RACE EVALUATION

We put a lot of time into our training in order to perform well on race day. Then after the race we spend a few minutes talking it over with friends; “I felt good when I…” or “I should have…” or “I ran really poorly because…” You listen to their rundown of the race and then you move on with your lives without spending any more time thinking about the race. Unfortunately, we’re missing a huge opportunity to learn and grow as athletes. By filling out a post-race evaluation we’re able to learn from our mistakes and keep from making them again. We can find patterns – good or bad – that can be applied in the future. But we can only do that by setting aside some time after an event for thoughtful analysis.

Here are some questions to consider after a race. Be sure to do this exercise while the event is still fresh in your head.

1) Race information (name, date, location, start time)

2) Weather conditions

3) Weeks (months) since your last race

4) Goals – both time and non-time

5) Race strategy - including possible mishaps and contingencies

6) Mental preparation strategy

7) Duration of warm-up and cool-down

8) Arousal level (1-10) at the start (1 being nearly asleep and 10 being hysterical)

9) Finish time

10) Finish place (overall, age, gender)

11) Splits

12) What did I learn

13) Summary of things that went well

14) What would I change

15) Summary of thing to work on

16) Performance rating (1-10). How close did you come to what you were capable of running that day?

17) Mentally playback the best parts of the race. Check_____

18) Other comments