



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?

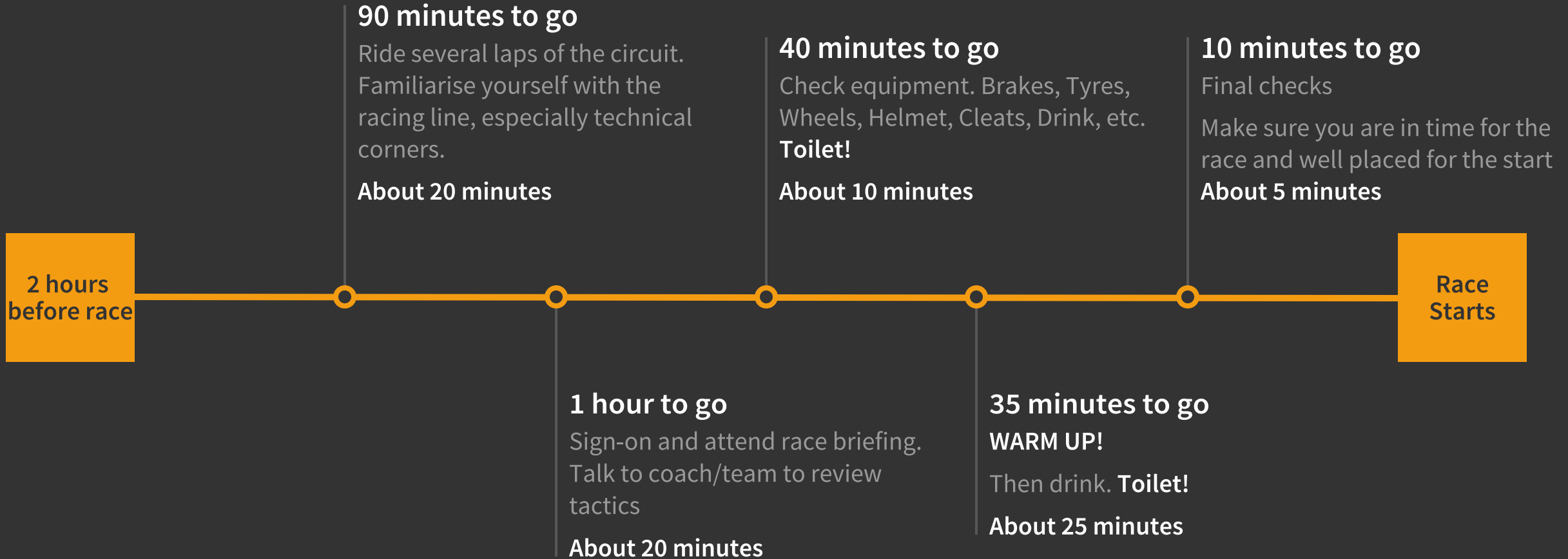
Important

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

