

DETAILS

Race: _____

Location: _____

Date: _____

Start Time: _____

Goal Time: _____

Halfway Goal Time: _____

Goal Window (i.e. +/-): _____

Warm-Up Plan: _____

River Valley Counselling Services: Race Planner



PROCESS GOALS:

Process goals help you achieve your overall goal. Examples of process goals are maintaining form, staying positive, remembering to hydrate, and sticking to your race plan.

Process Goal 1)

Process Goal 2)

POTENTIAL DISTRACTIONS:

List potential distractions and a refocusing strategy.

Distraction	Strategy

NUMBERS

My Distance: _____

My Time: _____

My Pace: _____

Emergency Plan

What will you do when you hit the wall

