

COMPETITION RACE DAY PLANNER

This is a template to copy which will prompt you to fully plan your race strategy over a full race day.

TIME and LOCATION of RACE:

TIME:

Travel to location

Check: Equipment / Nutrition / Hydration / Supplement /

FLUID INTAKE:

Time:

Type of fluid

Pre race hydration

During race

After race

NUTRITION:

Time

Content

Breakfast

Snack #1

Lunch

Snack #2

Dinner

Other snacks

WARM UP – LAND BASED

Time:

Location:

Activities:

WARM UP – WATER BASED

Time:

Sequence of activities:

RACE PLAN: this can be used for marathon/sprint. Use to fit how you plan YOUR race.

Start:

STAGE 1

STAGE 2

STAGE 3

STAGE 4

STAGE 5

Planned alternatives

Finish

WARM DOWN

Time:

Location: