Name: $\qquad$
Event: $\qquad$
Race Date: $\qquad$

## 24-30+ weeks until race day:

## Notes:

Base \& Build phase training


Identify race goals

$\square$
Recce the course (if possible)
$\square$ Practice using compulsory kit
$\square$ Seek advice / coaching if needed

Walking and strength training
 Learn to use poles (if needed)

$\square$
Run a shorter "training race" on similar terrain $\qquad$

## 8-12 weeks until race day:

Peak phase training


Reflect on build up events and
training
$\square$ Practice hydration/fuelling strategy

$\square$
Decision planning
$\square$ Book race travel \& accommodation

## 2-3 weeks until race day:

Taper phase training $\qquad$
$\square$ Race Plan
$\square$ Drop Bag Plan

$\square$
Identify "Rules of Failure"

## Post-race

$\square$

