

RACE-DAY PLAN

BY SCOTT FLIEGELMAN, PRESENTED BY **triathlete**
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Eliminate anxiety and go in with a precise race-day plan using this worksheet. Use the sections illustrated below, or add/subtract as you like, and then visualize a rewarding race day while making some key logistical and motivational notes for each step of the way. Share your worksheet with your coach or a triathlete friend to make sure you didn't miss anything critical. Enjoy the extra boost of confidence before you toe the line!

	PLANNED	EXTRA NOTES
RACE MORNING		
WAKEUP TIME		
BREAKFAST		
DEPART FOR RACE		
TRANSITION SET-UP		
RACE WARM-UP		
SWIM		
FIRST 200		
REST OF SWIM		
STROKE FOCUS		
NON TIME GOAL		
TIME GOAL		
T1		
GEAR NOTES		

BIKE

FUEL/FLUID PLAN

FIRST 15 MINUTES

RPE:

HR:

WATTS:

REST OF BIKE

RPE:

HR:

WATTS:

MAX ON HILLS

NON TIME GOAL

TIME GOAL

T2

GEAR NOTES

RUN

FUEL/FLUID PLAN

FIRST MILE

RPE:

HR:

WATTS:

REST OF RUN

RPE:

HR:

WATTS:

NON TIME GOAL

TIME GOAL

RACE GOAL(S)

NON TIME GOAL

TIME GOAL