

Telemark Racers Pre-competition Planner

“Always plan ahead. It wasn’t raining when Noah built the ark”

Event: _____ **Date:** _____

Visualize: 5-10 minutes before I fall asleep I will go through my race preparation, my start, difficult sections of trail, technique cues, and my race finish. Feeling strong and confident!

I will go to bed at: _____ the night before my race

Day of Competition:

My alarm will go off at _____ and go for morning jog/activity at _____

I ate a nutritious breakfast and have packed my bag for the race, not forgetting extra water, food for before and after race, change of clothes, ski glasses and _____

At the Competition Site:

I have my ski equipment accounted for, and will check in with my coach at the team area at _____

My start time and bib number are: _____

At _____ I will mentally rehearse my strategy. My race plan with my segmented course and key words are:

Start: _____

Flats: _____

Hills: _____

Finish: _____

I will start **my warm up** at _____ with _____

My warm up will include _____

Adam's rec. warm-up 10-15mins Easy, 3' tempo skiing, 2' easy, 2' race-pace (not sprinting), 2' easy and 2' race pace. 10' go to start

Key words I will use include:

For focusing _____

To reduce stress _____

To get energized _____

After the Race:

I will cool down _____ minutes after I finish

I will eat and drink _____ for recovery

I will evaluate my performance when, where and how? _____

Was I properly warmed up? Did I execute my race plan? Did I maintain my best Technique?

Did I do my best? What could I do better? Did I have Fun? Will this experience make me Stronger?
I will thank at least 3 volunteers

