

EVENT

DATE

Skis tested:

Race ski:

LEAD UP (what was your training/travel leading up to the event)

Mon

Tue

Wed

Thurs

Fri

Sat

WARM UP

I did:

Can improve:

PACING

I did:

Can improve:

FEEDING

I did:

Can improve:

TACTICS (if applicable)

I did:

Can improve:

MENTAL

Describe your mental state during the race:

Can improve:

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