

women's **running**



Coping with Uncertainty with Neely Gracey

Post-Season Analysis Questions

After your race or your training season, write out answers to these questions.

What went well in my training?

What didn't go well?

What would I do the same?

What did I learn during my training?

What did I learn from the race?

Based on those lessons, what are three things I can change or focus on in the future?

Is there anything I can do, purchase, or organize during the off-season to set me up for success in my next training cycle?

What are three things I'm most proud of from this season or build-up? (This can be running-related – a specific workout you crushed or a new achievement, like your longest run or most consistent stretch of training ever. Or, it might be about how you managed your running in tandem with the rest of your life.)
