Season Performance Review

Executive Summary

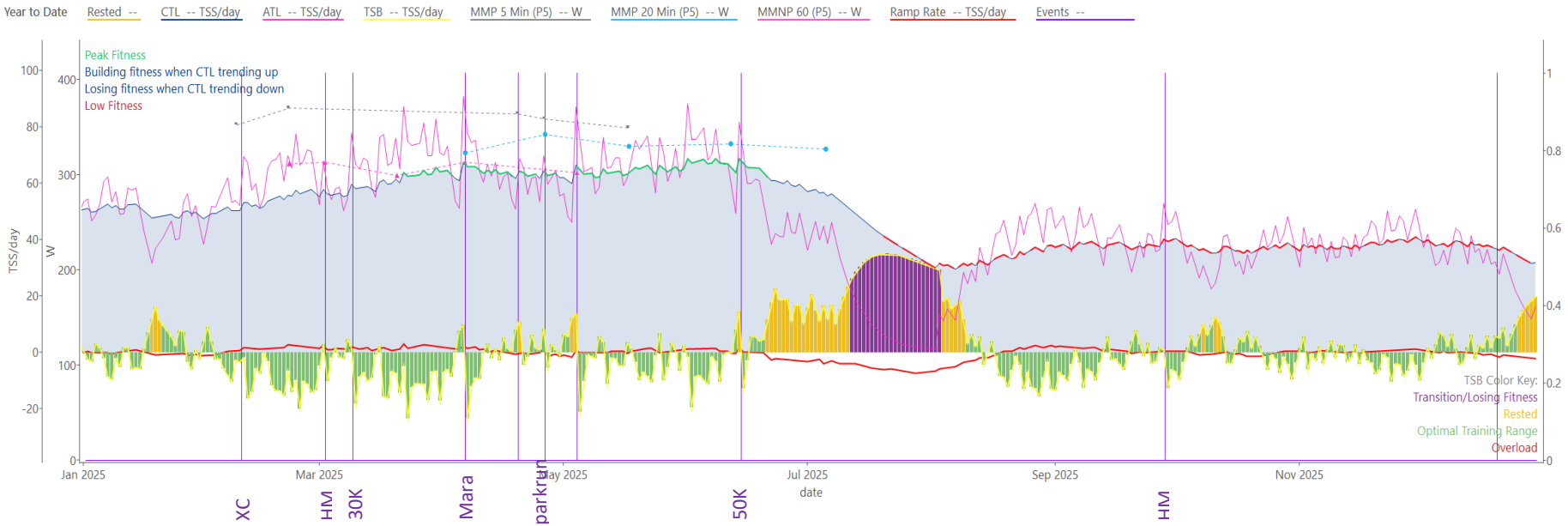
Your 2025 season was characterised by a well-structured CTL build culminating in a peak of ~68 ahead of your A-race, the Brighton Marathon. The Performance Management Chart (PMC) indicates that you consistently performed best when TSB on race day -1 was between +2 and +10, with your marathon PB achieved at TSB +10. This reflects a strong alignment between fitness development and fatigue management. Your ability to maintain high ATL loads without breakdown demonstrates excellent durability, while your PBs across multiple distances confirm effective aerobic development. However, post-marathon recovery was insufficient, leading to high fatigue in subsequent ultra-distance events. CTL also dropped below optimal levels in late summer, reducing performance potential in autumn races. Strategic recovery blocks and more deliberate tapering for ultra events will be key to optimizing future outcomes.

How to Read Your Data

This review looks at how fitness (CTL), fatigue (ATL), and freshness (TSB) interacted across your season, and how well those elements were timed around key events. The goal isn't just to show how fit you became, but to explain why certain races went particularly well, and where fatigue management limited performance.

When reviewing race readiness, we focus on TSB on event day -1, which gives a more accurate picture of how fresh you truly were going into each race.

Season Review: Performance Management Chart



What the PMC Shows

Your season was anchored by a very strong spring marathon build, followed by a long period of durability-focused training and racing. The PMC shows:

- A steady CTL rise from the low-50s in January to a peak of ~68 ahead of Brighton Marathon.
- Sensible ramp rates throughout the marathon build, avoiding sharp spikes.
- Clear taper execution before priority events.
- Strong fatigue tolerance later in the year, though sometimes at the expense of peak performance.

