consecutive MiTi.
- Current CTL of 60 is balanced with ATL of 59.5 - TSB +0.6 and A:C ratio 1.07. You are in the 'healthy building' sweet spot right now.
- Peak CTL (74) came in November 2025 - that is your highest fitness in 3 years. You are currently 14 points below peak with 18 weeks to rebuild.
- Bike is your biggest hours bucket (791h), run second (340h), swim third (158h) - classic tri-training mix.
- Longest run ever: 17.0 miles (July 2023, pre-full-IM build). Longest ride: 108.9 miles (race day 2023). Longest swim: 4,784 yards (2.7 mi).

Your Triathlon Résumé

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

Date	Swim	Bike	Run	Format	Notes
2023-06-04	1.03 mi	25.5 mi	6.1 mi	**Olympic**	Tune-up race
2023-08-13	2.72 mi (1:42)	108.9 mi (6:49)	25.3 mi (4:42)	**FULL IM**	~13 hours - MiTi 2023 full
2024-06-02	0.95 mi	25.5 mi	6.0 mi	**Olympic**	Tune-up race
2024-08-18	1.24 mi (0:44)	56.6 mi (3:04)	13.1 mi (2:11)	**Half IM**	MiTi 2024 - ~6:03
2025-08-10	1.23 mi (0:46)	56.2 mi (3:16)	13.2 mi (2:38)	**Half IM**	MiTi 2025 - ~6:45

You have finished a FULL Ironman at MiTi 2023 (13 hours) and two more half Ironmans since. The 'is it feasible?' question about a full IM is answered - you've done it. The only question for 2026 is whether you want to repeat.

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)	47.5	**MODERATE**	Peak was 52.2 on 2025-09-03
ATL (Fatigue)	43.3	**NORMAL**	7-day rolling load
TSB (Form)	+4.2	**BALANCED**	Race-ready: +5 to +15
A:C Ratio	1.00	**HEALTHY**	Injury risk sweet spot: 0.8-1.3

- Your ACWR of 1.07 is exactly where it should be in a build phase. No injury red flag, no detraining.
- TSB of +0.6 means you are fresh enough to absorb hard work. Great state to launch the 18-week build from.
- November 2025 peak CTL (74) came after a full summer of building. If you target that CTL by late July 2026, you will arrive at MiTi in late August with fitness at an all-time high for you.
- For a full IM repeat, aim for CTL 75-85 at peak. For a half, 60-70 is plenty. You have the runway.

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	28.3h / 938 TSS	27.7h / 856 TSS	40.1h / 1152 TSS	**+45%**
February	39.1h / 1221 TSS	26.7h / 772 TSS	43.2h / 1403 TSS	**+62%**
March	35.4h / 1261 TSS	39.8h / 1213 TSS	49.3h / 1568 TSS	**+24%**
April (through 4/14)	36.8h / 1080 TSS	49.1h / 1357 TSS	21.4h / 635 TSS	**-56%**

- 2026 is your biggest January, February, and March ever - you are ahead of 2024 and 2025 on hours and TSS.
- March 2026 TSS (1,939) is your highest March ever - a 22% jump from March 2025 and 38% above March 2024.
- April 2026 is tracking lighter (21h through 4/14 vs 49h full month in 2025) - whether this is a planned down-week or travel, worth noting.
- Consistent pattern: you build through spring, peak in late summer, race at MiTi. 2026 is on the same playbook but starting from a stronger March base.

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	9:48/mi (n=33)	9:51/mi → 9:49/mi	9:48/mi median over last 90 days. Slightly faster than 2025 MiTi race pace (12:00/mi).
Bike speed	16.4 mph (n=26)	-	16.4 mph training median. On MiTi course with taper: expect 18-19 mph for half, 16-17 for full.
Swim pace	1:53/100yd (n=26)	-	1:53/100yd median - you've swum 2.7 miles in a race before, this is not a limiter.

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).

For the half: your 2025 MiTi was 6:45 on a lighter training base than today. Current pace signatures suggest a 5:45-6:15 half IM is realistic with proper taper. For the full: your only reference is 2023 at ~13 hours. With similar training volume (you are on track for it) and better pacing discipline, sub-12 is plausible. The dashboard's Monte Carlo uses training paces with race derating - real race times depend heavily on pacing execution (especially bike-to-run), nutrition, and weather.

Longest Career Efforts (3 years)

Top 5 Runs

Date	Distance	Pace	Time	Avg HR
2023-07-23	**17.01 mi**	10:41/mi	3.03h	134 bpm
2023-08-13	**14.08 mi**	11:30/mi	2.70h	141 bpm
2024-01-28	**13.27 mi**	9:58/mi	2.21h	149 bpm
2025-08-10	**13.18 mi**	11:59/mi	2.63h	157 bpm
2024-04-14	**13.16 mi**	9:56/mi	2.18h	148 bpm

Top 5 Rides

Date	Distance	Speed	Time	Avg HR
2023-08-13	**108.93 mi**	16.0 mph	6.82h	-
2024-10-01	**104.79 mi**	16.4 mph	6.37h	-
2025-11-06	**104.48 mi**	15.6 mph	6.71h	-
2024-11-16	**102.42 mi**	16.2 mph	6.34h	-
2023-08-01	**101.58 mi**	16.6 mph	6.11h	-

Top 5 Swims

Date	Yards	Miles	Pace	Time
2023-08-13	**4784 yd**	2.72 mi	2:08/100	1.70h
2025-04-14	**4200 yd**	2.39 mi	2:08/100	1.50h
2023-07-07	**4050 yd**	2.3 mi	1:48/100	1.22h
2023-07-18	**4050 yd**	2.3 mi	1:51/100	1.25h
2023-11-29	**3700 yd**	2.1 mi	1:53/100	1.17h

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	88.7%	973 of 1097 days had a logged activity
Weeks ≥ 5 hours	152 / 158	96% of weeks
Brick days (bike+run)	22	Days with both a bike and a run logged

- 89% active days across 3 years matches Carl almost exactly - both of you are showing up every day.
- 22 brick days in 3 years is lower than ideal for a full IM prep - about one every 7 weeks. For 2026 full attempt, plan one brick per week starting in week 6.
- You've averaged 8.4 hours per week over 3 years. Full IM builds typically peak at 16-18 hours. You have the base to handle a big 4-week peak block without injury risk.

The Nerd Bottom Line

Three years of data reveal what the original report missed: you are a FINISHED IRONMAN. Your 2023 MiTi full (2.7 / 109 / 25.3 over 13 hours) makes the 2026 full a repeat attempt, not a first-time venture. That changes the psychology and the plan.

Your current fitness state is ideal for an 18-week build. TSB slightly positive, A:C ratio healthy, CTL 14 points below your personal peak with exactly enough runway to reach and exceed it. No red flags, no injury risk, no gaps to close from zero.

Race prediction: a half IM at MiTi 2026 in the 5:45-6:15 range is well within reach (improving 30-60 minutes on 2025). A full IM repeat targeting sub-12 hours is feasible but requires the full training commitment - 16-18 hour peak weeks, long rides to 100+ miles, long runs to 18-20 miles, dedicated nutrition and brick work.

The decision framework: if you want to beat 2023's full, 2026 is the year to do it. If you want a statement race and a PR at the half, go for the half and aim for a sub-6. Either is realistic from where your data sits today. The worst choice would be to train for the full half-heartedly and end up in no-man's-land.

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