



RACE WEEK WORKSHEET

USE THIS WORKSHEET TO PREPARE
FOR YOUR UPCOMING EVENT.



RACE LOGISTICS (Fill in the blanks)

Race Start Time and Location:

Travel Time to Race Start:

Race Day Weather:

Required Gear:

Race Day Clothing:

Race Day Nutrition:

Race Day Transportation Plan:

Other Race Day Logistics (ex. Bag Drops, Transitions, Spectator Considerations):



RACE WEEK MENTAL PREPARATION

Consider the moment that you signed up for this event and answer two questions.

1) *Why did you commit to this event?*

2) *How did you expect to feel after its completion?*

Consider the thoughts that you will have during the race.

1) *What will you think about when things are going well?*

2) *What will you think about when things are hard and not going your way?*
*(*hint* These might be the same thing)*

On race day, it is important to decide ahead of time, what you will think about during your competition. Take time now to prepare and write your script. *What words will you think about? What will you need to constantly remember? What is your mantra? Write it out below, and on race day, stick to it!*



WANT TO KNOW MORE?

Sarah@actionfirst.net