

## Postrace Debrief

### *what worked*

What worked well?

How did your planning help you control the things you could?

What elements of your plan paid off especially well on race day?

How can they be replicated in the next race?

Most importantly: What did you learn about yourself?

### *what didn't work*

What didn't go so well?

What was different than you expected?

Was it in your control or out of your control?

If it was in your control, how would you avoid or cope with it next time?

If it was out of your control, how did your intention help you set the proper attitude to meet it?

Most importantly: How can these issues be corrected or improved in the future, with either a change of planning or attitude?