

## MY RACE PLAN

Race: \_\_\_\_\_

Race Date: \_\_\_\_\_

Race Priority (circle one) A / B / C

Why I am doing this race:

Swim Goal:

T1 Goal:

Bike Goal:

T2 Goal:

Run Goal:

### Two Days Before the Race

Date:

Breakfast:

Lunch:

Dinner:

Snacks:

Travel Plans: (if any: confirmation #s, hotel, addresses, etc)

Workout schedule:

Other Activities:

Bed Time:

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**One Day Before the Race**

**Date:**

**Breakfast:**

**Lunch:**

**Dinner:**

**Snacks:**

**Travel Plans:** (if any: confirmation #s, hotel, addresses, etc)

**Workout schedule:**

**Other Activities:**

**Bed Time:**

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**RACE DAY!!!**

**Weather forecast:**

am: Wake up

am: Eat and Drink

am: Leave for Race

**Positive thoughts for race morning:**

**My pre-race nutrition and hydration plans are:**

**Once I arrive at the race site I will do the following:**

**My warm-up routine is:**

**Transition closes at:**

**SWIM**

**My wave starts at:**  **I am in wave #:**

**My swim mantra is:**

**My swim start position and pacing strategy are:**

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**TRANSITION 1**

**My T1 (swim - bike) transition steps are:**

- 1)
- 2)
- 3)
- 4)
- 5)

**BIKE**

**My bike mantra is:**

**My bike pacing strategy is:**

**Aid stations are located at miles:**

**My bike nutrition and hydration plans are:**

**TRANSITION 2**

**My T2 (bike – run) transition steps are:**

- 1)
- 2)
- 3)
- 4)
- 5)

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**RUN**

**My run mantra is:**

**My run pacing strategy is:**

**Aid stations are located at miles:**

**My run nutrition and hydration plans are:**

**CONTINGENCY PLANS**

1)

Response:

2)

Response:

3)

Response:

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**AFTER THE RACE**

**My post-race hydration and nutrition plans are:**

**My post-race cool down and stretching plans are:**

**My post-race celebration plans are:**

**WHAT REALLY HAPPENED AND LESSONS LEARNED**

**Finish Time:**

**Overall place (gender)**  **Out of:**

**Age Group Place:**  **Out of:**

**Actual warm-up:**

**Actual pre-race nutrition and hydration:**

**Swim Split:**  **Difference from goal (+ / -)**

**Swim place (gender)**  **Out of:**

**Swim place (age group)**  **Out of:**

**Swim comments/lessons learned:**

**T1 Split:**  **Difference from goal (+ / -)**

**T1 place (gender)**  **Out of:**

**T1 place (age group)**  **Out of:**

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**T1 comments/lessons learned:**

**Bike Split:**

**Difference from goal (+ / - )**

**Bike place (gender)**  **Out of:**

**Bike place (age group)**  **Out of:**

**Actual bike nutrition/hydration:**

**Bike comments/lessons learned:**

**T2 Split:**

**Difference from goal (+ / - )**

**T2 place (gender)**  **Out of:**

**T2 place (age group)**  **Out of:**

**T2 comments/lessons learned:**

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Run Split:  Difference from goal (+ / -)

Run place (gender)  Out of:

Run place (age group)  Out of:

**Actual run nutrition/hydration:**

**Run comments/lessons learned:**

**Overall race comments and reflections on the experience:**

**CONGRATULATIONS!!!**

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