

# RACE ANALYSIS CHECKLIST



## GENERAL

Did you paddle well technically? On the start? In the flats? In the waves?

What technical cues did you use and were they effective?

What do you need to improve/adjust/develop/refine from a technical standpoint?

What drills should you do to address this?

Did a lack of stability in any way affect your technical performance?

## SPECIFIC • TECHNIQUE

How do you feel about your result?

How do you feel about your overall performance?

Are you able to distinguish your performance from your result?

Are you satisfied with your performance? If so, why?

Are you disappointed with your performance? If so, why?

What do you feel went right in your race? What did you do well?

What do you feel went wrong in your race? What didn't you do well?

## SPECIFIC • TACTICS

Was your start good? Did the strategy you apply the strategy identified in your race plan? If not, why?

Did your planned start strategy work? What could you do better?

Was your pacing effective? Did you apply the pacing strategy identified in your race plan? If not, why?

Did you go out too fast? Too slow? What could you do better re pacing?

Did you use drafting effectively? If not, was it a matter of skill or a tactical error?

What can you do to use drafting to your advantage more effectively?

Was your finish effective? Did you apply the finish strategy identified in your race plan? If not, why?

# RACE ANALYSIS CHECKLIST 2



## SPECIFIC • TACTICS (CONTINUED)

Did you start your finish too early? Too late? What can you do better re the finish?

Did you apply the hydration/nutrition plan strategy you identified in your race plan? If not, why?

Was your hydration/nutrition plan effective? What can be done better in this area?

Are there any other tactical issues you can identify in your race? If so, what are they?

Summarize the tactical changes - adjustments - refinements you need to make to your race plan?

## FITNESS

What impressions do you have of your fitness level after completing the race? Inadequate? Adequate? Superior?

What elements of fitness, if any, can you identify as areas to improve based on this race?

- \*basic aerobic?
- \*anaerobic threshold (moderate to high intensity paddling)?
- \*lactic threshold (high intensity)?
- \*Power?
- \*Power endurance?

\*If answered yes to any of above, can you list the areas which had the greatest impact on your race from most to least?

\*What should you adjust in your training program to improve on the identified areas?

## OTHER

Are there any other things you can identify that may have had an impact on your race performance?

- \*Travel?
- \*Sleep?
- \*Poorly designed or executed pre-race plan?
- \*Illness?
- \*Injury?

## NEXT STEPS

Consider all of the information above and reflect on your overall level of satisfaction with your race. Identify what went well and what didn't based on the answers you've provided above.

\*identify what worked well and what didn't for you in this race.

\*Summarize areas listed above that you've identified as needing improvement.

\*Develop a plan to address each area.