

PRE-EVENT PLAN FOR _____ TO COMPLETE THE _____

	Pre-Race	Event start	¼ completed	½ completed	¾ completed	Finish!	Post event
Goal time							
Goals - other	A feeling of organisation Specific goals for the event are clear I have a clear plan	A feeling of positive anticipation as I start the race.				Celebrate!!!	Review your event
How will you reach these Goals?	YOU HAVE TRAINED WELL. FOCUS ON MY RACE, MY PLAN, MY GOALS AND IGNORE WHAT OTHERS ARE UP TO – THEY ARE ONLY A DISTRACTION – AND COMPETE AS HARD AS I CAN AGAINST THE PLAN TO FINISH – WITH NOTHING LEFT IN THE TANK, LEAVE IT ALL OUT THERE, NO POINT IN TAKING IT HOME WITH YOU.						
Tactics	Warm up – how Start time	Pacing					
Nutrition	Breakfast What, when					Eat something sugary immediately	Other food before you go home
Hydration							
Clothing	Warm clothing What will you do with it?	What will you wear Hot Cold					Warm clothes.
What could go wrong???							
What will you do about it?							