

## Galesburg-Augusta Cross Country Race Plan

### RACE INFO:

Athlete Name: \_\_\_\_\_

Race Date: \_\_\_\_\_

Race: \_\_\_\_\_

Race Location: \_\_\_\_\_

Weather Forecast: \_\_\_\_\_

If you ran this race last year, what was your:

Time: \_\_\_\_\_

Place: \_\_\_\_\_

### RACE GOALS:

*Be sure to consider the course/competition/conditions and your fitness level/training phase*

Time: \_\_\_\_\_

Place: \_\_\_\_\_

Splits: \_\_\_\_\_

Other: \_\_\_\_\_

*Samples: Be in G-A's top 5, run even splits, beat a specific person from our team or another team...*

### STRATEGY:

What part of your race do you want to emphasize?

Start

Flats

Downhills

Uphills

Middle Mile

Finish

Where do you want to position yourself relative to other teammates or competitors?

*Samples: Just behind Sally; in the top ten; in front of Comstock's best runner, etc*

What is your overall strategy for this race?

Position myself near the front of the pack early on

Stay with a teammate

Surge the flats or downhills

Make an aggressive move on the \_\_\_\_ mile

Conservative start, & finish the last 1/2 to 1 mile fast

Go out fast and hang on as long as I can

Other: \_\_\_\_\_

*Sample: Run consistent splits, draft off a certain person, run a certain part of the course hard, etc*

Planned time at the: 1-mile mark: \_\_\_\_\_

2-mile mark: \_\_\_\_\_

### MINDSET:

How do you feel physically entering this race (how are your legs, how have your runs felt lately, etc)?

How do you feel mentally/emotionally entering this race (confident, pressured, nervous, etc)?

List any doubts or negative thoughts you have about this race (if any):

How will you manage, overcome, or turn around these thoughts?

## Galesburg-Augusta Cross Country Race Evaluation

### RACE STATS:

Athlete Name: \_\_\_\_\_

Race: \_\_\_\_\_

Time at 1-mile mark: \_\_\_\_\_

Time at 2-mile mark: \_\_\_\_\_

Finish Time: \_\_\_\_\_

Overall Place: \_\_\_\_\_ G-A Place: \_\_\_\_\_

### RACE GRADES:

How would you grade your:

Mental Preparation for this race:            A   B   C   D   F

Training over the past week:                A   B   C   D   F

Nutrition over the past week:                A   B   C   D   F

Sleep over the past week:                    A   B   C   D   F

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Attitude/Confidence during warm-ups        A   B   C   D   F

Performance                                    A   B   C   D   F

Mental Toughness                              A   B   C   D   F

Execution/Strategy                              A   B   C   D   F

Prep
Race

### RACE RECAP:

Did you follow your race plan (explain if necessary)?

What were the strong points of your race?

What were the weak points of your race?

How do you feel about your performance? Pros/cons/other thoughts?

### MOVING FORWARD:

Is there anything different you plan to do preparing for your next race?

Is there anything different you plan to do *during* your next race?

Is there anything your coaches or teammates can do to help you achieve your goals for your next race?