Overall, this was a season where fitness was built well and expressed effectively, particularly when freshness was respected.

☑ What Worked Well

- Controlled CTL progression into the A-race.
- Excellent taper timing for marathon and half marathon events.
- Strong ability to race well off moderate freshness (TSB +2 to +10).
- High durability — you handled sustained training load without breakdown.
- Multiple PBs across different distances, showing transferable fitness.

✸ Season Highlights

Three Personal Bests across key distances:

- Brighton Half Marathon — 1:37:07
- Brighton Marathon — 3:28:27
- parkrun Hove — 20:51

These performances reflect not just improved fitness, but improved timing of that fitness.

🏁 Event-by-Event Analysis (TSB = Day -1)

🥇 Cross Country League — 9 February 2025

- C-race / Strength stimulus
- Result: 27:35 (5.4 km)
- CTL: ~51
- TSB (Day -1): ~-4

Coach's Take:
You raced this slightly fatigued, which is appropriate for XC when it's used as a conditioning tool. Performance wasn't the goal here, resilience was.

Key Win: Strength development without disrupting the marathon build.

🥇 Brighton Half Marathon — 2 March 2025

- B-race
- Result: 1:37:07 (PB)
- CTL: ~58
- TSB (Day -1): ~+3

Coach's Take:
This was a near-perfect balance of fitness and freshness. You didn't over-taper, but you arrived fresh enough to race hard. The result confirms that your aerobic base was already very strong at this point.

Key Win: Excellent fitness-to-fatigue balance.

🥇 Steyning Stinger 30k — 9 March 2025

- B-race / Long-run substitute
- Result: 2:56:31
- CTL: ~60
- TSB (Day -1): ~+2

Coach's Take:
This sat well within the marathon block and was absorbed cleanly. You raced it with enough freshness to perform, without compromising the bigger goal.

Key Win: Smart integration of a demanding race into a marathon build.

🥇 Brighton Marathon — 6 April 2025

- A-race
- Result: 3:28:27 (PB)
- CTL: ~68
- TSB (Day -1): ~+10

Coach's Take:
This was the standout performance of the season. The PMC shows a clear taper window, controlled fatigue reduction, and excellent timing. You arrived fresh without losing fitness — exactly what we aim for in a marathon.

Key Win: Textbook marathon preparation and execution.

🥇 Sussex Road Relays — 19 April 2025

- C-race
- Result: 13:48 (3.25 km)
- CTL: ~62
- TSB (Day -1): ~+1

Coach's Take:
A solid return to racing post-marathon. You hadn't fully reset yet, but this was appropriate for a short relay effort.

Key Win: Maintained sharpness without forcing recovery.

🥇 parkrun Hove — 26 April 2025

- B-race
- Result: 20:51 (PB)
- CTL: ~64
- TSB (Day -1): ~+3

Coach's Take:
This shows how well you transitioned out of the marathon. You respected recovery just enough to unlock speed again.

Key Win: Strong post-A-race rebound.

🥇 Three Forts — 4 May 2025

- B-race
- Result: 4:13:35
- CTL: ~67
- TSB (Day -1): ~-12

Coach's Take:
You raced this carrying significant fatigue. Fitness was high, but freshness wasn't. That limited performance, particularly late on.

Key Win: A clearer post-marathon reset would help here.

🥇 South Downs Way 50k — 14 June 2025

- B-race
- Result: 3:48:04
- CTL: ~69
- TSB (Day -1): ~-13

Coach's Take:
This was raced deep in fatigue. While your durability carried you through, the PMC suggests you never truly freshened up for this event.

Key Win: Ultras benefit from freshness more than absolute CTL.

🥇 Barns Green Half Marathon — 28 September 2025

- B-race
- Result: 1:50:26
- CTL: ~42
- TSB (Day -1): ~+3

Coach's Take:
A solid run, but not a peak. Fitness had dipped compared to spring, and while freshness was reasonable, the aerobic base wasn't at its best.

