

Race Planning Questionnaire

what

What do you want to feel when you cross the finish line?

What will be a satisfying performance?

What kind of race environment suits you best?

What is the right race distance and race size to achieve your desired outcome?

who

Who in your life is affected by your training and racing? Will they support you in the way you need?

Who will you train with? Do you plan to race with them?

where

Where can you viably travel to race?

What kind of terrain and courses suit your strengths?

when

When do you have free time to train? To travel to race?

When are your major work deadlines?

When may your family and relationships experience transitions during your training cycle?

When will seasonal weather changes impact your training? How does the training weather compare to anticipated race-day weather?

why

Why do you want to run this race?

Why is now the very best time for it?

how

Given these broad-stroke answers, how can you best train wisely?