



Race Planning and Evaluation Page

Athlete Name: _____

Race Name Location & Date: _____

Race Priority A, B or C: _____

Theme/Focus for the Race (1 to 5 words): _____

PRE RACE: Top Goals or Intention Statements.	POST RACE: Evaluate
Outcome Oriented: (1e PR by x minutes, Place in AG)	Achieved? Lessons?
1.	1.
2.	2.
3.	3.
Process Oriented: (1e: Stay aero, take in gel every 35 min on run)	
1.	1.
2.	2.
3.	3.

PLANNING:

<u>Section</u>	<u>PRE RACE: Guidance Key points of focus, motivation, notes or goals for each section</u>	<u>Pre Race Key Words Mantras</u>	<u>POST RACE: Grade Yourself and make comments on how you did with a grade of A, B or C</u>
Race Set UP	Example: Proper tire pressure. Do not overinflate tires. Arrive early to allow time for set up. Warm up.	Example: Calm & Cool	
Swim			
Bike			
Run			

<u>Section</u>	<u>Guidance</u>	<u>Keywords</u>	<u>Notes</u> <i>(Rate A, B or C AND Improve?/Maintain?)</i>
Nutrition			
Transitions			
Mindset			

Pre- Race

Review your training log and reflect on the preparation.

1. What obstacles have you overcome?
2. Who has supported you in this journey?
3. Why is this important to you?
4. What have you learned during prep?
5. What doubts do you have and more importantly how can you address these now before the race starts to have the best outcome possible?

Write down acceptable reasons to quit or dial back intensity. Knowing this in advance removes race day “outs” that may lead to disappointment later. You can’t beat yourself up for DNF over a flat if your intention was to do that. If 10 people in AG pass you on bike, will you dial back the run to save the legs? If you flat out or power meter dies will you quit or go easy? If there are no reasons....write that down too. This helps combat the subconscious mind’s excuses that will be thrown your way when the race hurts.

Write down the reasons you know you will be successful (10 minimum).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Send this document back to coach who can support you through the planning and evaluation process.

Visualize yourself working through all obstacles to achieve your dream.