



MY RACE PLAN

Name and date of race: _____

TARGETS: (This is where you look at the course map and set time goals for your laps and an overall time goal. Feel free to look at results from your division from previous years as a guideline, but keep in mind that the start or course may have changed and that comparing your results to other racers' results is not the best practice. Look at your lap times from last year at this venue and calculate realistic, faster times.)

GOALS: (This is more of a "process" goal vs. an "outcome" goal. Good goals include "I won't give up when X passes me," or "I will practice positive sporting behavior with all my competitors." Think of your race day persona and what you want to achieve – set a goal or two!)

EXPECTATIONS: (This is where you can set an intention for your actual result. Are you feeling good and expecting to win? Do you know you will have super tough competition and will feel good if you get top three? How do you want to feel when you are driving away from the race venue?)

EXECUTION: (This is where you map out the timeline of 24-48 hours of your race preparation. Build a timeline that starts the day BEFORE the event and follow its guidelines. Include travel times and gear packing all the way up to when the start horn blows. Plan your race strategies. **VISUALIZE every step of the way so that when you execute each step you are almost on "auto-pilot" because you have been here before in your mind. Include an actual visualization of the race from start to finish! Think about how you will feel in those intense race moments and how you will react.**)

SAMPLE RACE PLAN*

Mt. Evans Hill Climb

TARGETS: 2:30 or less, top 3 in cat - try your hardest to win some \$\$\$!!!!

GOALS: Stay with group until Echo lake, ride to your ability (which is SSSTTRRROOONNGGGG!!!!) to Summit, keep mental focus throughout race

EXPECTATIONS: To be honest, I am not really sure what to expect here. I am a little mentally fatigued from the week, tired lungs from Wednesday's workout, and crazy leg feelings from running drills. I have had high hopes for this race due to all of my Haute Route training, but I am experiencing some self doubt due to some chatter with other racers. I am ready and willing to put all of that behind and JUST. GO. RACE. I am expecting to be challenged and for no small amount of physical discomfort, but I expect myself to RISE TO THE OCCASION like I always do. I am also expecting a huge fitness boost from this.

EXECUTION:

5 am wakeup

Pack cooler

Leave house no later than 5:45 , eat overnight oats on the way, keep hydrated

7 am arrive expo, set up tent, etc.

7:30 dress for cycling

7:40 am take summit bag to truck, start warmup. Get in a solid 10 min spin, 5 min build to race pace, 4x1 minute FAST, roll to start area

8:15-20, last bathroom stop

8:30 RACE!

Roll out neutral, be ready to STOMP when it's time to go

KEEP THE FOCUS to Echo Lake

Once we make the turn uphill, it's a time trial. Turn it on, turn it up. This is where you SHINE SO STRONG. Keep the focus ALL THE WAY TO THE TOP.

Up top, you will be GASSED. Have a bar, put on clothes, and roll down ASAP before getting too cold. Once at car, change/clean up/ protein shake.

At expo: eat lunch, talk to people. Be super POSITIVE all day long, no matter what happens on course.

Drive home, eat super healthy dinner, and go to bed early to prep for Sunday's big ride.

*Thank you to Coach Jaime Brede for providing this sample race plan!