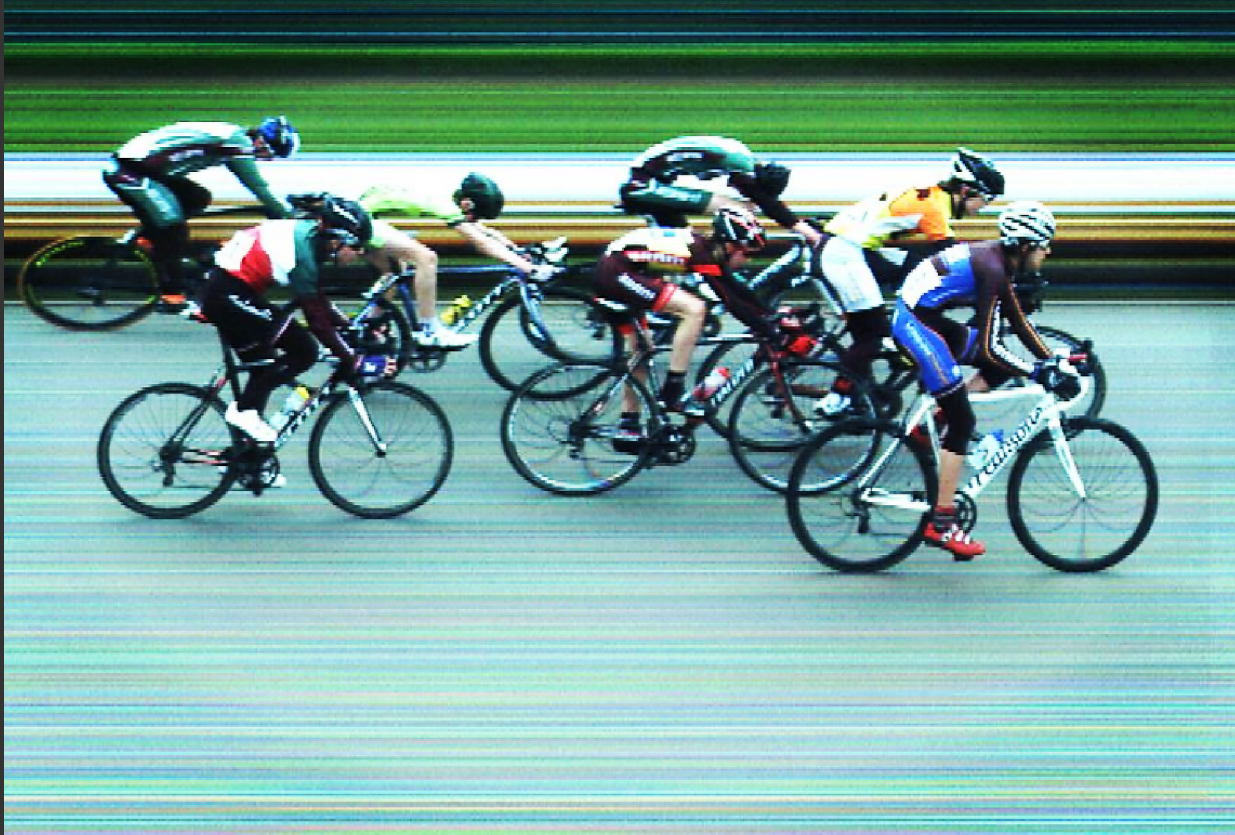
Race Day

Get ready **without** stress

Have a plan and stick to it



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



huh?

