

## Dreamfar Triathlon Team Race Planning Sheet



<b>Name:</b>
<b>Age:</b>
<b>Triathlon Race:</b>
<b>No. of Weeks Training:</b>
<b>% of Training Completed:</b>
<b>Limiter (least developed area):</b>

<b>0.0 Pre-Race Environment</b>	
<input type="checkbox"/> Hotel or Bunking or Camping	Arrangements Confirmed?
<input type="checkbox"/> Driving Up on Race Morning	Plan B?
<input type="checkbox"/> Sleeping in Transition Area	

<b>0.1 Companions (Check All Applicable)</b>	
<input type="checkbox"/> Teammates	Will companion(s) be at race?
<input type="checkbox"/> Boy/Girl Friend	Will companion(s) be racing as well?
<input type="checkbox"/> Wife-Husband-Ball and Chain	
<input type="checkbox"/> Family	

<b>1.0 Preparation</b>
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<input type="checkbox"/> Triathlon Bag	Based On? (Previous Races, Practice Triathlons, Got no options):
<input type="checkbox"/> Crate / Box / Bucket	
<input type="checkbox"/> Garbage Bag – College Laundry Bag	

<b>1.1 Bike</b>	
<input type="checkbox"/> Main Triathlon Race Bike	Based On? (Previous Races, Practice Triathlons, Got no options):
<input type="checkbox"/> Training - Road Bike	
<input type="checkbox"/> My Only Bike	

<b>1.2 Wet Suit</b>	
<input type="checkbox"/> Full	Based On? (Previous Races, Practice Triathlons, Got no options):
<input type="checkbox"/> Sleeveless	
<input type="checkbox"/> No	

<b>2.0 Pre-Race Comforts – (Check all applicable)</b>	
<input type="checkbox"/> Pre-race swim	Based On? (Previous Races, Practice Triathlons, Got no options):
<input type="checkbox"/> Pre-race run	

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[ ] Pre-race spin on trainer	
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3.0 Pre-Race Meals	
Pre-race day dinner:	Based On? (Previous Races, Practice Triathlons, Got no options):
Pre-race Breakfast:	
Pre-race Meal (1 hour before):	

4.0 Transition Area Set up	
Estimated time to set up:	Based On? (Previous Races, Practice Triathlons, Got no options):
<i>Do you need or would you like assistance from coaches?</i>	

5.0 The Race – The Swim	
Swim Distance:	Based On? (Previous Races, Practice Triathlons, Got no options):

Wave Positioning:	options):
Estimated Swim Time:	

5.01 The Race – T1	
Critical Mistake?	Based On? (Previous Races, Practice Triathlons, Got no options):
Critical Task:	
Fueling and Hydration:	

5.02 The Cycle	
Cycle Distance:	Based On? (Previous Races, Practice Triathlons, Got no options):
Warm-up Distance:	

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Hydration Liquid:		Critical Mistake?	Based On? (Previous Races, Practice Triathlons, Got no options):
Fueling/Quick Carb-Protein:		Critical Task:	
Hydration Plan:		Fueling and Hydration:	
Eating Plan:		<b>5.04 The Run</b>	
<b>Estimated Cycle Time:</b>		Run Distance:	Based On? (Previous Races, Practice Triathlons, Got no options):
		Warm-up/Recovery Distance:	
		Hydration Liquid:	
<b>Plan B:</b>		Fueling/Quick Carb-Protein:	
		Hydration Plan:	

### 5.03 The Race – T2

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Eating Plan:	
Estimated Run Time:	
Plan B:	

Total Race Time = Swim+Bike+Run+20 minutes

**TOTAL RACE TIME =**

**Celebration Plan:**