## Cross Country Yukon Pre-competition Planner

Event: _____ Date: _____

**Visualize:** The day before the race, my visualization plan is:

I will go to bed at: _____ the night before my race.

**Day of Competition:**

My Morning Routine is:

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-
-
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**I will be packed and ready to leave for the race site at:**

**At the Competition Site:**

My start time and bib number are:

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From this time: to this time: I will get organized at the race site, then go check in with the coach and start skiing.

I will start my warm up at ____ My warm up will include: _____

I will collect my race skis and go to the start at:

**Key words I will use include:**

To get energized _____

My race plan with my segmented course and key words are:

Start: _____

Flats: _____

Hills: _____

Finish: _____

_____

**After the Race:**

I will cool down for _____ minutes after I finish

I will eat and drink _____ for recovery

Write three things that went well and at least one thing you want to do better.

_____

_____

_____

_____

_____

_____

_____

Did I execute my race plan? Did I maintain my best Technique?

Did I do my best? What could I do better? Did I have Fun? Will this experience make me Stronger?