

Race Recap and Review

When you've finished your race, take a few moments to consider the race, your training, and what you've learned.

Whether your race went to plan or not, take a moment to congratulate yourself for doing it.

Congratulations! You did it!

Race:

Date:

Finish Time:

What are your favorite or most vivid memories of the race?

Did you accomplish any of your goals?

What did you do AMAZINGLY well during the race?

- 1.
- 2.
- 3.

What did you do well during training?

- 1.
- 2.
- 3.

What could you do better next time in either your racing or training?

- 1.
- 2.
- 3.

What did you learn about yourself during either your training or the race?

Did you ever doubt you could finish the training or the race? How did you prove yourself wrong? How can this change the way you view things you think you can't do in the future?