

# RACE-DAY PLAN

BY SCOTT FLIEGELMAN, PRESENTED BY **triathlete**  
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Eliminate anxiety and go in with a precise race-day plan using this worksheet. Use the sections illustrated below, or add/subtract as you like, and then visualize a rewarding race day while making some key logistical and motivational notes for each step of the way. Share your worksheet with your coach or a triathlete friend to make sure you didn't miss anything critical. Enjoy the extra boost of confidence before you toe the line!

	PLANNED	EXTRA NOTES
<b>RACE MORNING</b>		
WAKEUP TIME		
BREAKFAST		
DEPART FOR RACE		
TRANSITION SET-UP		
RACE WARM-UP		
<b>SWIM</b>		
FIRST 200		
REST OF SWIM		
STROKE FOCUS		
NON TIME GOAL		
TIME GOAL		
<b>T1</b>		
GEAR NOTES		

**BIKE**

FUEL/FLUID PLAN

FIRST 15 MINUTES

RPE:

HR:

WATTS:

REST OF BIKE

RPE:

HR:

WATTS:

MAX ON HILLS

NON TIME GOAL

TIME GOAL

**T2**

GEAR NOTES

**RUN**

FUEL/FLUID PLAN

FIRST MILE

RPE:

HR:

WATTS:

REST OF RUN

RPE:

HR:

WATTS:

NON TIME GOAL

TIME GOAL

**RACE GOAL(S)**

NON TIME GOAL

TIME GOAL