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Postseason/Race Analysis

Use this worksheet to help you analyze your experiences for the most recent race or season. This process will help you develop a strategy for moving forward. The first five items are the things that you can control that will directly impact your performance. Be honest with yourself about how you are doing in these areas. Devise positive process based strategies to help improve in these areas if necessary.

Date:

1) **Diet:**

2) **Sleep/Rest:**

3) **Environment/Mental Preparation/Attitude:**

4) **Training Program (last eight weeks):**

5) **Stress Level:**

6) **List some of the positives that have come out of this competition or season. What worked and why?**

7) i. List the main challenges for this season or competition. What didn't work and why?

ii. How many of these challenges are within your control?

8) What strategies are you going to employ to help your progression forward?

9) What can your coach do to help you grow and develop for the next season or race?

Space For Additional Notes and Thoughts: