



WELSH ATHLETICS
ATHLETAU CYMRU

Race Day Preparation

An Athletes Guide



Discuss a race plan

- Discuss a race plan/tactics with your coach
- Have a plan A and Plan B



Be Prepared!

- Pack your kit the night before
- Know your race time
- Arrive at least 90 mins before



Nutrition

- Ensure you are well fuelled and hydrated prior to racing
- Eating too close to racing could cause stomach upsets



Complete a through warm up

- Warm up 45 mins to 1 hour before a race
- Practise your Warm up in training
- A good warm up follow the RAMP protocol



Believe in Yourself!

- Trust your talent and hard work
- Do not worry about what you can't control
- Block out negative thoughts



Learn from each race

- Whatever the outcome learn from the race
- Bank the positives
- Do not dwell on a negative race outcome