

FALCON CROSS COUNTRY • Race Plan•

Race: _____ Date: _____

Course: _____ Division: _____

Grade: _____ Name: _____

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

Pre Race Nutrition: _____

Warmup Plan: _____

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 upon from previous race: _____

Planned Split times (cumulative)- 1/2 mi: _____

1 mi: _____

2 mi: _____

List any doubts or negative thoughts you have about this race (if any): _____

Explain how you will manage, overcome or turn around these thoughts: _____
