

Date	(R-4)	(R-3)	(R-2)	(R-1)	Race Day!
<b>Fueling</b>	Hydrate!	Hydrate! (groceries: water jug, fruit, bagels, pb, yogurt, granola, bars/snacks, PAM?)	Hydrate! (lower fiber content)	Hydrate! (lower fiber content)	Hydrate!
<b>Travel Plans</b>	(e.g. fly/drive to race)				
	(pick up rental car)				
	(check in to hotel)				
<b>To-Do's</b>	(drive course)	(course recon)	(packet pickup)	(pre race meeting)	RACE
	(bike shop: buy co2, gear adjust)	(course notes: swim landmarks, temp, surf/current, beach/ramp, transition flow, course turns,	(massage, compression, legs up wall, epsom salt bath)	(pre race swim/bike run)	
	(request microwave/fridge in room)			(pre race dinner)	