

<b>To-Do's</b>	<b>Fueling</b>	<b>Equipment</b>	<b>Travel Plans</b>	<b>Mindset</b>
Finish Race Week Outline	PRO + CHO <30 min after workouts	Bike clean/tune up, then pack/ship	Book or confirm hotel/homestay	Practice race specific skill for extra confidence: open water, sighting, drafting, technical riding, etc
Download Pre Race Jams	150 mg Magnesium, 500 mg Calcium, 300 mg Potassium, 1000 mg Sodium	Foam "noodle" pieces or bubble wrap for bike frame/components	Book or confirm flights, rental car, insurance, etc	Prepare for climate/course conditions, e.g. elevation, humidity, terrain, weather, water temp
Buy travel snacks & race nutrition	Research local grocers, restaurants, coffee, etc	Contact race location bike shop for receiving &/or book services	Early Check-in to flight &/ hotel?	Visualize race and various scenarios. How will I respond if _____?
Pack! (see packing list)	Check on-course nutrition/hydration & spacing of aid stations	Research local gym, pool (hours), track, trails, bike/run routes, training groups, etc	Confirm Race Entry and race week schedule (e.g. packet pickup, course recon, meetings)	Review goals & "Why I Tri"