

Name: Grant Grafentin

Home: San Francisco, California (until 2020), Bend, Oregon (2020 - present)

Goals

Running	break 1:12h	Half-Marathon	achieved	1:10h	2021 Sonoma Half-Marathon (Overall Winner 1st)
Running	break 2:30h	Marathon	achieved	2:27gh	2022 CIM Sacramento
Running	break 33min	10k	achieved	32:50min	September 2022 10km Bend, Oregon
Cycling	LT1/2 Goals		achieved		
Triathlon	Win 70.3 overall		achieved		September 2021 70.3 Washington

Training volume: 12-max.18hrs/wk

Official start: August 2018

Age: 25 years in 2018

Work: 40-50h/wk

Testing data from Blood lactate testing (BLT):

Bike	LT1	LT2	Bodyweight
2018	210w 139b	258w 154b	78kg
2019	230w 140b	270w 154b	77kg
2019	248w 143b	284w 157b	76kg
2020	255w 143b	295w 158b	75kg

Run	LT1	LT2
2018	645 (158b)	550 (170b)
2019	625 (158b)	555 (165b)
2019	623 (158b)	537 (168b)

TRAINING DATA

Training hours per week	Covid				Training frequency:
	2019	2020	2021	2022	
average	10.5h/wk	10h/wk	11h/wk	12h/wk	swim sessions per week 1-3x bike sessions per week 3-4x run sessions per week 4-6x
Peak	17h/wk	18h/wk	20h/wk	20h/wk	
70.3 Race results	4:20hrs	4:17hrs	4:04hrs	3:57hrs	
Half-Marathon	1:14:09h		1:10:11h		

Annual Training distribution:

	2019	2020	2021	2022
swim		19%	8%	14%
bike		54%	48%	50%
run		25%	37%	32%
XC-ski			2%	1%
Strength		2%	2%	2%
Other			3%	

Training per week	2019	2020	2021	2022
Running				

Duration	av. 2:40h	av.3:24h	av.3:20h	per week
Distance	23.2 miles	27.9 miles	30.4 miles	32.3 miles
Peak (mi)	46 miles	56 miles	45 miles	71 miles
Peak (time)	5:15h	8h	6:48h	8h

Half_marathon	1:14:09h	1:10:11h
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Training analysis: 3-4x weekly (TrainingPeaks)

Direct contact: 3-5 x weekly

Point of contact: Majority through text & phone calls. 2-4x per month were face to face in person when Grant lived in the Area. Track sessions & bike rides supported Grant at local events, travelled by air or by car to the events

Others:

Training plan adjustments: needed adjusting at times due to work related travel, or when his body needed more rest/recovery, in this case his daily training was adjusted until he felt more recovered and ready to go again

Notes:

Grant is a disciplined and goal oriented athlete with great ambitions. It is a pleasure to work with him. He is a great student of the sport, always willing to learn, motivated, diligent and driven by his competition. His swim technique is still his weakness. Over the years he has become more committed to improving his swimming. However, due to his limited time to swim he could initially only commit to 2-3 swim session per week on average. Over the past 2 years Grant has invested more time into becoming a better swimmer. but in order to have a bigger impact he would need to swim 4 to 5 times per week consistently over a longer period. Although, his swim race results have remained the same more or less, the biggest improvements has come from a higher economy/efficiency attained through a higher general swim fitness thanks to a slightly higher swim volume which meant that more energy(calories) were saved and then invested into the bike and run performances.