



Endurance Race Reflection Tool

This tool helps athletes reflect on their endurance race performance. Answer the questions below on a scale of 1 (very poor) to 10 (excellent). Then, plot your average Physical and Mental scores on the quadrant chart to identify where you landed and how you can improve.

Race Name: _____

Race Date: _____

Physical Performance Questions

- ____ Did I pace myself effectively throughout the event?
- ____ Was my nutrition plan executed as intended (fueling, hydration, timing)?
- ____ How was my energy level in the last quarter of the race?
- ____ Did I experience any preventable physical issues (e.g., cramps, GI distress, overheating)?
- ____ Did I feel strong and efficient in my key discipline (swim, bike, or run)?
- ____ Did my training adequately prepare me for the demands of the race?
- ____ Was recovery (post-race soreness, fatigue) within expected limits?

Average Physical Score: ____

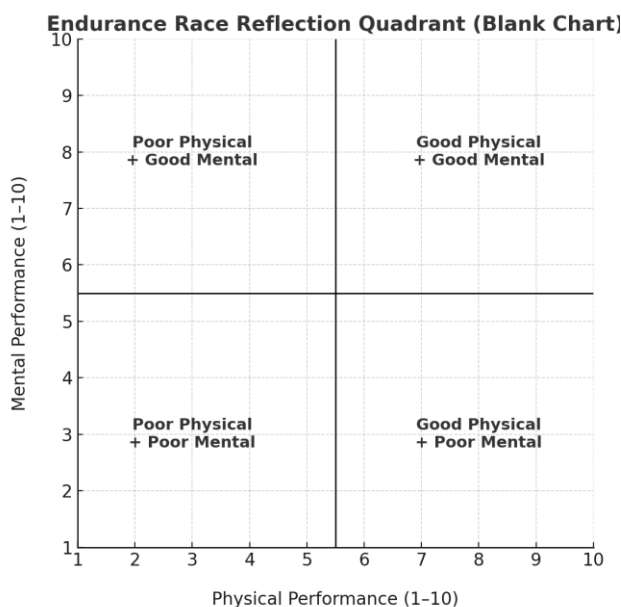
Mental Performance Questions

- ____ How well did I stay focused during difficult segments?
- ____ Did I maintain a positive mindset when things got tough?
- ____ Was I able to reframe negative thoughts into constructive ones?
- ____ Did I remain calm when faced with unexpected challenges (equipment, weather, competitors)?
- ____ How resilient was I when fatigue set in?
- ____ Did I use mental strategies (self-talk, visualization, mantras) effectively?
- ____ Did I finish the race feeling proud of my effort, regardless of outcome?

Average Mental Score: ____

Reflection Quadrant Chart

Use this blank chart to plot your Physical and Mental performance scores:



Website: <https://www.rapidsnailracing.com>

Contact: coaches@rapidsnailracing.com

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