



## Race Results, Evaluation and Debrief

Putting down your results and evaluation allows you to learn a lot more from your race - the good and the not so good - and takes those lessons into what you do next. This is an often overlooked but super important strategy that will lead you towards being your best.

**Name:**

|              |  |              |  |
|--------------|--|--------------|--|
| <b>Race:</b> |  | <b>Date:</b> |  |
|--------------|--|--------------|--|

| <b>My Three Outcomes for this race:</b> | <b>Achieved</b> |
|---|-----------------|
| 1.                                      |                 |
| 2.                                      |                 |
| 3.                                      |                 |

| <b>RESULTS</b> | <b>TARGET</b> | <b>ACTUAL TIME</b> | <b>PLACE</b> |
|----------------|---------------|--------------------|--------------|
| SWIM           |               |                    |              |
| T1             |               |                    |              |
| BIKE           |               |                    |              |
| T2             |               |                    |              |
| RUN            |               |                    |              |
| FINISH         |               |                    |              |



# ENDURANCE SPECIFIC COACHING

| EVALUATION          | RATING/10 | COMMENTS |
|---------------------|-----------|----------|
| Warmup              |           |          |
| Swim                |           |          |
| Bike                |           |          |
| Run                 |           |          |
| Transitions (T1/T2) |           |          |
| Race Nutrition      |           |          |
| Race Plan           |           |          |
| Equipment           |           |          |
| Concentration       |           |          |
| Enjoyment           |           |          |
| <b>Total/100</b>    |           |          |



**ENDURANCE**  
**SPECIFIC**  
COACHING

**Three things I am happy with about my race:**

1.

2.

3.

**Three things I want to improve (or mistakes I made)**

1.

2.

3.

**Race Highlight(s)**