

# Race Checklist: Prepare the Night Before Your Big Race

- Drink Up
- Eat Normally
- Sleep at Regular Time
- Limit/Skip Alcohol
- Plan Your Breakfast

- Plan Your Outfit
- Flat Runner!
- Take it Easy
- Light Movement
- Roll it Out

- Visualize Success
- Review Race Plan
- Review Logistics
- Review Race Instructions
- Unwind Before Bed

- Pack Race Bag
- Prep Recovery Kit
- Fill Hydration Bottles
- Prepare Race Fuel
- Attach Chip/Bib

- Check Your Alarm
- Charge & Pack Your:
- Phone
- Headphones
- Race Watch

○ Your Reminders:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_