Key Win: Maintain a higher summer CTL floor.

🏅 Park Run Horsham — 20 December 2025

- C-race
- Result: 22:45
- CTL: ~40
- TSB (Day -1): ~+5

Coach's Take:
A good expression of residual fitness late in the year. Not a target race, but a positive sign of retained speed.

🔧 Key Improvements for Next Season

🧱 1. Post-A-Race Reset

After Brighton Marathon, CTL stayed high for too long. Next season:
- Insert a clear 2–3 week reset
- Allow CTL to drop deliberately before rebuilding

This will improve performance in secondary races.

🗻 2. Ultra-Specific Freshness

For long trail and ultra events:
- Target TSB +5 to +10
- Accept slightly lower CTL if needed
- Reduce intensity earlier in the taper

Durability is a strength, freshness will unlock more.

🕸️ 3. Protect the Summer Base

CTL drifted into the low-40s by late summer. A mid-40s maintenance block would:
- Preserve aerobic gains
- Make autumn races feel sharper
- Reduce the need for rebuilding

🏆 Final Thoughts

This was a breakthrough season, anchored by an outstanding Brighton Marathon performance. The PMC shows that when fitness and freshness are aligned, you race extremely well.

📊 **Year-to-Date Peak Pace Summary**

Date & Time	Peak 1 km Pace (min/km)	Peak 1 mile Pace (min/km)	Peak 5 km Pace (min/km)	Peak 10 km Pace (min/km)	Peak 15 km Pace (min/km)
04/01/2025, 09:03	4:20	4:20	4:29	—	—
21/02/2025, 10:32	—	—	—	—	5:13
02/03/2025, 09:31	—	—	4:31	4:34	4:34
20/03/2025, 08:53	—	—	—	—	5:06
06/04/2025, 09:52	—	—	4:50	4:50	4:52
19/04/2025, 14:29	4:07	4:07	—	—	—
26/04/2025, 09:01	4:12	4:12	—	—	—
29/04/2025, 07:14	—	—	—	5:04	—
22/05/2025, 17:23	—	—	—	5:03	—
31/05/2025, 08:35	—	—	4:59	4:59	—
11/06/2025, 19:24	—	—	4:52	—	—
25/06/2025, 19:15	4:22	4:22	—	—	—
28/09/2025, 10:05	—	—	—	—	5:10
25/10/2025, 09:01	4:17	4:17	—	—	—

Next season, focus on intentional recovery and maintaining your fitness.

The engine is solid; let's fine-tune the timing.

📊 Peak CTL	~68
📈 Optimal TSB Targets	+2 to +10 (Marathon: +8 to +12)
🏅 Personal Bests	Brighton HM: 1:37:07 Brighton Marathon: 3:28:27 parkrun Hove: 20:51

