

Brighton Boys Cross Country Race Plan

Name: _____ Meet: _____ Date: _____

Previous Year

Team Place: _____ Individual Place Overall: _____ Individual Place Team: _____ Time: _____

This Year's Expectations

Team Place: _____ Individual Place Overall: _____ Individual Place Team: _____ Time: _____

What are the positive aspects of your recent training?

Diet Focus Mileage Health Preparation
 Sleep Workouts Ancillary Work Attitude Other

Based on competition, course, and current fitness, what parts of the course will you emphasize?

Uphills Flats Straightaway Second Mile Finish
 Downhills Turns First Mile Third Mile

What race strategies will you implement?

<input type="checkbox"/> Surge off turns	<input type="checkbox"/> Surge cresting hills	<input type="checkbox"/> Other _____
<input type="checkbox"/> Surge off flats	<input type="checkbox"/> Stay with our pack	_____
<input type="checkbox"/> Be in _____ position at first turn or course narrows	<input type="checkbox"/> Make a move at _____	_____
	_____	_____

Which teammates will you race with? _____

What teams or individuals are you specifically targeting to beat? _____

What is your race mantra? _____

When you're cooling down, what one word will describe your race? _____