

RACE CRITIQUE

A good runner will take the time to review these questions before they run. While they are not every question you will need to answer, it is a good start. Download this and answer the questions.

Date, Name & Place of Race -- _____

Temperature and weather at race _____

Finishing time _____ Finishing Place _____

Condition of course?

How did you feel during the warmup? _____

Were you sufficiently warmed up? _____

What were your thoughts before the race? (nervous, etc.)

How was your mental preparation for the race? Great Good Avg. Bad

Were you in the top 1/3 of the pack at the 400 meter mark?

How were you positioned in the first half mile?

During the race, did you pass more people than passed you? _____

Did you pass people in the last 800? 400? 100? 50?

How did you feel physically, mentally, and emotionally immediately after the race?

How long did it take you to recover? (how did you feel on the cool down?)

What were the strongest points of your race?

What were the weakest points of your race?

What scoring position were you for on the team? _____

Did you follow your race plan? _____

My training preparation for this week was: Great, Good, Avg., Bad

Could you have run or prepared to run a better race? _____

General comments about the race?

Is there anything more we can do as a coaching staff that will help you reach your goals this next week or during the season?

How was your nutrition on race day and during the week?
