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RACE DAY CHECKLIST

NIGHT BEFORE RACE

- Race uniform (bib pinned if required)
- Spikes + fresh spikes installed & tightened
- Pre-race shoes for warm-up
- Weather-appropriate layers (jacket, sweats)
- Safety pins, hair ties, Body Glide, sunscreen
- Water bottle (labeled with your name)
- Pre-race fuel (banana, toast, gel, etc.)
- Post-race snack and recovery drink
- Music playlists downloaded offline
- This checklist card in your bag

RACE MORNING TIMELINE

- 90 MIN** Eat pre-race meal (familiar food only)
- 90 MIN** Hydrate: 8-12 oz water (not too much)
- 60 MIN** Start warm-up: 10 min easy jog
- 50 MIN** Dynamic drills: high knees, butt kicks
- 45 MIN** 4 x 100m strides (80% → 95% effort)
- 30 MIN** Change into spikes, final bathroom break
- 20 MIN** 3-minute final visualization
- 10 MIN** Switch to hype music, stay moving
- 5 MIN** Find your position at the start line
- 1 MIN** Controlled breathing: 4 in, 6 out

- ✓ **Slept Poorly?** One bad night doesn't hurt performance. Your taper has stored energy.
- ✓ **Nervous?** Good. Nerves = adrenaline = speed. Control it.
- ✓ **Forgot Something?** Adapt. Elite athletes solve problems, they don't panic.

Start Strong. Finish Stronger.

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RACE STRATEGY CARD

YOUR RACE IN THREE PARTS

PART 1 CONTROL. Don't chase early surges. Stay smooth.	PART 2 FOCUS. Maintain pace. Stay present. Trust training.	PART 3 ATTACK. Empty the tank. Embrace the pain.
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MENTAL CUE WORDS

RELAX <i>Shoulders down. Jaw loose.</i>	STRONG <i>You belong here.</i>
PUSH <i>Lift knees. Drive arms.</i>	HERE <i>This stride. This breath.</i>

PANIC RESET BUTTON
4 IN • 6 OUT
Nose in (4) • Mouth out (6) • Repeat until calm

TROUBLESHOOTING

- Passed?** Can you respond? If yes, go. If no, let them go.
- Behind Pace?** Don't panic. Make up time gradually.
- Pain?** Good. It means you're pushing limits.
- Doubt?** Remember your "why." Don't quit now.

"You cannot control the competition. You can only control your effort and your response."