



Name: _____

Class: _____ Date: _____

Our Training Plan for a Competition

An activity of "Amazing Race"

Imagine sailing and roughing it out at sea alone for months without the use of modern technology. That is what the brave competitors of the Golden Globe Race will be doing! Work in small groups to explore developing a training plan for one of the sailors.

- A. Use the story "Amazing Race" (pages 26–27, *What's Up* October 2026) to create a training plan for Louis Kerdelhué to help him prepare for the Golden Globe race. You may add more details from your group's discussion.

Training plan for Louis Kerdelhué			
Equipment	Skills	Physical	Mental
<i>Type of boat:</i> <i>Tools needed:</i>	<i>Types of skills needed:</i>	<i>How to build up physical endurance:</i>	<i>How to deal with loneliness, boredom, and setbacks:</i>

- B. Search online and select an upcoming local competition (*e.g. sports, academic, drama, dance, etc*) for students. Write out a training plan for its competitors using the table below. Consider preparation (prep) details such as setting weekly goals, keeping a diary to track performance, having a support network, visiting the contest venue, etc.

Training Plan for competitors of _____ (name of competition)			
Equipment & Skills	Physical prep	Mental prep	Other prep

- C. Have all the groups present their training plans to the class. Which group's plan do you think is most effective and why?