

# If things go wrong...

Take a minute the week before your race going through the list and writing out what you would actually do if curveballs come your way mid-run.

- This gives you that game plan!
- If something on the list doesn't apply to you, cross it out.
- I have left some space at the bottom for you to add your own scenarios.
- Some things might not have a solution in the moment. E.g. If you start chafing and there's no anti chafe in sight... well, you might just have to grit your teeth and power through.

IN IT FOR THE  
LONG RUN

## My kit breaks

Potential Problem 01

How I'll handle it:

## I need the loo

Potential Problem 02

How I'll handle it:

## My hair band snaps

Potential Problem 03

How I'll handle it:

## I can't keep my target pace

Potential Problem 04

How I'll handle it:



## I find a runner in need of help

Potential Problem 05

How I'll handle it:

## I get nauseous

Potential Problem 06

How I'll handle it:

**I get a blister**Potential Problem **07**

How I'll handle it:

**I get chaffing**Potential Problem **08**

How I'll handle it:

**I miss my support crew**Potential Problem **09**

How I'll handle it:

**I drop my nutrition**Potential Problem **10**

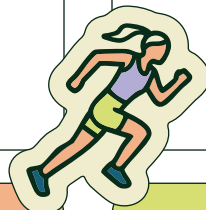
How I'll handle it:

**I go the wrong way**Potential Problem **11**

How I'll handle it:

**I get stung by a bee**Potential Problem **12**

How I'll handle it:

**I'm not able to eat anymore**Potential Problem **13**

How I'll handle it:

**I get a cramp**Potential Problem **14**

How I'll handle it:

**The race start is delayed**Potential Problem **15**

How I'll handle it:

**The weather is not good**Potential Problem **16**

How I'll handle it:

**My water bottle breaks**Potential Problem **17**

How I'll handle it:

**I forget my nutrition**Potential Problem **18**

How I'll handle it:

**I get injured**Potential Problem **19**

How I'll handle it:

Potential Problem **20**

How I'll handle it:

Potential Problem **21**

How I'll handle it:

Potential Problem **22**

How I'll handle it:

