

Race Prep

The Week Before

The taper

- Sleep well
- reduce training volume
 - If you normal ride 1 hour training sessions, reduce to 40 minutes

- keep training intensity high
 - Warm up and then focus on short bursts of maximum efforts and long recovery
 - Even the day before a few 15 second sprints won't hurt
- eat well
 - Think about your nutrition advice

Lead into a Saturday Race

1 Sunday

Warm up and 40 minutes moderate effort with 5 minutes tempo/6 minutes easy intervals

2 Monday
Rest Day

3 Tuesday

Warm up and do 6-10 sets of 30 second max efforts with 1 minute recovery, and 3 minutes between sets

4 Wednesday

Warm up and do 4-8 sets of 30 second max efforts with 1 minute recovery, and 3 minutes between sets

5 Thursday

Warm up and do 3-5 sets of 30 second max efforts with 1 minute recovery, and 3 minutes between sets

6 Friday

Warm up, then 5 x 15 second max effort, with 3 minutes 45 seconds between efforts

The Day Before

FRED = Food.Rest.Equipment.Drink

Food and drink

- The day before a race is the time to top up your energy stores
- What you eat the day before will be used to fuel your race

Sleep well

- Pre-Race nerves
- Avoid caffeine
- Clear your mind

Equipment

- Bike clean?
- Bag packed and checked?
- Checked for faults or potential issues?

Important

- Got your license?
- Got your helmet and shoes?
- RECHECK!

Race Day

Get ready without stress

Have a plan and stick to it

90 minutes to go

Ride several laps of the circuit. Familiarise yourself with the racing line, especially technical corners.

About 20 minutes

40 minutes to go

Check equipment. Brakes, Tyres, Wheels, Helmet, Cleats, Drink, etc. Toilet!

About 10 minutes

10 minutes to go

Final checks

Make sure you are in time for the race and well placed for the start

Race

Starts

About 5 minutes

2 hours before race

1 hour to go

Sign-on and attend race briefing. Talk to coach/team to review tactics

About 20 minutes

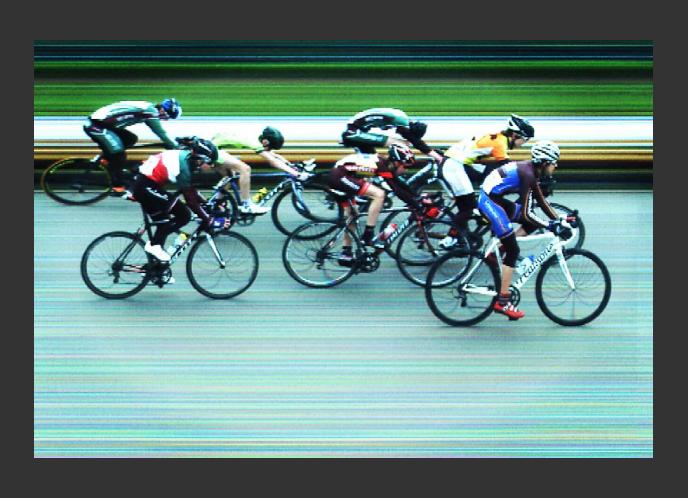
35 minutes to go

WARM UP!

Then drink. Toilet!

About 25 minutes

Pin your number - properly



What a camera sees

High number of frames per second, but not best quality

Rider recognition

Sometimes we get lucky because we know a rider

Fix your own number

And point out bad number placement to other riders

Number Examples





Great placement

Mental preparation



Goal setting

Remember to set yourself SMARTER goals even for racing



Use imagery

Visualising your best race before competition can help to develop feelings of self confidence



Positive self talk

A useful strategy that riders can use prior to and during performance to maintain focus, increase confidence and to help relax



Focused breathing

Riders can experience feelings of relaxation by developing the skill of focused breathing











warm down

