

Saline Boys Cross Country Race Planning Sheet



Name: _____ Date: _____

Meet: _____

Last Year's Place: _____ Last Year's Time: _____

Based on the expected competition, the difficulty of the course, and your current level of training, what parts of the race do you plan to emphasize?

- First Mile
- Uphills
- Middle Mile
- Finish
- Flats
- Downhills
- Last Mile

Which teammate(s) do you plan to run with? _____

Which competitor do you plan to run with/beat? _____

What is your strategy?

- be in position at the first turn or where the course starts to narrow?
- surge on the flats or downhills after cresting the hills
- surge around turns
- make an aggressive move on the _____ mile(s)
- stay with our pack
- finish fast over the last _____ mile(s)
- other: _____

List any negative thoughts, doubts, or physical barriers you've experienced in recent training: _____

What do you think is the reason for this mental block or physical wall (fatigue, diet, lack of sleep...)?

What positive action will you take to counter-attack before and during the race?

What are your goals for this race?

Place:

Time:

