


## Creating a Race Plan e.g Hawaii 70.3


	Goal Time	Pacing Goal	Nutritional Goal	Mental Focus
<b>Breakfast</b>			-OJ, bagel -water -eggs 2 – 3 hours before start	-go over things I will need for my race. -Listen to music to calm myself -what are my goals for today? -Enjoy the morning
<b>Pre-race</b>			-continue drinking water until 20min before start	-set up transition -go over checklist for transition area -get ready for your warmup (do a small bike to make sure bike is OK)
<b>Swim</b>	34 min	Start off at a controlled pace. After 200m, settle into my rhythm. Negative Split		-I have trained well, I am in good shape and I deserve to be here. I will swim well. Focus on turnover and a strong finish.
<b>Transition 1</b>	2.5 min	Steady pace, do not rush.	Water at first table, rinse salt from mouth	-Start thinking about my transition during the last 100m of the swim. Do not panic. Enjoy myself you are in Kona 😊
<b>Bike</b>	2:35 hr	Start of slow. Get my shoes on properly and feel comfortable. Gradually increase pace. Keep power at 200-210	-Blok every 10 min -finish 2 bottles of hydrate- Use watch as reminder -2 licks of Base salt every aid station	Cadence: spin do not push the peddles. How relaxed am I? Am I aero enough? I am fast! Calm!
<b>Transition 2</b>	3 min	Steady and smooth not rushed.	Steady. Bathroom break if needed, sunscreen arm and legs	Steady. Do not throw bike or helmet. Stay in control. Breathe! Put shoes/socks on properly.
<b>Run</b>	1:40	Even split. run each km sub 4:30. Run the last km strong and fast as possible	Drink at every aid station. Take a gel at 6, 12 and 18. Ice in baggies. Lick salt 3x every 15 mins	Concentrate on breathing. Smooth and in control. Smile / wave / hi-5 every one I know.

<b>Post-Race</b>			1 <sup>st</sup> drink a bottle of water and then start solid intake. Every 2 hours eat small meal / snack.	Congratulate those that finish in front and behind me. Stay positive no matter what my time or place. Congratulate myself for a good race.
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**Your Race Plan**

	Goal Time	Pacing Goal	Nutritional Goal	Mental Focus
<b>Breakfast</b>				
<b>Pre-race</b>				
<b>Swim</b>				
<b>Transition 1</b>				
<b>Bike</b>				
<b>Transition 2</b>				
<b>Run</b>				
<b>Post-Race</b>				

## Post Race Analysis

	Actual Time (including Splits)	Pacing Analysis	Nutritional Analysis (what / when did I Eat & drink?)	Mental Focus (did I keep to my plan?)
<b>Breakfast</b>				
<b>Pre-race</b>				
<b>Swim</b>				
<b>Transition 1</b>				
<b>Bike</b>				
<b>Transition 2</b>				
<b>Run</b>				
<b>Finish</b>				

Final thoughts on race	
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