

Pre-Race Day Preparation

6-12 months ahead	Choose your race.
90 days before	Plan the travel Schedule the day off of work before and after Find a sherpa/traveling partner (or go it alone! That's OK too)
30 days before	Test your nutrition and dial it in Pre Race Dinner Day Of Breakfast During Race Fuel Post Race Meal
20 days before	Check all your gear Make sure you've got backups for backups Take your bike to the LBS for a tune up, especially if this is your first race of the season
10 days before	Start thinking about your race plan: What are your goals for this race: time based, performance based, podium based? What might you struggle with? What can you say to yourself to focus back? What are you doing on Race Day? (transportation, breakfast, bathrooming, etc...) What about your Plan Bs? What happens when things go sideways? What are you having for breakfast on race day? Is the kitchen stocked?

5 days before	<p>Write out that Race Plan (what are your cues?) Include as much detail as you possibly can Include your Plan Bs Begin to shift your wake up time gently, if needed Get to bed early Hydrate (with salts, adjust as needed for heat)</p>
4 days before	<p>Continue to shift your wake up time gently Get to bed early Hydrate (with salts, adjust as needed for heat) Did you write that Race Plan? Proofread it!</p>
3 days before	<p>Stretch, foam roll, yoga Continue sleep shift Continue hydrating Prep your checklists and nutrition</p>
2 days before	<p>Stretch, foam roll, yoga Continue sleep shift Continue hydrating Check your checklists and nutrition, again</p>

<p>the day before</p>	<p>Visualize your success Run through your Plan Bs Stretch, foam roll, yoga Packet pickup Shakeout workout Final gear check Eat a good dinner (according to your plan) Hydrate Get to bed early Walk through the race in your head, following your race plan, and then put it away - get a good night's sleep What are your cues? When might you need them?</p>
<p>DAY OF!</p>	<p>FOLLOW YOUR PLAN! Eat breakfast (according to your plan) Keep hydrating When your brain plays games, remember your cues Smile, be cheerful, great other racers with joy Warmup Keep breathing Feel all those feelings</p>
<p>the day after</p>	<p>Write your race report What did you learn? What will you do differently next time? Look back at your race goals and write down what happened</p>
<p>the dayS after</p>	<p>stretch, eat protein, nap, cry, sleep, hydrate, wear your medal around town, sign up for another race</p>