

## RACE PLANNING SHEET

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.

Today's Date, Place of Competition, and Meet

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If you have run this course previously, what was your best time?

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What is your goal time for this race? (consider course difficulty, weather, your current training and health)

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Considering the competitors, where will you try to start in the race?

What teammate(s) will you run with? \_\_\_\_\_ Is this the person you ran with last week or a person who ran faster?

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How much faster? \_\_\_\_\_

List specific areas (i.e. hills, turns, start, surges, kick) of the race that you would like to improve on.

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What is your specific strategy on this course?

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What part of the race will you surge or put extra effort? Where will you begin your final big push?

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List Positive thoughts you have had recently about training and racing and possible ways to use them in your race.

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**List Personal Goals for Yourself in this Race:**

**1.**

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**2.**

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**3.**

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