

EDISON CROSS COUNTRY RACE PLAN

Race: _____ Date: _____

Course: _____ Division: _____

Grade: _____ Name: _____

Race Goal (be sure to consider the conditions, the course, your fitness level, and training phase): _____

Pre-Race nutrition planned (be specific about time and amounts): _____

Warm-up plan (be specific about timing and bathroom breaks): _____

Start plan (be sure to consider course characteristics and competitors): _____

Where do you want to position yourself relative to other teammates or competitors? **First half:** _____

Second half: _____

Have they run faster or slower than you in past races? _____

Explain key strategies you plan to use or improve on from the previous race: _____

Planned splits (cumulative): 1/2 mi: _____

1 mi: _____

2 mi: _____

List any doubts, fears, or negative thoughts that you have about this race: _____

Explain how you will overcome these thoughts, fears, or doubts: _____

Edison Cross Country Race Critique

Race: _____ Date: _____
Course: _____ Division: _____
Grade: _____ Name: _____

Weather Conditions: _____
Course Conditions: _____
Finish Time: _____ Overall finish place: _____ Place on team: _____
Pre-race nutrition (be specific about time and amounts): _____

Describe your warm-up: _____

Was warm-up sufficient? _____ Changes needed (if any): _____

What was your approximate place at 1/4 mi: _____, 1 mi: _____, 2 mi: _____, 2 1/2 mi: _____
How many people did you pass in the second half of the race? _____
How many people passed you in the second half of the race? _____
Describe key strategies you used in the race: _____

Post race feelings: Physical: _____
 Emotional: _____

Describe warm-down: _____

Positive thoughts: _____

Changes or improvements needed: _____

