

EVENT DETAILS



LOGISTICS



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

RACE GEAR



SHOES _____ ☐
TOP(S) _____ ☐
BOTTOM _____ ☐
HAT/GLOVES _____ ☐
RUNNING BELT _____ ☐
SOCKS _____ ☐
OTHER _____ ☐

BAG DROP



WARM LAYERS _____ ☐
SOCKS _____ ☐
SHOES _____ ☐
OTHER _____ ☐

PRE-RACE



PIN NUMBER ON _____ ☐
ANTI-CHAFGE _____ ☐
SUNSCREEN _____ ☐
OTHER _____ ☐

FUELING/HYDRATION

DAY BEFORE
LUNCH/DINNER/HYDRATION

RACE MORNING
BREAKFAST/HYDRATION

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



PACING STRATEGY



RACE STRATEGY

RACE GOALS

1 _____
2 _____
3 _____

SROKA

team race day

planner