

ENDURANCE FITNESS PERFORMANCE RACE DAY READY CHECKLIST!

EVERYTHING YOU NEED TO CRUSH YOUR HALF OR FULL MARATHON



GEAR CHECK!

DON'T GET TO THE STARTING LINE W/O YOUR ESSENTIALS

- shoes
- socks
- running shorts
- top
- race belt
- mask or buff
- watch charged
- shades
- hat
- sunscreen
- lip balm
- anti chafe
- race bib

PREP THE PSYCHE

STAY FOCUSED AND THINK POSITIVE ABOUT REACHING THE FINISH LINE!

Cruise the course 1 or 2 days prior to know any tricky spots, hills that may be there. Trust that the training process will get you to the finish. Think positive affirmations. You got this!



RACE COMMS

READ THE EMAILS RACES SEND YOU TO FIND ALL THE IMPORTANT DEETS

- Where the expo/PPU is
- When does YOUR race start
- How to get to start line
- Do's & don'ts

GET SOME REST

TRAINING'S DONE! TIME TO RECHARGE TO LET LOOSE ON RACE DAY!

Get 30 - 60min extra sleep each day the week prior. Schedule a massage, foamroll & stretch plenty. Try to get a good night's sleep the night before. Set all your gear the night before so you're not scrambling race morning and feeling relaxed and calm.



NUTRITION (B)FDA

HAVE YOUR EATS RIGHT AND READY (BE)FORE, DURING AND AFTER

Carb up gradually throughout the week. Eat a regular size meal night before. Top off your gas tank with a light meal morning of. During race, Eat gels/chews every 40 - 60min & hydrate every 15- 20min. Refuel/rehydrate with protein shake and electrolytes asap after the race.

POST RACE

CONGRATS ON FINISHING YOUR RACE! DO THESE THINGS TO TRULY ENJOY YOUR VICTORY!

Plan where you'll meet w/fam & friends after the race. Have a change of clothes & shoes to be comfy and less sweaty. Toss on your compression sleeves or pants to recover right immediately!



IT'S GO TIME! ARE YOU READY TO ROCK?

WANT TO FEEL YOUR BEST AND PR YOUR NEXT RACE?

Go to EnduranceFitnessPerformance.com to connect

