



# PURPLE PATCH RACE COURSE PREVIEW

ATHLETIC BREWING CO  
NON-ALCOHOLIC BEVS

**IRONMAN**  
**70.3** OCEANSIDE 

Everything you need to know about this course on race day, including bonus tips on successful execution from Purple Patch founder and IRONMAN Master Coach Matt Dixon

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## MATT DIXON'S BIKE TIPS

- This is a wonderful triathlon course, with plenty of challenge and a unique set up. Leaving the swim and harbor, you will have a couple of minutes to find your legs, then hit a surprise ramping hill of about 100 meters. It creeps up, and every year athletes drop chains or over-muscle due to lack of awareness. Don't get caught out of gear.
- Following this, you will enjoy about 25 miles of favorable terrain that may include some morning breezes, but no features. Manage resources and set yourself up for success with a managed effort and a focus on early fueling and hydration.
- About half way through the course the personality of the full course begins to shine, with some rolling terrain and climbs.
- The big features come after mile 30 when you are met with two very awkward hills. They are not easy. In fact, there is no easy way to get over them at all. You simply ride with your best form and pedaling, maintaining rhythm, and mixing in some smart standing. You cannot keep to a specific power on these climbs (unless you are *very* strong on the bike), and you should simply focus on riding well.
- Each big climb has a descent following, but stay aware of the speed-trap descent in which you must maintain smart and controlled speed. Don't take this lightly, as there are speed timing mats and they will disqualify you for going too fast -- this includes the pros!
- The last 10 miles heads back toward the coast and can include a headwind, so ensure you haven't burned all your matches before then. We then prime for a great run.

**YOUR MANTRA: Rider the terrain, not the power meter.**



## RUN COURSE INFO

The run portion is a two loop and is considered flat and fast but be prepared for the turns and inclines/declines as you go from beach level to street level.

The course begins above the Oceanside Pier, then goes down onto the Harbor, onto The Strand and through coastal neighborhoods before a spectacular finish.

This is a course that includes hordes of spectators, but also locals, surfers and beach bums. You are truly running in the SoCal beach town, with all its magic. The course does include various twists and turns, and a few short and steep ramps, but the tough part arrives from the running surface. The hard boardwalk concrete can pound the quads, so sensible shoes are recommended.

**LENGTH:** 13.1 miles - 2loops

**TERRAIN:** Rolling

**START/END ELEVATION:** 10/22ft

**TOTAL ELEVATION GAIN:** 277ft

**AID STATIONS:** Approximately every 1 mile

**AID STATION NUTRITION:**

Water, Gatorade Endurance Formula (Lemon Lime), Red Bull Cola, Quantum Energy Squares, Fig Bars, Chips, Pretzels, Fruit







## MATT DIXON'S RUN TIPS

- This course has great potential for a faster run, but only if you manage resources up to the run well, and apply a smart approach. You want to retain best speed on the hard surface, resetting form with walk breaks -- or leverage terrain shifts -- to ensure you never fall into hard running with poor form. If you just try to fight your way through with toughness, then the concrete will pound your quads even more.

- Included on the course are a few short and steeper ramps. They are not long, but they are tough. Only the strongest in fitness can 'pop' over these with a strong surge. Most athletes will want to manage the heart rate and breathing with pace management or a power walk. Just ensure you crest and then run down the other side to find leg speed right away again.

- Many athletes will benefit from a run-walk strategy that can flex if/when fatigue strikes. An example would be:

Run 5 min - Walk 60 seconds - Run 5 min - Walk 45 seconds - Run 5 min - Walk 30 seconds

Keep this rhythm until the run duration becomes too long to maintain without dropping form or posture, then adjust down without a sense of failure:

Run 4 min - Walk 60 seconds - Run 4 min - Walk 45 seconds - Run 4 min - Walk 30 seconds

Once again, keep this rhythm until the run duration becomes too long to maintain without dropping form or posture, then adjust down again:

Run 3 min - Walk 60 seconds - Run 3 min - Walk 45 seconds - Run 3 min - Walk 30 seconds

Whether you begin the pattern with 10 minutes or 3 minutes of running, depends on your level of running ability and what shape you are in coming off the bike. Either way, you get to retain good form and speed, while having a ready-made toolbox of fatigue management. It might feel like you will be walking a lot, but the net outcome is faster run splits. The key is to integrate this approach before you are desperate or really struggling.

**YOUR MANTRA: Form over force.**



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## A FINAL NOTE FROM MATT

Race what is in front of you. You are sure to enjoy this unique event and setting. Embrace this race, then enjoy the day at the beach. You will have earned it.

# IMPRESS ME, DON'T DEPRESS ME.

- Matt

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**We want to know how your race went - and what you thought of this course preview!  
Send us a note at [info@purplepatchfitness.com](mailto:info@purplepatchfitness.com) and share your thoughts.**