

What process goals do you have for the race (list by discipline – swim, T1, bike, T2, run) and how will you execute at the start, core (during race), and the finish of your event?

**Note: Outcome goals such as winning are not within your control. Make them process based. This should not be a long sentence or novel, just share the cues and keys you will say to yourself during the race.*

Swim:

Start:

Core:

Finish:

- T1:

Start:

Core:

Finish:

Bike:

Start:

Core:

Finish:

- T2:

Start:

Core:

Finish:

Run:

Start:

Core:

Finish:

List your warm-up and cool-down with as much detail as possible:

Post race, use this document and go thru it, assessing how well you executed each item, and if you did not, why not? What would you change to improve execution next time?