

ONEWAYGRIT

THE RACE PLANNER

PLAN YOUR RACE.

Plan. Adapt. Execute. Learn.

Flexible Clarity

Know what matters. Adapt to what happens. Choose the next step.

A working planner for trail and ultra races. Built from real preparation in Korea and Asia.



THE STARTING LINE / THE PATH / THE FINISH LINE

Write the plan. Use it when things change. Carry the useful lessons into the next race.

FREE TRAIL & ULTRA PLANNER / ENGLISH

01 / THE STARTING LINE
THE METHOD

Enough clarity to start.

You do not need every answer.
You need a direction and a plan you can return to.

FLEXIBLE CLARITY

Know what matters. Adapt to what happens. Choose the next step.

THE STARTING LINE

Name the race, your intention, and the lessons you bring.

THE PATH

Prepare. Test. Execute. Notice when reality changes and choose your next action.

THE FINISH LINE

Separate the result from the execution. Keep the lesson, then decide what comes next.

Where am I? What matters now?

What do I need this planner to help me decide?

Use the pages that serve your race. Duplicate tables for longer routes. Transfer the essentials to the race card. Verify official course details, cutoffs and mandatory kit; use your own tested targets.

01 / THE STARTING LINE
RACE & INTENTION

What matters in this race?

A time goal can matter. So can how you move,
how you decide, and what follows the finish.

RACE / LOCATION

DATE / START / TIME ZONE

DISTANCE / ASCENT

CUTOFF / COURSE CHECKED ON

Why this race?

What do I want from this experience?

A well-executed race

What outcome am I aiming for? Which decisions can I control?

LESSON FROM MY LAST RACE

CURRENT PREPARATION / CONSTRAINTS

Flexible Clarity: What will I protect? What am I willing to adjust? Put the important part in your race-day cues.

Test before you trust.

Record the useful evidence from your preparation.
More data only helps if it changes a decision.

DATE / TEST	WHAT I NOTICED	WHAT CHANGES IN MY PLAN

What is ready? What still needs testing?

Consider effort, technical movement, fuel tolerance, carrying capacity and gear.

This week, what matters most?

Choose one useful preparation priority. Account for work, recovery and other commitments.

Use alongside the training plan you follow. This workbook records your preparation; it does not prescribe workouts.

Read the actual course.

Two races of the same distance can ask very different things of you.

SECTION / KM / VERT	RUN / HIKE / TECHNICAL	CUTOFF / LOCAL TIME	VERIFIED SUPPLIES

What changes the plan?

Mark long supply gaps, exposed terrain, technical descents, navigation points and likely darkness.

OFFICIAL ROUTE / GPX SOURCE

VERSION / LAST VERIFIED

Confirm checkpoint water, food, drop bags and access directly. Movement type depends on your ability and the conditions. Do not assume that a section will stay runnable.

No early hero moves.

Use effort, terrain and practiced cues.
Reassess before you increase the effort.

SECTION / TERRAIN	EFFORT / MOVEMENT CUE	LEG TIME + STOP	ARRIVAL / CUTOFF BUFFER

My early-race guardrail

What will tell me I am getting carried away? What will I do next?

Calm up. Control down.

Choose your own climb, descent and late-race cues. What change in movement will trigger a reassessment?

Keep elapsed time separate from clock time. Include checkpoint stops. Cutoff buffer = official cutoff minus planned arrival. Estimates support decisions; they are not promises.

Make remembering part of the plan.

A calculation on paper needs a reminder you will actually notice when tired.

MY TESTED FUEL / HOURLY PLAN

MY TESTED FLUID / ELECTROLYTE PLAN

LEG / TIME	FUEL TO CARRY	FLUID / REFILL	ELECTROLYTE SOURCE

Reminder + tested alternative

How will I remember? If my usual food becomes unappealing, what tested option can I use?

WHAT I ACTUALLY TOOK / WHERE THE PLAN CHANGED

Check carbohydrate and sodium per serving across all products. Account for time between verified supplies. Record what you have practiced; do not copy someone else's quantities.

Arrive with the basics ready.

Keep the routine familiar. Pack for the course and the conditions you may meet.

GEAR / QUANTITY	PACK / BODY / BAG	TESTED / CHECKED

WEATHER / LIGHT / BATTERY CHANGES

DROP BAG / CREW / ACCESS

WAKE / FAMILIAR BREAKFAST

TRAVEL / ARRIVAL / KIT CHECK

SLEEP / PREPARATION PRIORITIES

FINISH / RETURN TRANSPORT

Copy the official mandatory kit into your checks. Verify pole rules, bag arrangements, charging, course access and transport. Write only the changes that matter.

Check in. Then decide.

Where am I? What matters now? What is the next useful action?

IF THIS HAPPENS	MY NEXT ACTION	REASSESS WHEN
Excitement / surging		
Fuel plan slipping		
Movement / confidence changes		
Weather / gear changes		
Navigation / timing issue		
My own trigger		

RACE ASSISTANCE / EMERGENCY CONTACT

CREW / WITHDRAWAL ARRANGEMENTS

Make the world smaller.

Next checkpoint. Next section. Next landmark. Next step. What short cue brings my attention back?

Grit includes sound judgment. Follow race instructions and seek assistance when needed. A mental cue is not a reason to continue through an unsafe situation.

02 / THE PATH
RACE-DAY REFERENCE CARD

The next step.

Keep this page accessible.
Transfer only the final, verified essentials.

RACE / BIB / START

MY RACE INTENTION

EFFORT? MOVEMENT? LAST FUEL? NEXT SUPPLIES?

MY THREE CUES

FUEL / FLUID REMINDER + ALTERNATIVE

CHECKPOINT	ARRIVAL / CUTOFF	REFILL / NEXT LEG / KEY ACTION

ASSISTANCE CONTACT / WITHDRAWAL

CRITICAL KIT / WEATHER CHANGE

Example cues from my yellow pad: No early hero moves. Calm up. Control down. Focus forward. Choose words you have practiced. At checkpoints: check condition, refill, confirm the next leg, leave ready.

03 / THE FINISH LINE
RACE REVIEW

The result is one part of the story.

A missed stretch goal does not erase progress. A DNF deserves a review, not a verdict on your worth.

RESULT / FINISH OR STOP POINT

CONDITIONS / KEY CHANGES

AREA	PLAN VS REALITY	DECISION / WHAT FOLLOWED
Effort / movement		
Fuel / hydration		
Gear / checkpoints		
Attention / decisions		
Other		

Where did the plan and reality diverge?

Did I need a better plan, a clearer reminder, a different decision, or more preparation?

ONE THING TO KEEP / ONE CHANGE TO TEST

Carry the lesson forward.

The finish line changes what comes next. Leave room to recover and reconsider.

WHEN	MOVEMENT / SLEEP / ENERGY	WHAT CHANGED / NEXT DECISION

NEXT EVENT / PRIORITY

WHEN I WILL REASSESS THE NEXT GOAL

Did this planner earn its place?

What did I consult? What did I ignore or forget? What was hard to find when tired?

The next starting line

What will I carry forward? What will I leave behind?

Record observations without treating a watch metric as clearance to race. Recovery and return-to-training decisions are individual. Use appropriate professional support when needed.