

## Race Plan Worksheet

### *intention*

What is your intention for this race?

### *goals*

List your conservative goal.

List your public goal, what you'll tell friends and coworkers you hope to do.

List your private goal, what you'll tell your best friends you'd like to make.

List your super-secret radical goal.

### *gear*

What are you using?

What are you wearing?

What if it's really cold?

What if it's really hot?

What's your anti-chafing plan?

### *prerace nutrition*

What do you plan on eating for dinner the night before?

Breakfast on race day?

### *race nutrition*

Please list exactly what you plan to eat and when (either by time or by mile markers).

Ditto for hydration.

### *pacing*

What's the plan?

How will you hold yourself accountable to this plan? What if your equipment doesn't work?

How will external factors such as weather, terrain, or crowds affect this plan? How will you alter the plan in response?

How and when will you warm up to best execute this plan?

### *mental strategies*

List three workouts from this training cycle in which you learned something about your mental and physical abilities.

What mental strategies or tricks do you plan to use in the race?

List your fears about the race, and how you plan to cope should they materialize. Mark each one as either “in my control” or “out of my control.”

Include any other contingencies that seem relevant.

## *recovery*

What will you wear in the minutes after the race?

What will you eat and drink in the minutes and hours after the race?

What will you do in the minutes and hours after the race for your recovery?