

Race Week Timeline

all week

- Be kind to friends and family
- Visualize success on race day
- Nail down final logistics
- Practice skills: changing a flat, transitions
- Pack
- Consider what's next

five days before the race

- Taper workout

three days before the race

- Taper workout

two days before the race

- Self-care: light massage
- Course preview on site, when possible
- Eat well
- Relax
- Sleep well

one day before the race

- Final workout
- Pick up race packet
- Attend prerace meeting, when applicable
- Check and lay out equipment
- Get off your feet

race morning

- Wake up
- Eat
- Use bathroom
- Dress
- Head to race
- Pick up chip, if relevant
- Set up equipment

Walk through transition (for triathlons)

Warm up

Go!