

INTRODUCTION

Why have a race plan? A plan is critical, even in the shortest of races, to help you race your best. You want to be physically prepared (through your training) and mentally prepared to execute. A race plan will help you mesh the physical and mental preparation so you can race to your potential.

Racing a triathlon is not an easy task, as first you need to make sure you are physically prepared for all three sports. Transition work is important as well. Considerations regarding hydration and nutrition are critical, as well as pacing for each of the three sports. The longer the race, the more preparation and planning that is needed. This guide will teach you how to write a race plan so you can start every race confident in your preparation. Although this guide is geared towards triathletes, the concepts can easily be adopted to other sports such as running or cycling.

If you have a coach, work with them to develop your race plan. They can help make sure your plan and goals are appropriate to your training. If you are self-coached, you will find the race plan an essential tool for seeing improvements in your racing.

This guide will walk you through ten basic steps of writing a race plan. It then provides a sample race plan, followed by a blank template, and a sample packing list. The planning starts two days before the race, but depending on your particular race (i.e. how long it is, how important it is, or if travel is involved), you might start the planning sooner.

You can have more details in your plan than what is recommended here, but if you have planned what is contained in this guide, you will be well prepared for your race. The planning doesn't stop at the finish line, as this plan has a section for completion after your race. The more details you include about your actual nutrition, pace, speed, power, and timing, along with reflections of thoughts and feelings you experienced during the race, the more you will learn for your next race.