



POST-RACE

Reflection &
Performance Analysis

www.leagendersfitness.com

Post-Race Reflection Performance Analysis

Race Date/Distance

A large, empty rectangular box with a dashed border, intended for the user to write their reflections on the race date and distance.

Estimated Finish Time vs. Actual Finish Time

A large, empty rectangular box with a dashed border, intended for the user to write their reflections on the difference between estimated and actual finish times.

What do your mile splits show you about your pacing strategy?

A large, empty rectangular box with a dashed border, intended for the user to write their reflections on their pacing strategy based on mile splits.

Post-Race Reflection Performance Analysis

How was the weather?



What stands out about the course ? (Hilly, flat, crowds, race support)



Were there any factors that were out of your control that impacted your results?



Post-Race Reflection Performance Analysis

Were you able to handle uncontrollable or unexpected obstacles? Why/why not?

A large, empty, rounded rectangular box with a dashed border, intended for the user to write their reflection on handling obstacles.

Were you able to stabilize/control emotions?

A large, empty, rounded rectangular box with a dashed border, intended for the user to write their reflection on stabilizing or controlling emotions.

Did your hydration/fueling strategy go as planned? What could be improved?

A large, empty, rounded rectangular box with a dashed border, intended for the user to write their reflection on their hydration and fueling strategy.

Post-Race Reflection Performance Analysis

Did you finish the race as expected, worse than, or better than expected?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the first question.

If better than expected, highlight all the positives that worked in your favor.

A large, empty rectangular box with a dashed border, intended for the user to write their response to the second question.

What do you believe is the reason you performed better than expected?

A large, empty rectangular box with a dashed border, intended for the user to write their response to the third question.

Post-Race Reflection Performance Analysis

How can you leverage those positives in future races?



If worse than expected, what worked against you?



What can you do differently (if anything) to avoid this outcome in your next race?



Post-Race Reflection Performance Analysis

What makes you most proud about this race?



Did your thoughts and feelings help or harm your overall performance?



How was your sleep during training and in the days leading up to race day?



Post-Race Reflection Performance Analysis

How were your stress levels during training & in the days leading up to race day?



What would you do differently in your training or on race day to improve?



What change could you make that would lead to biggest improvement?



The most essential step after completing the reflection & analysis is to make a plan for improvements based on this information for your next training cycle.

Coach Lea

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.
www.leagendersfitness.com