

Race Planner

Race: _____ Date: _____

Race Goal (ideal time): _____

Range Goal (time): _____

Process Goals (keeping my form, remembering to hydrate properly, maintaining even pace) _____

Warm-up thoughts: (some say where you start is where you'll end up)

Your thoughts:	Examples:
	I have completed my training and earned my way here My body feels strong and relaxed I feel prepared and eager to face this challenge I'm ready to attack this race

My race mantra is:

My power words are:

My focusing strategies include:

Example: associative strategy: I will focus on maintaining an effortless fluid stride; I will focus on keeping my shoulders low and relaxed. Example: dissociative strategy: I will count the number of runners wearing Nikes; I will encourage other runners, listen to my MP3 player.

When I do have a "moment" or face my dragon, my strategies include:

(Example: I will remember that these moments are often temporary and do my favorite distraction strategy)

I will divide this race into ___ chunks. Here is my plan for each chunk:

Clock time:

Lessons learned? New Goals!