Overview:
There are 2 major differences from MANT and the two previous scenarios:
1. Racing gives currency, and currency can be exchanged for items and stats
2. Specific combination of Races completed gives substantial random stat increases

In the previous scenarios, the choice between training and racing is clear,
If you lack stats, you train
If you lack sp, you race

MANT introduces a different training flow, where racing isn't only a means to gain SP, but also supports stat gain.

Given the immense value in racing itself, it will inevitably drive players to race a lot more. However, some of the purchasable items cannot be effectively turned into stats, and idle funds cannot be converted into stats, leading to blindly racing being largely meaningless.

In practice, players typically race 30-40 times, depending on the strength of your deck, the stronger your deck, the faster you can fulfill the stat requirements, but even on a strong deck, despite the relative lowered value from racing (due to stronger training), the races themselves still remain worthwhile.

Racing Combination Bonuses:
MANT grants additional random stats depending on the specific set of races you win.
This is essential background information, please give it a quick glance to understand what is being said later.

Classic Set:
Triple Crown {Satsuki, Derby, Kikuka Sho}
- 2 Random Stat +10

Triple Crown + 1 of the following {2nd Year Japan Cup, 2nd Year Arima}
- 2 Random Stat +15

Triple Crown + 2 of the following {Tenno Sho(Spring or Autumn), Japan Cup, Osaka Hai, Arima(either year)}
- 2 Random Stat +15

Filly Set:
Filly Triple Crown {Oka Sho, Oaks, Shuka Sho}
- 2 Random Stat +10
Filly Triple Crown + 2nd year Queen Liz
- 2 Random Stat +10
Filly Triple Crown + 2 of the following {Hanshin JF, Victoria Mile, Queen Liz(year 3 only)}
- 2 Random Stat +15
Filly Triple Crown + Mile Set

- Mile Straightaways hint +1

Spring/Autumn Set:
Spring Triple Crown {Osaka Hai, Tenno Spring, Takarazuka(Year2 or Year3)}
- 2 Random Stat +10
Autumn Triple Crown {Tenno Autumn, Japan Cup(Year 3 only), Arima Kinen(Year 3 only)}
- 2 Random Stat +10
Tenno Spring + Tenno Autumn
- 2 Random Stat +10

Classic Triple Crown + Spring Triple Crown + Autumn Triple Crown
- Homestretch Haste hint +1

Short/Mile Set:
NHK Mile + Yasuda Kinen + Mile CS
- 2 Random Stat +15
Takamatsunomiya Kinen + Sprinters Stakes
- 2 Random Stat +10
Takamatsunomiya Kinen + Sprinters Stakes + Yasuda Kinen + Mile CS
- 2 Random Stat +15

Dirt Set:
Dirt 5 win - 2 Random Stat +5
Dirt G1 3 win - 2 Random Stat +10
Dirt G1 4 win - 2 Random Stat +10
Dirt G1 5 win - 2 Random Stat +15
JBC Sprint Double Crown (both wins both years) - 2 Random Stat +10 [not sure who'd run this]
Dirt 15 wins - 2 Random Stat +10
Dirt G1 9 win - Top Pick +1 (not sure who'd run this)

Misc Sets:
OP 10 win - 2 Random Stat +5
Standard Distance 10 win - 2 Random Stat +10 (pretty much automatic)
Non-Standard Distance 10 win - 2 Random Stat +10 (hard to complete, let it happen)
Kanto 3 wins total or more in {Tokyo, Nakayama, Ooi} - 2 Random Stat +5
Kansai 3 wins total or more in {Chukyo, Hanshin, Kyoto} - 2 Random Stat +5
Hokkaido 3 wins total or more in {Sapporo, Hakodate} - 2 Random Stat +5
Tohoku 3 wins total or more in {Fukushima, Niigata} - 2 Random Stat +5
Kokura 2 wins total or more in {Kokura} - 2 Random Stat +5
Junior Stakes 3 wins total or more in races with Junior Stakes in their name - 2 Random Stat +5
Umamusume Stakes 3 wins total or more in races with Umamusume Stakes in their name
- 2 Random Stat +5

Racing - Part 1:
MANT flow boils down to
If training is good, press training, if training sucks go race.

…but it's not that simple, let's approach it from both training and racing.

First, races. There is a core set of races that never change.
There are five major sets.
Able to run medium and Long => Classic Set, Tenno Sho Set
Only Medium => Filly Set
Only Short and Mile => Short + Mile Set
Only dirt = > Dirt Set

Some of these can be split off and run independently.
E.g. The three mile races (NHK, Yasuda, Mile CS) can be broken off and treated as their own group.

Since there's almost no training that can offset the set bonuses, they are basically fixed on the schedule.
For example, the classic triple crown + 2 add-ons, the full set yields 5 races + 80 random Stats, not to mention the race rewards themselves. Splitting these large sets for training is exceptionally rare.

However, if the net gain after deducting race earnings(currency + stats + sp) still makes it worthwhile, there's a chance to split these sets.

Racing - Part 2:
Taking a look at the remaining issues related to racing.

Races that provide little or no set bonus, or set bonuses are difficult to complete. The issue with these races is that their additional stat gains are low, if you lock them into your schedule from the start, you are losing opportunities to either build bonds or hit rainbows aided by items.

