

Race Pace WELLNESS

New York City Marathon

Race Week Calendar

What to do each day of the week

So you don't go completely crazy during the taper

*Monday
October 27*

Check & Prep Your Gear

*pre-race warm-ups
race day outfit
post race gear
race fuel*

*Tuesday
October 28*

*Train Your Brain
Write Race Strategy*

*list all your good workouts
visualize the race
make a mental game plan*

*Wednesday
October 29*

*Food Shop
Update Your
Playlist*

*stock your pantry with
everything you need for
your pre-race meals*

*Thursday
October 30*

*Go to the Expo
Write Race Day Schedule*

*schedule everything
from Saturday
night dinner to the
time you need to be
in your corral*

*Friday
October 31*

*Organize Your Cheer Squad
Watch: Run for Your Life*

*tell friends & family
members where to
cheer & how to track
you*

*Saturday
November 1*

*Change Your Clock
Review Race Strategy
& Race Day Schedule*

*set 2 alarms
ignore any negative
thoughts
trust your training*

Sunday, November 2: Have the best race of your life!