



# MY PRE-RACE CHECKLIST

Prepared by Heron Land-Gillis for CCY

## The day before

At all races:

- Wax my skis (glide wax, and base binder if classic)
- Eat a good supper (protein and carbs), hydrate
- Pack gear and clothing after checking weather forecast (avoid morning stress)
- Go to bed early

At out-of-territory races:

- Team meeting
- Talk to my coach about my plan for the race

## Race morning

- Wake up on time
- Finish healthy breakfast with enough time to digest (2-3 h)
- Make sure to hydrate well
- Dedicated downtime (reading, music, visualisation)
- Dress in race clothes with warmup layer on top
- Get to nordic centre 60-90 mins before race start

## Pre-race

- Organize your gear and clothing
- Pick up bib, find out start time
- Apply kick wax (if classic)
- Go to the bathroom
- Protein bar 60 minutes before start
- Warmup 40 mins before start (individually, as discussed with coach)
- Arrive at start 10 mins before start
- High-carb snack and water 10 mins before start time
- Take off warmup pants, stay warm and moving
- Take off warmup jacket
- 3,2,1... Go!

## Post-race

- Congratulate other skiers and yourself, stay positive!
- Snack and hydrate within 15 mins
- Put back on warm clothes, go for a cooldown ski
- Thank a coach and a volunteer
- At home, reflect on what went well and what to do differently next time