



Marilyn Chychota Coaching, LLC

Race Debrief:

Total Race Time

Swim Time

Bike Time and Wattage

Run Time and Pace

Finishing Place in Division and Overall

The good? What goals did you achieve?

The bad? What goals did you miss?

What would you change? Where is the room for improvement?

Did you have any equipment issues?

Describe your nutrition and hydration before and during the race. Any issues?

What changes would you make to your race execution or plan?

What changes would you make to your training?

Overall performance grade?

Next Goal?

KEY AREAS TO DISCUSS



1. What did we set out to do?

What were the expected results? What were the **CSI's (Critical Success Indicators)** established prior to the event / competition? ***These can be Objective Targets, Subjective Targets, or both.***

2. What were the actual results?

Include performance (times), overall rank (placing), and % of personal best performance (if applicable). Discuss objective results / facts and Subjective results / facts?

3. What have we learned (Positive and Negative)?

Focus on what we learned, not on what we will do next. What advice would we give someone starting out now? What strengths and weaknesses have we discovered?

4. What are we going to do?

Exactly who will do what and when? Use SMART descriptions (Specific, Measurable, Achievable, Relevant, and Time-based). Sustain strengths and develop weaknesses. Be sure to indicate HOW you are going to move forward.



**Be Direct and To the Point Be Accountable for Your Actions Everyone on Equal Level
Keep Focus on Learning & Moving Forward**

“If you do what you’ve always done, you’ll get what you’ve always got”