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



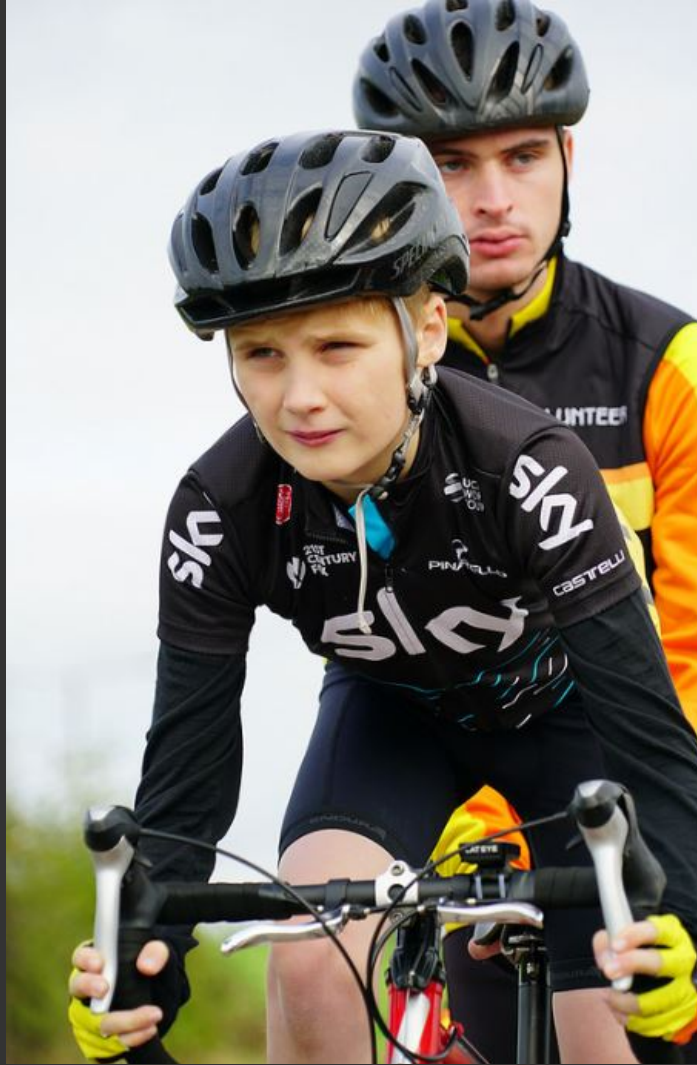
Positive self talk

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

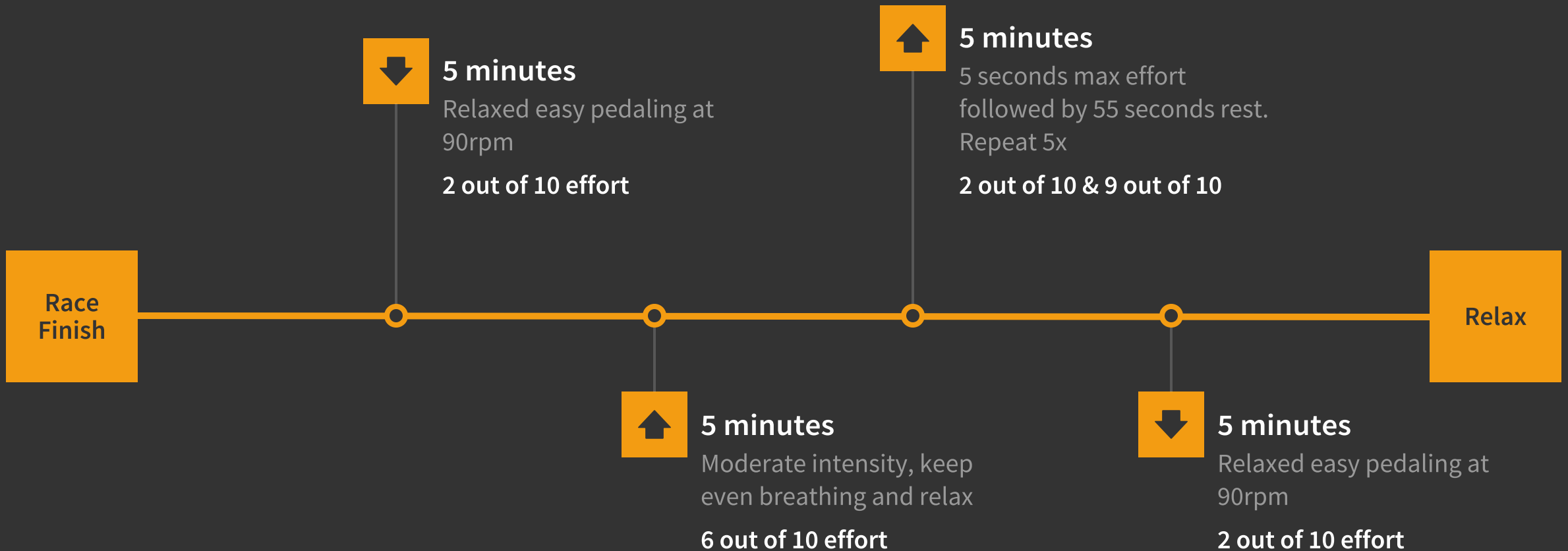


Focused breathing

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



warm down





Hillingdon
Slipstreamers

