



KINDA FAST

PODCAST



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RACE DAY PLAN

Race: _____ **Date:** _____

SEASON RECAP

Reflect on your training cycle — key workouts, milestones, lessons learned, and how your fitness has progressed leading up to race day.

DAY-BEFORE NUTRITION PLAN

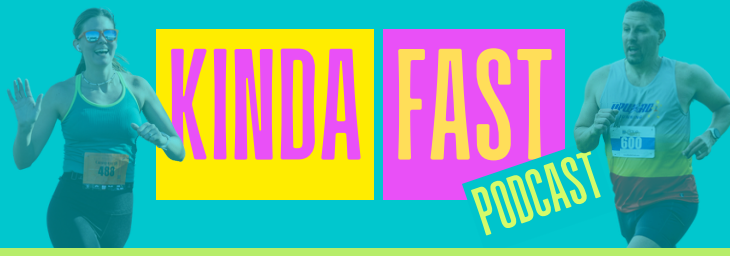
Outline your fueling strategy for the day before the race, including meals, snacks, hydration, and any supplements or electrolytes.

RACE MORNING NUTRITION

Plan your breakfast and pre-race fueling routine, including timing, portion sizes, and caffeine or hydration strategy.

IN-RACE NUTRITION PLAN

Detail when and what you'll consume during the race — gels, chews, fluids, electrolytes, and how you'll stay on top of your fueling schedule.



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GOAL & PACING STRATEGY

State your primary goal. Include pacing breakdowns, splits, or any pacing adjustments based on terrain or weather. Writing it all out helps!

GEAR CHECKLIST

List everything you'll need for race day — shoes, socks, outfit, bib belt, watch, hat, sunglasses, nutrition, etc.

MUSIC PLAYLIST OR AUDIO PLAN

Decide what you'll listen to (if anything) — a specific playlist, worship music, podcasts, or intervals of silence for focus.

MANTRAS & MENTAL STRATEGY

Write down your go-to mantras, verses, or affirmations to help you stay grounded and push through tough miles.

POST-RACE PLAN

Plan how you'll celebrate and recover — post-race nutrition, cool-down, photos, stretching, and who you'll share the moment with.
