

RACE PLANNER

PLAN THE DAY. RUN THE PLAN. ENJOY THE FINISH.

RACE NAME

DATE

DISTANCE

TARGET TIME

TARGET PACE

RACE DAY CHECKLIST

Get everything ready before the start.

THE NIGHT BEFORE	RACE MORNING	BEFORE THE START
■ Bib / number	■ Breakfast	■ Warm-up
■ Kit	■ Hydration	■ Toilet
■ Shoes	■ Fuel / gels	■ Start pen
■ Watch charged	■ Travel	■ Race plan
■ Fuel packed	■ Weather checked	■ Deep breath

MY RACE PLAN

Know what you want to do before the adrenaline takes over.

SECTION	TARGET PACE	WHAT I'LL DO
START		Settle in. Don't chase the crowd.
MIDDLE		Find rhythm. Stay controlled.
FINAL 25%		Assess. Commit if I can.
FINISH		Leave nothing I have safely available.

FUEL & HYDRATION

Write down your own plan based on what you've trained with.

WHEN / KM	FUEL	HYDRATION	NOTES

RACE RESULT

Record the result while it's fresh.

FINISH TIME _____	AVG PACE _____	PB? YES / NO
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POST-RACE

The race is over. What did you learn?

BIGGEST WIN	WHAT I'D CHANGE	ONE THING I'M PROUD OF