

Race Prep 2020

"Calm your body, Focus your mind, Open your heart (and lungs), visualize what you want"

"Train Like Bull, Eat like Pig, Sleep like Baby!!"

"Breathe the Air, Feel the Power"

What attitude would I like during the race?

- Confident
- Concentrating
- Happy
- Determined
- Thoughtful
- Optimistic
- Relaxed
- Other

Race Strategy: How will I achieve this?

RACE GOALS:

Mindset	Pre-Race Plan	Post-race Eval
Approach		
Technique		
Strategy		

After race reflection:

- What I really did well...
- I wish I had...
- What I learned...

- **Race Day Prep: pre and post race activities**

- Physical warm up:
- Mental warm up:
- Remember races are a chance for you to push yourself both mentally and physically, try to find positive ways to push yourself....you are not being graded, it is a good opportunity to see where your training has taken you. Try to focus on your personal goals vs. putting pressure on yourself for a certain placement.

GOALS: set achievable goals before the race, try to implement them during the race, then evaluate after race

- Focus on goals you can control
- Do not focus on others, you can't control others races

EXAMPLE:

- Approach: I will do a good mental and physical warm up prior to race, I will visualize my race course
- Technique: I will focus on good transitions, pushing over the hills, and getting into a good tuck
- Strategy: I will hang with the front group for the first 2 hills and try and make my move on the downhill
 - If something happens in the start, I will shake it off and try my hardest

RACE REFLECTION:

- Use your post race reflection to see what you felt went really well, what you learned and what you could implement the next time.
- EX:
 - I really skied well in my last lap
 - I got caught in a tangle up, but I did not give up and got back in the race
 - I did not warm up enough, so I will do that next time
 - I did not fully visualize my course today that would have helped.

Remember, to do our best is to function as a team, to push ourselves, support those who did not have as good of a day, congratulate those who did!!

