

The Pre-Race Schedule of Awesome Champions

Night Before

- Drink some water (lots)
- Carbo-load
- Sleep doesn't matter that much (2 nights before does)

Breakfast

- Get something in your belly ~3 hours before

Examples:

Sierra: bagel, peanut butter, yogurt, banana, fried egg

Elise: oatmeal, egg, banana

Leann: 2 bagels and peanut butter, yogurt

Bob: yogurt, banana, granola

Ben: 2 pieces of whole-wheat toast with peanut butter

Duncan: oatmeal, peanut butter, raisins

Race Venue (2-1.5 hour before race start)

- Start warm-up 1-1.25 hours before race start
- 20-30 minutes really slow (try a big jacket)
- Stretch/bathroom/adjustments
- Start speeding up with L2, L3, then L4 intervals

Finish these ~20 minutes before race start

- Change base layer, drink water, snack, race bib, race skis, check in with coaches
- Easy skiing till start with some leg speeds on the line if you want
- Visualization, mantra ("I can do this"), team chants

❖ TIME TO RAGE

Sprint Days

- Longer slow warm-up and much more sprinting
- Usually do a couple loops of the actual race course and then practice best line
- Ski behind a fast skier and watch them, see what lines they take, how they ski the corners, etc...
- Keep base layers, warm clothes, water (electrolyte drink), and snacks close by for in-between rounds
- Have someone rub out your legs
- Take a deep breath