📈 Aerobic Efficiency (EF) – Seasonal Trend Summary

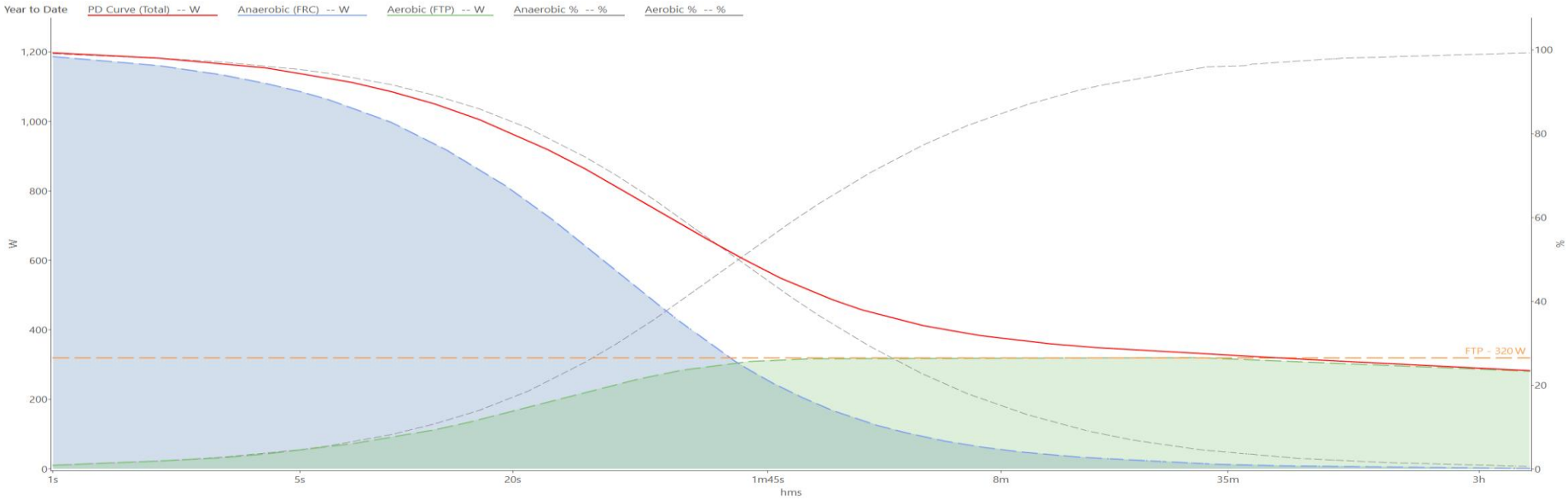
Efficiency Factor (EF) provides insight into how effectively pace or power is produced relative to heart rate. In simple terms, it tells us *how much work you're getting for a given cardiovascular cost*. Across the season, EF trends closely mirrored both fitness development and fatigue management.

Period	Typical EF Range	Interpretation
Jan–Feb	~1.9–2.1	Rapid early efficiency gains as aerobic base consolidated
Mar–Apr	~2.0–2.3	Peak efficiency aligned with taper and marathon readiness
May–Jun	~1.9–2.1	Slight suppression due to accumulated fatigue post-marathon
Jul	~1.9–2.0	Stable but variable during reduced structure
Aug–Sep	~1.85–2.05	Improved consistency following power adoption
Oct–Nov	~1.9–2.1	Strong efficiency retention through mixed terrain and XC
Dec	~1.7–2.0	Expected seasonal variability and fatigue effects

Coach's Interpretation

- EF peaked during the marathon taper, reinforcing that your best performances occur when freshness and aerobic efficiency align.
- Post-marathon EF suppression reflects fatigue accumulation rather than loss of fitness.
- Following the transition to power in August, EF did not spike but variability reduced, indicating **better pacing discipline and effort control**.
- This supports what we see elsewhere in the data: power has improved *execution quality*, not just output.

Power Duration Curve Analysis



Quick Stats

FTP	~320 W
Your functional threshold power. This is your sustainable 60-minute race pace and a key anchor for training zones and race targeting.	
Aerobic Contribution	≈93% at 20 min; ≈97–98% at 60 min
Indicates a highly aerobic profile. You rely on steady-state endurance and fatigue resistance rather than short anaerobic bursts.	
Race-Relevant Durations	10 km: ~365–370 W Half Marathon: ~335–340 W Marathon: ~315–320 W
Estimated average power targets for race distances. Use these to guide pacing and avoid early over-commitment.	

Power Adoption Impact (Pre- vs Post-August)

Before August, your training was guided by pace, RPE, and heart rate. Since adopting power-based training in August, your execution quality has improved significantly. You now maintain a steady pace, prevent early surges, and control fatigue better in longer workouts. While your FTP and overall fitness curve have remained stable (as expected given the timing), your ability to express that fitness has clearly improved. Power has enhanced your consistency and control, particularly when racing under fatigue or over variable terrain.

1. Power–Duration Profile Overview

Your power–duration curve reveals a highly aerobic-dominant profile. With an FTP around 320W, your power output remains remarkably stable over long durations. At 20 minutes, approximately 93% of your power is aerobic, and by 60 minutes, that contribution rises to over 97%. Even at durations beyond 2 hours, anaerobic contribution is negligible. This confirms that your performance is driven by aerobic strength and fatigue resistance rather than short-term anaerobic bursts.

