

NIGHT BEFORE	Fueling & Hydration	Race Prep	Heart	
	Pizza, pasta, potatoes or white rice (low fiber & low fat)	Finish "Race Plan" fueling/schedule/timeline	Isaiah 12:2 "I will trust and not be afraid; the Lord himself is my strength."	
	Dessert: gelato or dark chocolate	Apply race tattoos, number on race belt, stickers on bike/helmet/bags, select sunnies & goggles lense types, spare clothes for post-race, towel	Psalms 113:3 "From the rising of the sun to the place where it sets, the name of the LORD is to be praised."	
	Before bed: electrolyte drink or tea	Prep fuel: pack on bike or pockets & bottles/camelbak prepped. Freeze bottle(s) if hot race. plan for ice in bottle/camelbak	Eph 3:16 "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being..."	
MORNING OF	Fueling & Hydration	Race Prep	Warm Up	Heart
	Brekkie 3-2.5h before start: toast/bagel w/ pb & banana	Race kit/dress, brush teeth, comb hair, wash face, safety pin chip, apply sunscreen & chamois cream (or later)	Bike (sprint/oly): 10-15 min spin + 3-5x [:20 race pace/:40 ez]...or spin to race	Morning journaling/prayer, Pre Race Jams
	Water & Coffee with Brekkie; electrolyte drink?	Pump Tires: Road 95 front/100 rear, MTB with tubes 27f/29r, MTB no tubes 17f/19r, MTB in mud: use mud tire on rear!	Run: 10 min easy + drills + 3-5x [:15-30 stride/pace off walk/jog rec] + optional xtra jog	God Confidence. I am in the procession of a Conqueror!
	3h-->30min before start: electrolyte drink, warm drink if cold race, ice cold if hot race	baby powder or glide in b/r shoes + tri suit legs+ wetsuit, antifog goggles, bike: rubberbands, gearing, brakes & fuel/bottles/tools, run: socks, fuel	Swim: tubing + 200-600 swim steady & 1-3 accel to race pace optional; elbow holds/stretch	Find out what God put inside me; Worship by giving Him the best of what He has given me
	30-15 min before start: simple CHO, e.g. banana, applesauce, gel, honey	cold race: warm water in thermos, hand warmers, wool socks, vest, arm warmers, gloves in T1; warm race: extra sunscreen, hat, cooling fabrics	cold race: socks/slippers to swim start, no swim warm up (splash water on face), double cap	No expectations; Open hands; Unoffendable Heart; You Follow Me; Race Free