

Developing a Race Strategy

Know Yourself	Know the Competition	Know the Course	Know the Environment
What are your Strengths?	Who will be racing with/against you?	Where is the start?	What will the weather be like?
What are your Weaknesses?	What are your competitor's strengths?	Where is the finish (uphill, downhill, flat)?	Are there any special environmental conditions (e.g. areas prone to fog, sections where moisture collects, spots where temperatures may dip) that can have an impact on the race?
Where are you in terms of your annual training plan?	What are your competitors weaknesses?	How long is the race?	Will altitude be a factor?
How have you been feeling lately?	What types of races have your competitors won?	What is the course layout?	How big will the field be?
Do you have any injuries that would impact your racing?	Have other competitors done this race before?	What are the special features of the course (hills, turns, road surfaces)?	If it is a large field, will riders be pulled?
Are there any personal issues that would have an impact on your racing?	Have other competitors won this race before?	What obstacles are on the course (narrow sections of road, roundabouts, barricades)?	Will you have teammates? If so, are you there to race as a team?
How have you done in recent races?	How do you stack up in terms of the competition (your strengths vs. their weaknesses)?	Where are hazards located (sewer grates, pot holes, bad sections of road, sharp turns, steep down hills)?	If you are racing as a team, what is your role?
How have you done in recent training rides?	How have other competitors been performing lately?	Where, or is there a feed zone?	If racing as a team, what things are you responsible for doing during the race?
How have you done in races similar to this one?		Are there any course distractions?	Where will the wind likely be coming from?
How are you feeling mentally?		What is the terrain like?	Where will the sun be during the race?
How are you feeling physically?		Where are attacks likely to occur?	Will crowds/fans be a factor?
		If a crit where is the wheel pit?	Will the time of day have an impact on the event?
		If an existing race has the course changed?	Will travel to or from the event have an impact on the event?
		Where and how have people won the	Is the event in a different time zone and if so, will

		race in the past?	jet lag play a role?
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