

designing your RACE PLAN

1 equipment + planning



- things to think about:
- race program and timings
 - paddling equipment
 - clothing (on and off water)

2 travel + accommodation



- things to think about:
- where are you sleeping?
 - how are you getting there?
 - when do you need to leave?

breakfast



you need the breakfast of champions! need breakfast inspiration? follow @dunnutrition on instagram!

6 the race



put into practice your individual race strategy

warming up

always ensure you leave time to warm up - consult your coach and your race strategy to create the correct warm up for you

pre-race prep



- things to think about:
- optimum arrival time
 - course checks
 - changing clothes
 - hydration

7 warming down



much like warming up, warming down is just as important for preventing injury - consult your coach and race strategy to find the correct warm down pattern for you

post-race nutrition



stopping to the carteren for a chip cob just won't cut it now you're an athlete... ensure you're eating and drinking foods to refuel and rehydrate - especially if you have more

coach feedback

they may not always be the first person you want to talk to if you've had a bad race, but getting feedback whilst the race is fresh in everyone's mind is essential

whether you race sprint or slalom, marathon or wildwater, this simple plan will help you design a personalised schedule for every race you attend...

sleep!

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never underestimate the power of sleep! after a hard day of racing, think about:

- where you will be sleeping
- bed time (especially if there's another day of racing ahead)
- optimum amount of sleep

reflecting

after you've had time to recover, reflecting on your race is a great way to improve before the next one

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recovery period

think about:

- loading + storing your equipment
- food and drink for a speedy, post-race recovery

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