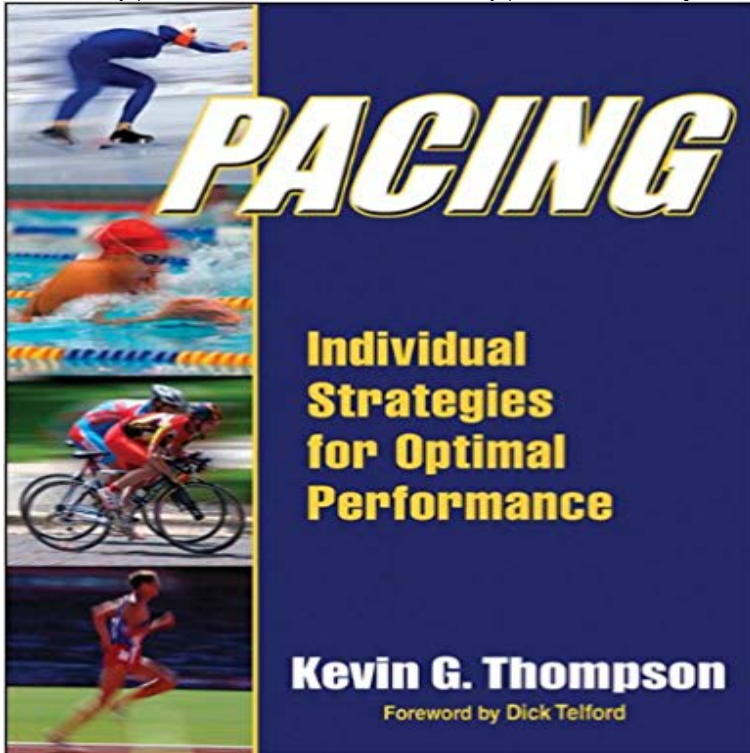


Pacing: Individual Strategies for Optimal Performance



Weve all heard the advice Pace yourself. Save energy and finish strong. It sounds simple enough, so why is it so hard? Why do even supremely conditioned elite athletes mismanage their energy supplies and fail to finish strong? Pacing: Individual Strategies for Optimal Performance examines the latest science, research, and application in search of answers. This guide explores the role of pacing in sports, the most common strategies used, the factors that influence effectiveness, and key considerations for todays athletes and coaches. Youll also discover these aspects:

- How environmental variables, such as temperature and terrain, can affect performance
- How to choose the best pacing strategy for any event
- How to use pacing to defeat an opponent
- The role the brain plays in pacing strategies

Part I explains the biological and psychological underpinnings of pacing science, including the six commonly used pacing strategies that are discussed in detail throughout the book: all-out, positive, even, negative, parabolic, and variable. Part II shows how to apply the science, offering pacing recommendations and considerations for time-dependent sports such as running, triathlon, and swimming and exploring the role of pacing in racket sports and several team sports. Combining scientific research and real-world profiles of elite athletes and coaches, Pacing: Individual Strategies for Optimal Performance shows coaches and athletes how to develop the ideal pacing plan for every competition.

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,8,9,10,14,15,17,18,19,20,21,22,23], 50,
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}, { id: fallbacksessionShvl }, { id: rhf
}, { id: unifiedLocationPopoverSelections
} ]; (function(a){var
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dEventListener?window.addEventListener(
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&window.attachEvent(onload,a.onLdEnd))
;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
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lit?(b=a.ue_furl.split())&&b[0]&&a.ue.tag
(b[0]):a.ue.tag(nofls)))(ue_csm); var
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ue_pti=1450421237; v
(function(g,h){function d(a,d){var
b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefined!==(ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1}ca
tch(g){e=1}e&&(b.e=1);return b}var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a (a=b.oid
NI,d(csmtid,a),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
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e_csm>window);      (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
allImages,a.length)})(ue_csm,document);
    ue_csm.ue._rtn    =    1;
(function(e,f){ function h(a){ a=a.split(?)[0]
a;a=a.replace(http://,).replace(https://,).repl
ace(resource://,).replace(res://,).replace(undef
ined://,).replace(chrome://,).replace(//*/g
,).replace(/!/g,).replace(/~/g,);var
b=a.split(/);a=a.substr(a.lastIndexOf(/)+1);
b.splice(-1);b=b.map(function(a){ c[a]
(c[a]=(k++).toString(36));return
c[a]});b.push(a);return  b.join(!)}function
l(){ return
f.getEntriesByType(resource).filter(function
n(a){ return    d._rre(a)n
2==d._rtn}&&b.push(n+h(a.name));return
b.join(_)).join(*)}function    p(){ var
a=pm,b;for(b    in
c)c.hasOwnProperty(b)&&(a+=*+c[b]++_+
b);return    a}function
q(){ d.log({k:rtiming,value:l()+~+p()},csm)
}if(f&&f.getEntriesByType&&Array.proto
type.map&&Array.prototype.filter&&e.ue
&&e.ue.log){ var    g=
{ connectStart:c,connectEnd:C,domainLook
upStart:d,domainLookupEnd:D,duration:z,
fetchStart:f,redirectStart:r,redirectEnd:R,re
questStart:q,responseStart:s,responseEnd:S
,startTime:a},d=e.ue,c={ },k=1,n=20,m=20
0;d&&d._rre&&(d._art=function(){ d._ld&
&window.setTimeout(q,0)}))})(ue_csm
{ },window.performance);
(function(m,h){ function    I(a){ if(a)return
a.replace(/^\s+    //s+$/g,)}function
x(a,e){ if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var    b=e.m    e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f    a.sourceURL
a.fileName    a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line    a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack    (a.err?a.err.stack:);b[y]=e[y]
c&&c.href    missing;b[p]=e[p]

```

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z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
erformance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h l,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){}}else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( \d+): \d+ )?.split(
),join(String.fromCharCode(92))),K=/.*@(
.*/d*/);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d

```

```

ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==(b 0)}}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=([/w//+]/
);a=null!=a?a[1]:null;var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3))})(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{};b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view}else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window); var
ue_mbl=ue_csm.ue.exec(function(e,a){fun
ction k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition {};b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0)!&&b.tags instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1
(function(e,m){if(e.ue_cors){var
f=0,g,h={};g=setInterval(function(){for(va
r d=m.scripts,k={},a,b,l=!1,c=0;c

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