



RACE DAY PLANNER

RACE _____

DATE _____

GOALS *Include at least one non-pace or finish time goal!*

1. _____
2. _____
3. _____

DESCRIBE 3 WAYS THIS RACE COULD GO & HOW YOU WILL RESPOND IN THE RACE

1. _____
2. _____
3. _____

GEAR

SHOES _____
SOCKS _____
BOTTOM(S) _____
TOP(S) _____
HAT/GLOVES _____
OTHER GEAR _____

LOGISTICS

ALARM/WAKE-UP _____
BREAKFAST _____
ARRIVE AT RACE _____
WARM-UP _____
START LINE _____
RACE START _____

PACING STRATEGY

GEAR BAG

WARM LAYER(S) _____
SUNSCREEN _____
ANTI-CHAFE _____
SOCKS _____
SANDALS/SHOES _____
MISC _____

FUELING/HYDRATION

THE DAY BEFORE
LUNCH, DINNER, HYDRATION?

IN THE RACE
WHAT FUEL, HOW MUCH & WHEN?
WHAT HYDRATION, HOW MUCH & WHEN?

THE MORNING OF
BREAKFAST & PRE-RACE HYDRATION?

YOUR 3 WORDS/MANTRAS

1. _____
2. _____
3. _____



How to use the Race Day Planner

You've put in MONTHS of work to get to your goal race; don't let all your hard effort be derailed on race day because you don't have a plan! Just like we preach "nothing new on race day" (that means all your gear and fuel should be battle-tested), it's essential to have a solid race-day plan to help you cope with normal race-day anxiety AND to help you stay focused in the race and deal with whatever comes your way!

There are several parts to developing a good race day plan: the "ephemeral" (your goals, thoughts, and feelings); the logistics (what are you going to wear, when will you wake up, when will you get to the start line, etc); and the in-race details (what are your fueling and pacing strategies?)

YOUR GOALS

What are your goals for this race? Not only pace or finish time goals but also strategy or execution goals, "have fun!" goals, etc! And yes, you can have more than three!

DESCRIBE 3 WAYS THIS RACE COULD GO & HOW YOU WILL RESPOND

In this section, list 3 possible ways your race could unfold and how you would respond. What if it feels harder than expected early on? What previous race mistakes have you made and how will you avoid making them again? By planning for all possibilities, we take away some of the anxiety that surrounds the "unknown" & remove the power it has over us.

PACING STRATEGY

The longer the race, the more crucial the pacing strategy. You can't win a marathon in the first 3 miles, but you can lose it if you go out too fast! Break down your pacing strategy and make sure to include features of the course like hills and how you'll approach them!

FUELING/HYDRATION PLAN

What are you eating for dinner the night before? What about breakfast the morning off? What's your ACTUAL in-race strategy for fueling & hydration: WHAT are you drinking and when are you drinking it? What SPECIFIC fuel are you taking, how will you carry it, and how often are you taking it? Don't let your months of training & hard work be foiled by a poor (or absent) fueling and hydration strategy!

RACE GEAR

None of your race-day gear items should be brand new; you should have worn everything previously to make sure it's race-ready! Nothing like figuring out at Mile 10 that this new race singlet is REALLY chafing under the arms...

LOGISTICS

This is ultra-important for out-of-town races, but planning your schedule is essential to ensure you have plenty of time to do what you need to do and be where you need to be! Begin with the race start time and work BACKWARDS. Race corrals often close before the race starts, so when do you need to be in position? How long do you need for a warm-up? How long will it take to arrive at the race? When will you wake up and eat breakfast?

CHECKED BAG

This is vital for larger races, but a checked bag is something you bring to the start line and then check with the race organizers and get it back at the end of the race. Checked bag essentials can include pre-race items like sunscreen, snacks, anti-chafe balm, and more; post-race essentials might be comfy dry clothes and outer layers, a phone charger, sandals/comfy shoes and fresh socks, and more.

YOUR 3 WORDS

What three words will keep you on track, inspired, and refocus you when you need it? They can be ANYTHING: verbs, nouns, adjectives. But they will speak to you and ensure you have the strongest race possible!



Need help setting up your race goals and pacing strategy?

The Goal-Setting Masterclass has all the information you need!

Learn how to set up your race goals and pacing strategies like a pro!