

Athlete Race Worksheet

Athlete Name: _____

Race: _____

Date: _____

Pre-Race

(At least 48 hours in advance)

Skills Goals

Swim: _____

T1: _____

Bike: _____

T2: _____

Run: _____

Course Notes

Post-Race

(Within 24 hours of finishing)

Results/Splits

Swim time: _____ (____/100 y m)

Bike time: _____ (____mph)

Run time: _____ (____/mile)

Skills Accomplishments

Other Accomplishments

Needs Improvement

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other Notes
