

UWU -

Approaching A ^{TRAIL AT} ~~START~~ D.D / PRACTICE BEARING

fitness DON'T PANIC

Map scale

Run

WANT TO SWEAT - N/S

read ahead

empty ~~the~~ head of other thoughts

LOOK AT MAP D.A. BEFORE
Prepare my kit before the race!

MAP symbols - ck I know them

Distance judgement

Mentally visualise my success.

Check Pre-Race Info. Other runners on
my course.

warm up

Visualization

CORE fitness

concentrate

map memory

Confidence

look at terrain prestart

running style

flow through the control

keep in touch with map

adjust speed to think

pace counting

know way out for next control

Route choice

Punching technique

keep head up

Simplify

Speed on run

pace count

stay focussed

breathe after
up hill

1. What part did you enjoy the most?
2. Which part do you think you executed best?
3. What might you have done differently?
4. How well prepared for the race were you?
5. Were you distracted at any point?
-what, why, what could you have done?
6. How did you feel physically?
7. Did you feel it was going better at the beginning/end?
8. Was there a specific technique that worked well?
9. What did you learn from the course?
10. How will you use that next time?

1. What part did you enjoy the most?
2. Which part do you think you executed best?
3. What might you have done differently?
4. How well prepared for the race were you?
5. Were you distracted at any point?
-what, why, what could you have done?
6. How did you feel physically?
7. Did you feel it was going better at the beginning/end?
8. Was there a specific technique that worked well?
9. What did you learn from the course?
10. How will you use that next time?