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| Name: |
| *Perceived strengths in this race* | *How to best maximise these strengths* | *Perceived weaknesses in this race* | *How to best minimise these weaknesses* |
|  |  |  |  |
| ***Stage*** | ***General plan*** | ***Tactical focus / pacing*** | ***Technical focus*** | ***Other notes / nutrition etc*** |
| ***3km run*** |  |  |  |  |
| ***55km Road ride*** |  |  |  |  |
| ***33km Mnt Run*** |  |  |  |  |
| ***15km Road bike*** |  |  |  |  |
| ***67 km Kayak*** |  |  |  |  |
| ***70 km Road bike*** |  |  |  |  |

***Coast to Coast Individual Race Plan***