



Preparing for Your “A” Race

First, an “A” race is your most important race of the year. You can have 1-3 “A” races in a 12 month period, as well as several “B” and “C” level races that support your A race. Typically you will not taper your training for your B and C races.

You need months to get ready for an A race. A lot of time and energy should go into your preparation. After all, this is the big event, so make sure you don’t overlook the little things that could put a damper on it all. Here are a few things to consider in an attempt to be ready for your A race:

- Know the race course - Remember, ultimately it is the racer’s responsibility to know the course. The last thing you want to do is to waste all your hard training by giving up valuable time by going off course!
- If possible you should drive, ride, run, or swim the course so that there are no surprises.
- Formularize yourself with the aid station locations, the topography, climate, etc.
- Your training should be specific for the race course. If the course involves lots of downhill running, then you need to train for running downhill.
- Heat, sun exposure, cold, hills, wind, etc. are all things you can train in so that your body is better able to handle the elements during the race.

Your B and C level races can help you prepare for your A race. These are intended to be prep events for the Big One, so you will not rest for your lower level races. Here are a few things that B and C level races can teach:

- What to eat and drink during races.
- What equipment works for you.
- How to set a pre-race routine - Travel, food, sleep, packing, etc. are all things we can learn how to deal with so that they don’t take a toll on our race day performance.
- Pacing for maximum race effort levels.

Typically you will race your B and C level races at 100 effort; the only difference will be that you are not as rested as you will be for your A race.

You will be amazed at how well you can perform at your big race with a little planning.

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