

## Race Planning Worksheet (aka Information Gathering)

**What is the name of the race? And what is the name of the race company?**

**The date?**

**The distance?**

**Are there other races happening concurrently?**

**Where is packet pickup?**

**How long will it take for you to get to packet pickup?**

**Is there a pre-race briefing? Where and when?**

**Where is the race site?**

**How long will it take to get from your lodging to the race site?**

**What time does your swim wave start?**

## **The Swim!**

**What is the distance?**

**What was the latest water temperature?** (Or what was it last year?)

**What does the course look like?**

**What color are the buoys you are following?**

**Are you turning right or left or both?**

**How many loops?**

**Is it point to point?**

**What is your average 100m/100y time?**

**What color is your swim cap? What swim wave are you in?**

**What time does your swim wave start?**

## **The Bike!**

**What is the distance? How much elevation change?**

**What shape is the course?**

**What signs/road markings/colors should you follow?**

**How many loops?**

**Are there aid stations? What mile markers?**

**What is available at the aid stations?**

**What is your average mph for this distance and elevation?**

## **The Run!**

**What is the distance? How much elevation change?**

**What shape is the course?**

**What signs/road markings/colors should you follow?**

**How many loops?**

**Are there aid stations? What mile markers?**

**What is available at the aid stations?**

**What is your average mile time for this distance and elevation?**

**What are two goals you'd like to focus on for the overall race?**

**What are the known issues going into this race?  
(weather, injury, equipment, time cutoffs).**

This is the place to put things that you cannot change, that are making you nervous and/or may affect your race.

# **Nutrition Planning**

**Breakfast 1**

**Breakfast 2**

**Swim**

**Bike**

**Run**

**Immediately Post Race**

**Post Race Meal**

**Celebration Meal**

## **Where can I go to get all this information?**

1. Athlete Guide (not all races have them)
2. Race Website
3. Race Company's Website
4. Emails from the race/race company
5. Race's Facebook page
6. Race Company's Facebook page
7. Google maps

Not all races will be fantastic about getting you the information you need. Or they may make it hard to find it. Often the race company won't send details until race week, and sometimes not until 1-2 days before the race. If you can't find the answers to your questions, you can always ask at packet pickup, by sending an email to the race company/race director or posting on their facebook page or website.