



Sample Plan For “Half IM Race”

	Goal Time	Pacing Goal	Nutritional Goal	Mental Focus
Breakfast			-OJ, bagel -water -eggs 2 – 3 hours before start	-go over things I will need for my race. -Listen to music to calm myself -what are my goals for today? -Enjoy the morning
Pre-race			-continue drinking water until 20min before start	-set up transition -go over checklist for transition area -get ready for your warmup (do a small bike to make sure bike is OK)
Swim	30 min	Start off at a controlled pace, try and catch swimmer in front of me. After 200m, settle into my rhythm. Negative split.		-I have trained well, I am in good shape and I deserve to be here. I will swim well. Focus on ¾ catchup and a strong finish.
Transition 1	2 min	Steady pace, do not rush. Smooth and in control. Aim to hold 36 Km/hr	None	-start thinking about my transition during the last 100m of the swim. Do not panic. Enjoy myself
Bike	2:30 hr	Start off slow. Get my shoes on properly and feel comfortable. Gradually increase pace. Keep cadence at 90 – 105rpm.	-Gel every 30 min -finish 2 bottles of perpetuem- Set watch as reminder	Cadence: spin do not push the peddles. How relaxed am I? Am I aero enough? I am fast! Calm!
Transition 2	1 min	Steady.	Nothing	Steady. Do not throw bike or helmet. Stay in control. Breathe! Put shoes on properly.
Run	1:35	Even split. run each km sub 4:30. Run the last km strong and fast as possible	Drink at every aid station. Take a gel at 6, 12 and 18	Concentrate on breathing. Smooth and in control. Smile / wave / hi-5 every one I know.
Post-Race			1 st drink a bottle of water / recoverite and then start solid intake. Every 2 hours eat small meal / snack.	Congratulate those that finish in front and behind me. Stay positive no matter what my time or place. Congratulate myself for a good race.

“No Limits” Race Plan For “ ”

	Goal Time	Pacing Goal	Nutritional Goal	Mental Focus
Breakfast				
Pre-race				
Swim				
Transition 1				
Bike				
Transition 2				
Run				
Post-Race				

Post Race Analysis For “ ”

	Actual Time (including Splits)	Pacing Analysis	Nutritional Analysis (what / when did I Eat & drink?)	Mental Focus (did I keep to my plan?)
Breakfast				
Pre-race				
Swim				
Transition 1				
Bike				
Transition 2				
Run				
Finish				

Final thoughts on race	
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