Post-Race Reflection Worksheet

Unlocking Triathlon • Alison Freeman

Race Week Preparation

Travel

Race Week Preparation and Tasks

Pre-Race Fueling and Hydration

Sleep

Race Morning Preparation

Timing

Breakfast

Adapted from *Unlocking Triathlon: Training Plans and Coaching Support for a Confident Race Day.*

Post-Race Reflection Worksheet

The Triathlon

Results

The Swim

Effort and Execution

Fitness

Notes

T1: The Swim-to-Bike Transition

The Bike

Effort and Execution

Fitness

Adapted from *Unlocking Triathlon: Training Plans and Coaching Support for a Confident Race Day.*

Notes

T2: The Bike-to-Run Transition

The Run

Effort and Execution

Fitness

Notes

Overall Thoughts