



Racing Plan

The goal for race day is to be clear, confident and energised.

Familiarity brings confidence, only use strategies, kit and fuel on race day that you have tested previously. Racing strategies are habits before you toe the start line.

Date:- __/__/__ Race Location:- _____ Race Length:- _____

Target Race Duration:- __:__:__ Maximum Race Duration:- __:__:__

Pre-Race-

Proper Preparation Prevents Poor Performance.

Sleep and Nutrition

Time to Bed: _____ Wake Up Time: _____

Night Before Meal: _____ Race Morning Meal: _____

Fluid In Last Hour: _____ CHO In Last Hour: _____

Kit Plan

Checklist completed: _____

Transition area: _____ Run through complete: _____

T1	_____	T2	_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____

Warm Up

Walk/ Run/ Drill:

Time- _____ Intensity- _____

Mobility:

SMFR Key Areas- _____/_____/_____/_____/_____

Dynamic Stretches Key Areas- _____/_____/_____/_____/_____

Swim/ Drill:

Time- _____ Intensity- _____



Race-

Develop a process focus, be in the moment.

For each of the following sub sections see the individual pages in the Race Execution section of the site.

Form Process

Swim: _____ Note: _____
Bike: _____ Note: _____
Run: _____ Note: _____

T1: _____ T2: _____

Pacing Process

Swim: _____ Note: _____
Bike: _____ Note: _____
Run: _____ Note: _____

Fuel Process

Strategy for steady ingestion of fuel and hydration throughout your race duration.

Fluids Sip Quantity: _____ Sip Time Interval: _____ Fluid Target P/Hour: _____
CHO CHO Quantity: _____ CHO Time Interval: _____ CHO Target P/Hour: _____

For specific sources of CHO and electrolyte ingestion see the Race Fuelling Planner.

Thoughts Process

During racing, the majority of the time your *Thoughts* process is related to *Form, Pace & Fuel*.

There are inevitable moments when concentration wanders and you cannot help but be at one with the discomfort, negative feelings and focusing upon your outcome.

When this happens, what are you going to focus upon to help you through??

Swim: _____ Bike: _____ Run: _____

Post-Race-

Analysis comes later, for the moment, lets focus upon getting recovered.

Recovery Strategy-