



Race Strategy & Planning

Name:

Race:		Date:	
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My Three Outcomes for this race:	Achieved
1.	
2.	
3.	

“As long as I swim, bike and run as I have trained and prepared to do. Eat and drink regularly, stay mentally calm and problem solve throughout the race, I know I am doing everything I can in the moment and the outcome will be what it is”.

Achieving Optimal Race Day Focus

“Failing to Plan is Planning to Fail”

#1. Trust in your Training - you have done all the hard work and now it's time to enjoy the benefits and have fun. You are fit, strong, and are in fantastic physical shape. The training is in the bank and now is the time to make a decent sized withdrawal. Believe in yourself!

Use affirmations repeatedly and in the first person to lock it into your subconscious mind. Here are some examples: I am fit, I am strong, I am in fantastic physical shape, I am unstoppable, I am ready, excited and in the moment. I CAN do this.

#2. Visualise - the race from start to finish. The perfect race and performing each aspect perfectly as you can. This takes time and practice but is not as hard as it first seems. Your mind will most likely wander off the subject at first .. but just accept that and bring it back. You will also encounter 'roadblocks' - work on working out how to overcome these.



ENDURANCE SPECIFIC COACHING

#3. Expect the unexpected - Remain flexible and problem solve throughout the race. Control only what IS controllable and forget what is out of your control. If you get a flat tyre - so what - just stay calm, fix it quickly and get going again. If you get worked up, you will actually take longer to get going again and even create more problems. Stay focused and in control.

#4. Stay present - Keep focused and your thoughts present. No 'time traveling' backwards or forwards. In the swim focus on your plan and cue words, not on the bike or the outcome you want or what happened in a previous race etc. When you lose focus your perceived exertion actually increases and what you're doing feels harder than it actually is. By focusing in on the moment and executing your race strategy and nutrition plan your outcome will be far better than if you let your thoughts continually wander.

Warm Up Strategy:	Achieved
1.	
2.	
3.	

Cue Words	ie. Calm, Focused, Breathe
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Swim Strategy:	Achieved
1.	
2.	
3.	

Cue Words	ex. catch, strong full pull through, breathe
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ENDURANCE SPECIFIC COACHING

Bike Strategy:	Achieved
1.	
2.	
3.	

Cue Words	ex. Relax shoulders, smooth but strong
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Run Strategy:	Achieved
1.	
2.	
3.	

Cue Words	ex. smile, relax shoulders, stride rate
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Nutrition Strategy:	Achieved
1.	
2.	
3.	

Cue Words	ex. drip drip drip
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ENDURANCE
SPECIFIC
COACHING

