

SLIPSTREAMERS TRAINING/ RACE CHECKLIST

You should have goals for every race or training ride that you do. Write down the three goals covering things that you would like to achieve or learn today:

Goal 1	Goal 2	Goal 3
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

To Bring

- Bike and rollers/turbo
- Helmet
- Shoes
- Socks
- Gloves
- Sunglasses
- Racing License
- Jersey
- Bibshorts/Shorts
- Winter/rain clothes
- Bottles
- Training/Race food
- Electrolyte Drink
- Water
- Spare wheels
- Computer
- Heart Rate Strap
- Track pump
- Basic Tools
- Spare tube/levers/pump
- Post race/training clothes
- Post race/training recovery drink and food

To Do

- Eat a good balanced breakfast that will provide long lasting fuel for your training/event. Include some complex carbs, lean protein and antioxidant rich fruits.
- Follow with a balanced meal every 2-4 hours from breakfast until 2-4 hours before your event.
- Check your bike is clean and working properly
- Check your cleats are clean and not worn
- Keep hydrated leading up to your event/training
- Pre race/training check:
 - Kit on
 - Tyres pumped
 - Number pinned
 - Computer on bike
 - Full Bottles
 - All the food you need
- If racing, check the course, wind direction/speed
- Conduct your warm up
- Get in the habit of arriving early
- Consume post race/training food and drink as soon as possible
- Check your helmet is still within date and not breaking down

"Good performance is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort."