

Race Day Preparation and Execution

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Race Day Preparation and Execution

- General Outline
 - Equipment preparation.
 - Race week and Race Day nutrition.
 - The "Pre-Ride" or "Pre-Drive".
 - RACE DAY procedure.
 - When Plan "A" becomes Plan "B".

Sound Familiar?

- Entry Fee = \$200
- Training Plan = \$300/month
- New Bike = \$2,500
- Race Wheels = \$1,500
- Travel Expenses = \$2,000
- Having the race of your life = PRICELESS

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Equipment Preparation

- Human Body = Finely Tuned Machine
- Cars = Finely Tuned Machines
- \$5,000+ Equipment Investment = Finely Tuned Machines
- They all need maintenance and TLC

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Suggested Equipment Preparation Guidelines

- General Guidelines:
 - No new equipment is tried on race day, and this holds true for the swim, the bike, and the run;
 - Equipment modifications, purchases, and adjustments should be made 2-3 weeks BEFORE your key race;

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Equipment Preparation – Swim and Run

- Ideally any new race equipment will be purchased in the 2-3 weeks prior to race day;
- New Wetsuit or Race Suit should be tried several times before race day;
- Take 2 pairs of goggles to the race;
- New running shoes should be run in at least 2-3 times prior to race day.

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Equipment Preparation – Bike

- Tune-up should be at least 2-3 weeks prior to race day to allow for chain, cables, chainrings, and cassette to stretch and make any needed adjustments;
- Pre-race bike clean-up and wash should only require a light lube of the chain and a wipe down of the bike;
- Getting your bike on the schedule will allow your LBS to suggest and needed repairs beyond what is anticipated.

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Race Week Nutrition

- Nothing new the week leading up to the race – no dramatic changes;
- Pre-race meals and planning can start 4+ weeks out from race day using the days before key workouts as tests;
- 1-3 days out from the race stay with 'safe' foods that you know 'work' for you;
- Maintain fluid intake the day before race to ensure adequate hydration levels.

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Race Day Nutrition

- Race day nutrition starts weeks before your 'A' event, especially if you are racing an Ironman, Half-Ironman, or other Ultra Event;
- Nothing new on race day – stick with what has worked during training;
- If needed, set your watch to remind you to eat and drink.

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Travel Tips - Nutrition

- If traveling to a foreign city or country:
 - Look for grocery stores near your accommodations;
 - Take 'safe' foods with you like nut butters, protein powder, sports drinks, trail mixes;
 - Look for chain restaurants for pre-race meals and save the local restaurant for post-race meals;
 - Try to find accommodations with a kitchen or kitchenette.

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The 'Pre-Ride' or 'Pre-Drive'

- 1-2 days before the race (earlier if possible) pre-drive or ride the course, look for:
 - Tricky turns or hills that may require shifting or gear changes;
 - Potential bottlenecks on looped or technical courses – especially good for mtb/xterra courses;
 - Note the prevailing wind direction;
 - How are the road conditions?

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The 'Pre-Ride' or 'Pre-Drive' – cont'd

- For Triathlons:
 - Walk through the transition area the day before the race from swim exit → transition spot → bike start → bike finish → transition spot → run exit.
 - Note how the swim finish looks from 'in the water' if possible. Look for landmarks beyond the swim finish if it is difficult to see the swim exit.

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Race Day Procedures

- Race Day focus should be on RACING, so...
 - Have your race bag packed the night before the race;
 - Wake up early – 3+ hours before the race starts;
 - If eating breakfast, eat the same breakfast you have planned well in advance of the race start;
 - Go to the bathroom before leaving the hotel or your house;

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Race Day Procedures – Cont'd

- Since the focus is on RACING...
 - Equipment used is as practiced;
 - Keep excess equipment to a minimum;
 - If you plan on warming up, make sure you allow plenty of time to warm-up AND get your gear ready;
 - Get to the start area 20-30 minutes prior to your start time;
 - Execute your race according to YOUR plan UNLESS you plan to win.

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When Plan 'A' becomes Plan 'B'

- Have a 2-3 tiered goal system:
 - A 'stretch' goal that will be met with a perfect day, perfect conditions, and perfect race;
 - A 'realistic' goal that is within your training, your preparation, and the conditions of the day;
 - An 'acceptable' goal that will allow you to sleep the night after your race, but still leaves you 'hungry' for the next one.

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When Plan 'A' becomes Plan 'B'

- When things are not going quite as planned:
 - Slow down and re-group;
 - Get back on schedule with pacing, fueling, and hydration;
 - Realize that there will be peaks and valleys, especially in long and ultra distance events.

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Remember: Failing to Plan is
Planning to Fail

Questions?

Source Endurance