

# Athlete race planning

Race:

Date:

Name:

**Goals:** Process (organization, warm-up), Outcomes (race)

- 1.
- 2.
- 3.

## Timeline

Day before	Comments	Time
Arrive at site and ski course		
Evening meal		
Team meeting		
Organize and pack equipment, clothing, recovery drink and food		
Visualization / The Big 8 - 3 action I will do night before / race morning	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	
Stretching		
Bed time		
<b>Race Day</b>		
Wake up time		
Activation run		
Breakfast (usually 2 hours before race time)		
Leave for race venue		
Check-in with coach at race venue	Pick-up your bib	
Warm-up start time		
Race start time		
Post Race	<ol style="list-style-type: none"> <li>1. recovery drink and protein snack</li> <li>2. change clothes</li> <li>3. warm-down ski</li> </ol>	

## Warm-up routine

### Start time for warm-up

Minutes before start	Duration	Intensity / Action
5		Pick-up race skis / change as needed
0		Start line (stay active / warm at the start line, eg 5 second pick-ups)

## Race Course – mental and technical plan

Technical																					
Course Map																					
Mental →																				Technical →	
Km																					
Mental																					

### Post-Race Reflections

What went well?	What will I do more of?
What didn't go well?	What will I change?