

2020 RACE REVIEW SHEET

EVENT

DATE

WARM UP										
Rate the effectiveness of your warmup	1	2	3	4	5	6	7	8	9	10
One thing you liked:										
One thing you can improve:										
PACING										
Rate the effectiveness of your pacing	1	2	3	4	5	6	7	8	9	10
One thing you liked:										
One thing you can improve:										
TACTICS (if applicable)										
Rate the effectiveness of your tactics	1	2	3	4	5	6	7	8	9	10
One thing you liked:										
One thing you can improve:										
MENTAL										
Rate the effectiveness of your mental state	1	2	3	4	5	6	7	8	9	10
One thing you liked:										
One thing you can improve:										

GOALS: List 1 -2 new training goals or ways you will modify your race preparation and execution moving forward