**Race Info**

Race:

Date of Race:

Location of Race:

Typical/Predicted Weather for Race Day (temp., humidity, dew point, wind):

Course Profile (altitude of race venue, elevation gain on course, technicalities, etc.):

*Plans Leading up to the Race Day*

Travel to Race Venue:

Check-In:

Day Before Food:

*Race Day*

Wake-up:

Breakfast:

Get to Race Start

Warm-up:

Start Time Plans:

**Goals/Planning**

General Expectations for Race Day:

Primary Goal/Focus:

*Outcome Goals*

*Performance Goals*

*Process Goals*

* {{Time}}
* {{Strategy}}
* {{Fueling}}

Post-Race Recovery: