KILOMETERKLUB · RACE ADVISOR

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Running & Race Day Advice Guide

The 15 Controllables & Small Decisions That Matter Most

Your complete race-day blueprint: pacing, fuelling, mindset, and execution so you can line up calm, prepared, and ready to run your best.

GUIDE
Race Strategy & Execution

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SERIES
Race Advisor Handbook

By Rudolph · Race Specialist · KilometerKlub · 7x Ironman · 20+ Ultra Marathons

RACE EXECUTION BLUEPRINT

Control the Controllables

01. Respect the Week Before
Sleep, hydration, and calm routine earlier in race week beat last-minute panic on race eve.

02. Nothing New on Race Day
Stick to tested shoes, socks, shorts, breakfast timing, and nutrition. Familiar gear removes surprises.

03. Fuel by Plan, Not by Mood
Take gels and fluids on schedule before you feel empty or thirsty. Match gel intake to water points.

04. Pace the Race, Not Your Emotions
Early adrenaline makes fast paces feel easy. Hold back in the first quarter so you can finish strong.

05. Control Effort on Climbs
Hills punish ego. Focus on steady breathing and perceived effort uphill rather than forcing flat split pace.

06. Dress for the Full Race
Dress for the temperature two hours into the race, not just the chilly start chute.

07. Know the Course Shape
Understand where the key climbs, technical descents, and aid stations sit so nothing catches you off guard.

08. Slow Slightly at Busy Water Tables
A calm two-second check in pace gives you a clean grab, proper hydration, and a smoother exit.

09. Solve Small Problems Early
Address hot spots, chafing, missed sips, or rising tension early while they are still cheap to fix.

10. Have a Mental Reset Routine
When a rough patch hits: drop your shoulders, exhale, take water, and break the race into the next 2 km.

FROM RUDOLPH · RACE SPECIALIST

"Training builds the engine. Small decisions help you use it. Before your next race, do not only ask if you are fit enough · ask if you have made race day easier for yourself."