

ENDURANCE JOURNEY

IMPORTANT! HOW TO USE THIS TEMPLATE:

- This is a shared Google document. Click “File” in the upper left corner and select “Make a copy” to save your own version of it that you can edit (you must have a Google - account for this to work)
- OR select “File” -> “Download as” and select your preferred file format (works even without a Google-account).

Race Week Check List:

- Replace old tubes and tires (any show of wear on your tires should be replaced). Make sure you have everything to fix a flat attached to your bike).
- Make sure your bike is in good working order (tighten all bolts with proper tension - use torque wrench where possible). Take your bike to a professional mechanic for a tune up.
- Check all race clothing and gear for any damage and replace them as needed (see list provided below for race gear suggestions).
- Check your shoelaces and change them out to elastic slip-on lock laces. Take the shoes on and off a few times to make sure the elastic laces have the right tension.

Pre Race Checklist and Schedule:

- Race Check in (Date/Time/Location - Bring Photo ID) -
- Athlete Briefing (Date/Time/Location) -
- Pre - Race Training Sessions (Date/Time/Location)
- Bike/helmet prep for check in (Last check of bolts, cables, shifters, straps, and set up, affix race stickers/numbers)
- Race Bag Packing (Date/Time/Location) -
- Bike Check-In (Date/Time/Location/Shuttle Bus) -
- Bike Gear Bag Drop Off (Date/Time/) -
- Run Gear Bag Drop Off (Date/Time/) -
- Drive/Shuttle Bus to Race (Time/Location) -
- Check your race heat start time
- Put all your equipment by the front door/car the night before so you'll be ready to go in the morning. Then, go to bed at a reasonable time and try to shut your mind off.

Race Day Routine (What things do you need to do and in what order)

- Wake up with plenty of time for your morning routine (eat, get dressed, check your gear one last time)
- Eat minimum 90 minutes prior to race start (stick with foods and amounts you have practiced with in training)

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- Go to the bathroom early - a morning movement/mobility routine can help get things going
- Dress warmly - race mornings can be cool and its always better to be warm than cool
- Arrive at the race site early for check in (90 min prior to your race start). Double-check your start time with race officials
- Set Up Your Transition Area - be a minimalist and avoid clutter of your gear. Use a bright towel to mark your spot. See this video for the [tri bike](#) and [road/mountain](#) bike transition area setup.
- Final Bike-Check at Transition. Make sure your front wheel is facing out, your pedals are in your preferred position, and your drivetrain is in the right gear
- Get your helmet, race number, and shoes positioned.
- Place your timing chip (if included) on your left ankle

Race Day WARM UP (IMPORTANT - MAKE TIME FOR THIS)

- Give yourself 15 minutes for a [dryland warm up](#) (click link for video instruction) put your wetsuit on (skin lube on neck, forearms, and ankles to avoid chaffing), and 10 minutes for an in-water swim warm up.
- Before starting your in-water swim warm up walk to waist deep water and perform [5-6 sink downs to get used to the water and develop relaxed breathing](#) (check out link for sink-down description)
- Once your warm up is complete - get ready to have a great day. Give your best effort and have fun. That's what you have been training for.

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Event Mindset: Focus on what you have total control over first (example)

Total Control	Some Control	No Control
What I focus/think about during my event	Anticipating Race Week or Race Day Challenges	Weather/conditions on race day
Gear I bring	My Schedule/Routine	Who I'm Competing Against
Having my equipment/gear ready	My Support Team (family, friends, Etc).	Other People's Thoughts and Actions
Knowing my event plan/course		
What I will choose to eat and drink/how much/and when		
How I will pace myself		
Planning my response/be prepared for what ifs		
My Responses/My Actions		

*Adapted from Precision Nutrition's Sphere of Control Worksheet

Event Mindset: Focus on what you have total control over first (Your Version)

Total Control	Some Control	No Control

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Gear Packing List

Warm Up/Post Race Gear	Swim Gear	Bike Gear	Run Gear
<ul style="list-style-type: none"> <input type="checkbox"/> dry clothing bag (comfy warm clothing/footwear for before and after the race click link for example) <input type="checkbox"/> special needs bag (ironman only) <input type="checkbox"/> timing chip on <input type="checkbox"/> pre-event snack (optional) <input type="checkbox"/> water bottle with an electrolyte mixture 	<ul style="list-style-type: none"> <input type="checkbox"/> race suit/tri suit/wetsuit <input type="checkbox"/> skin lube/chamois creme <input type="checkbox"/> GPS watch <input type="checkbox"/> heart rate monitor <input type="checkbox"/> spare batteries <input type="checkbox"/> sunscreen <input type="checkbox"/> swim cap x 2 <input type="checkbox"/> goggles x 2 (clear and tinted) in case one set breaks or for various cloud conditions 	<ul style="list-style-type: none"> <input type="checkbox"/> bike <input type="checkbox"/> helmet <input type="checkbox"/> bike computer <input type="checkbox"/> bike shoes <input type="checkbox"/> bike socks <input type="checkbox"/> bike jacket <input type="checkbox"/> arm warmers <input type="checkbox"/> bike gloves <input type="checkbox"/> beanie <input type="checkbox"/> power meter <input type="checkbox"/> pump <input type="checkbox"/> water bottles <input type="checkbox"/> hydration/electrolyte mix <input type="checkbox"/> fuel (solid nutrition) <input type="checkbox"/> sunglasses <input type="checkbox"/> tape <input type="checkbox"/> chain lube <input type="checkbox"/> marker <input type="checkbox"/> toilet paper <input type="checkbox"/> small towel <input type="checkbox"/> waterproof bag (to put your gear in transition in case of rain) <input type="checkbox"/> chamois creme/skin lube <input type="checkbox"/> tire change kit (spare tubes, 2 tire levers, Co2 cartridges, and inflator valve) <input type="checkbox"/> how to change a tire (click the link for instructions) <input type="checkbox"/> bike cleaning/maintenance 	<ul style="list-style-type: none"> <input type="checkbox"/> hat <input type="checkbox"/> running socks <input type="checkbox"/> visor/hat/headband <input type="checkbox"/> race numbers <input type="checkbox"/> race bib belt <input type="checkbox"/> small towel <input type="checkbox"/> chamois creme/skin lube <input type="checkbox"/> hydration/fuel belt <input type="checkbox"/> hydration/fuel for bottles <input type="checkbox"/> running shirt <input type="checkbox"/> running shorts <input type="checkbox"/> running bra <input type="checkbox"/> running gloves <input type="checkbox"/> arm warmers <input type="checkbox"/> beanie <input type="checkbox"/> running jacket <input type="checkbox"/> waterproof bag (to put your gear in transition in case of rain)

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		kit (click the link for example)	
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Race Day Strategy and Evaluation Checklist

- Identify outcomes you can control for race day
- In the achieved section of the race plan put a if you accomplished this outcome or an if you did not accomplish this outcome in the race. Then complete your post-race reflection to learn from your experience moving forward.

Name:

Race:		Date:	
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My Three Outcomes for the Race:	Achieved:
1.	
2.	
3.	

“As long as I swim, bike and run as I have trained and prepared to do. Eat and drink regularly, stay mentally calm, and problem-solve throughout the race, I know I am doing everything I can in the moment and the outcome will be what it is”. Simply put embrace whatever the day brings, execute your race plan, and enjoy the day by being grateful that you GET TO DO this.

Achieving Optimal Race Day Focus - “Anticipate, Plan, Take Action”

#1. Trust in your Training - You have done all the hard work and now it’s time to enjoy the benefits and have fun. You are fit, strong, and are in fantastic physical shape. The training is in the bank and now is the time to make a decent-sized withdrawal. Believe in yourself! Use affirmations repeatedly and in the first person to lock it into your mind. Here are some examples: I am fit, I am strong, I am in fantastic physical shape, I am unstoppable, I am ready, excited, and in the moment. I CAN, I WILL, do this.

#2. Visualize the race from start to finish. The perfect race and performing each aspect as best you can. This takes time and practice but is not as hard as it first seems. Your mind will most likely wander off the subject at first, but just accept that and bring it back. You will also encounter ‘roadblocks’ so work on your positive mindset to overcome these. Be a problem solver.

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#3. Expect the unexpected Remain flexible and problem solve throughout the race. Control only what IS controllable and forget what is out of your control. If you get a flat tire, so what, just stay calm, fix it quickly, and get going again. If you get worked up, you will actually take longer to get going again and even create more problems. Stay focused and in control.

#4. Stay present Keep focused and your thoughts present. No 'time traveling' backward or forwards. In the swim focus on your plan and cue words, not on the bike or the outcome you want or what happened in a previous race etc. When you lose focus your effort actually increases and what you're doing feels harder than it actually is. By focusing on the moment, and executing your race strategy and nutrition plan, your outcome will be far better than if you let your thoughts continually wander.

Warm Up Strategy

My Three Outcomes for the Race:	Achieved:
1.	
2.	
3.	

Cue Words:	Calm, Grateful, Breathe
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Swim Strategy

My Three Outcomes for the Race:	Achieved:
1.	
2.	
3.	

Cue Words:	ex. Bubble Breathe, Grip and rip, strong full pull through
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Bike Strategy (include transition #1 outcome here)

My Three Outcomes for the Race:	Achieved:
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1.	
2.	
3.	

Cue Words:	ex. Relax shoulders, smooth but strong
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Run Strategy (include transition #2 outcome here)

My Three Outcomes for the Race:	Achieved:
1.	
2.	
3.	

Cue Words:	ex. smile, relax shoulders, stride rate (quick light feet)
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Hydration/Nutrition Strategy – Check out this presentation for a [nutrition planning](#) and [hydration planning](#) guide

My Three Outcomes for the Race:	Achieved:
1.	
2.	
3.	

Cue Words:	ex. Slow drip of fuel and fluid regularly (slow drip)
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POST-EVENT EVALUATION: Achieved Vs. Not Achieved

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What is One Thing I Would:

1. Improve
2. Do Differently
3. Do The Same

In My Preparation (i.e., during training) and During My Next Event:

Time Frame	Pre-Event Week*	Swim	T1	Bike	T2	Run	Nutrition/Hydration
During Training							
During Racing							

*Pre-Event Includes 7 days prior to the event

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