2. Aerobic vs Anaerobic Contribution

Your power over short bursts (1–30 seconds) is reliable but not outstanding. Anaerobic energy drops quickly, which is common for endurance athletes. Early surges or pacing too fast will likely hinder performance, as repeated anaerobic efforts aren't your strength. You perform best with steady, sub-threshold exertion suited for half marathons, marathons, and ultra distances.

3. Impact of Power-Based Training (Since August)

You began using power in August, after your aerobic base had already been well established through pace, RPE, and heart rate–guided training. As expected, there has not been a sudden increase in FTP or a dramatic reshaping of your power–duration curve. This is normal, as structural adaptations take time and power was introduced as a tool for execution, not fitness building.

4. Improvements in Execution Quality

What has changed is the quality and consistency of your execution. Since adopting power, your efforts have become more stable, with fewer spikes above threshold and better pacing control. This has helped you avoid early over-commitment and maintain output more effectively in the latter stages of races. Power has provided objective feedback that complements your strong aerobic engine, especially when fatigue makes subjective pacing less reliable.

5. Coaching Implications and Recommendations

Your power–duration curve confirms that you are best suited to steady, sub-threshold efforts. Power is an ideal tool for your physiology, as it reinforces discipline and protects against over-pacing. Looking ahead, the benefits of power will become more pronounced when it is used earlier in the training cycle to guide threshold development and race-specific targeting. We will

continue refining your power targets and integrate more power-based sessions to further enhance your execution and performance consistency.

Race-Specific Pacing Cheat Sheet

Race Type	Recommended Power	Pacing Cues	Execution Notes
10 km	365–370 W	Controlled discomfort; hold steady effort from 2 km onward	Avoid surging early. Settle into target power by 1 km and maintain. Slight fade acceptable in final km.
Half Marathon	335–340 W	Comfortably hard; breathing controlled but focused	Hold steady power throughout. Avoid drifting above target on downhills or early adrenaline.
Marathon	315–320 W	Sustainable; should feel manageable through 30 km	Discipline is key. Stay below target in first 5 km. Let power guide effort on hills and into wind.
Trail/Ultra	280–300 W (adjusted for terrain)	Easy to steady; hike steep climbs if power spikes	Use power to cap effort on climbs. Focus on consistency and fueling. Let terrain dictate pace, not feel.

🏃 Athlete Glossary (Quick Reference)

Term	Definition
Fitness (CTL)	A long term measure of how fit you are. Higher CTL means a stronger aerobic base and better endurance.
Fatigue (ATL)	A short term measure of how tired you are from recent training. High ATL means you're carrying fatigue.
Freshness (TSB)	The balance between fitness and fatigue. Positive TSB = fresher; Negative TSB = tired. You race best when TSB is slightly positive.
TSB (Day 1)	Your freshness the day before a race. This is the most reliable indicator of how ready you are to perform.
Efficiency Factor (EF)	How much speed or power you produce for a given heart rate. Higher EF = better aerobic efficiency.
Heart Rate Drift	When heart rate rises even though pace or power stays the same. More drift = fatigue or poor fueling; less drift = good endurance.
Peak Pace	The fastest pace you've been able to hold for a specific distance. Shows how well fitness is being expressed.
Power	A direct measure of how hard you're working, unaffected by hills, wind, or fatigue. Helps keep pacing controlled and consistent.
FTP (Threshold Power)	The hardest effort you can sustain for about an hour. Used to guide training intensity and race pacing.
Power–Duration Curve	A chart showing how much power you can hold for different lengths of time. Helps identify strengths and guide race strategy.
Race Relevant Power	Your target power range for a specific race distance. Staying near this helps avoid starting too fast.
Durability	Your ability to keep going strong late in a race. High durability means less drop off when tired.

RPE (Perceived Effort)	How hard something feels. Useful, but can be misleading when tired or excited.
B Race / C Race	B Race = important but not fully tapered; C Race = treated as training rather than peak performance.
Taper	A planned reduction in training volume before a race to allow fatigue to drop while keeping fitness.