In essence, these races are the same as those discussed in part 1, except these races are more likely to be dropped or removed from schedule compared to large fixed race packages, so they are discussed separately here.

Whether or not you run these races are discussed here.

1. Whether you can finish buying useful shop items in time
Running out of money and failing to buy good items is basically an unacceptable tempo mistake
2. Whether a Rival appears
Rivals can give either +10 random stat, or skill hint, and also increase the chance of additional items appearing. Ignoring money gained, the difference between a race with a rival and one without a rival is enormous.
3. Whether you can orange bond before Summer
Your 1st summer is the most reliable major item sink in MANT, if you can't spend your items in summer, it's very easy to waste items. This is one of the key reasons you can't just spam races

A note on race bonus:
Contrary to what people believe, it is not race bonus that's strong but the races themselves
The relationship is simply:

Races stronger -> run more races -> race bonus feels stronger

Most new mechanics, such as the shop and set bonuses, do NOT scale with race bonus,

There is a noticeable breakpoint at around 50RB:
Difference between 45 and 50 RB is roughly +50 stats and 40 skill points (estimate)
This is worth aiming for, similar to how you aimed for a 35RB minimum in URA and Unity.

Going Beyond gives diminishing returns
50 -> 55 RB is roughly just extra SP
55 -> 60 RB is roughly +30 stats

So don't fall into the trap of thinking " I'll sacrifice all training efficiency in MANT just to stack insane race bonus"

Items - Part 1
Since items are intertwined with training, we need to talk about items before training.
For a general heuristic, we will use the Small Stat Book as a guide.
10 coins for +3 stats ⇒ efficiency of 0.3 as a baseline, and evaluate all items relative to this.

1. Stat Books

Size	Cost	Effect	Efficiency
Small	10 coins	+3 stat	0.3
Medium	15 coins	+7 stat	0.47
Large	30 coins	+15 stat	0.5

2. Energy Drinks

Heuristic: 25 energy training gives roughly 37.5 stats (roughly equivalent to double rainbow lvl4 training), therefore corresponding to 2 energy = 1 stat

Item	Cost	Effect	Efficiency
Small	35	+20 energy	0.29
Medium	55	+40 energy	0.36
Large	75	+65 energy	0.43
Green Juice	70	+100 energy -1 Mood	0.50

"Why use such a high benchmark for double rainbow?"
In MANT, due to training-boosting items, item coverage on training is very high. In practice, when

you average out single-rainbow and multi-rainbow training while using items, the real efficiency really does approach double-rainbow levels, and sometimes exceeding it.

Strategic Value of Energy Drinks
Beyond efficiency, energy drinks gives you flexibility:
- take strong trainings
- Run good races
- Cancel penalty of racing at 0 energy
- Guarantee high energy in Summer

Energy drinks are basically auto-buy tier items.

Special Case: Green Juice
Green juice has 2 problems:
1) Energy Overflow
2) Mood -1
It needs to be used with planning.

Ways to handle mood loss:
- Use with Cupcake
- Race and hope for Reporter mood up
- Riko or other pal card date event mood up
Ways to handle Energy Overflow, race and let random events tank energy as well as possible before use.

Overall, energy items are so powerful that even green juice, while being less flexible than large energy drinks, should be planned around.

3. Mood Cakes
   Efficiency here is calculated by comparing to going out to raise mood

Item	Cost	Effect	Efficiency
Small Cake	30	Mood +1	0.7
Large Cake	55	Mood +2	0.7/0.38

Large cakes are actually weaker than small cakes.
Most of the time you only need to raise your mood by one level, not two. That means large is often behaves like an overpriced small cake.

However, due to flexibility and still high-efficiency, they're still generally worth buying whenever you see them.

How to use Cakes
- Green Juice Pair

- Fixing mood drops

Occasionally chain 3 races and accept mood penalty is fixed by cakes.

DO NOT chain races for the sake of chaining, chaining itself has no inherent benefit. You only do it to avoid terrible training turns or to exploit energy efficiency.

4. Max Energy Drinks

Item	Cost	Effect	Efficiency
Small	30	+5 energy +4 max energy	Hard to quantify
Large	55	+8 max energy	Hard to quantify

Large = Trash
Using the 0.3 baseline, 55 coins must provide a value equivalent to 33 energy. To break even, the +8 max energy must prevent 33 energy worth of overflow over time, which is an extremely harsh requirement, not an item worth playing around with.

Small Energy Drink is interesting
30 coins needs roughly 21 energy worth of value.
-> it gives 5 energy immediately
But if you use it at 0 energy, it behaves like a +20 energy item (by taking a not penalised race)

If this works even once, it breaks even, and even when it doesn't, avoiding 16 energy overflows is far more achievable than a large version.

Conclusion: they are situational, at best they compete with small energy drinks, small max energy drinks are worth considering if you have extra funds.

5. Bond items

Item	Cost	Effect
Carrot BBQ	40	All Support +5 Bond
Cat Food	10	Akikawa +5 Bond

BBQ - if at least 2 supports are not maxed, it's basically always worth buying, if only 1 is not maxed, decide based on your economy and how strong that card is.

Useful Trick:
-Keep bond bonus in mind
-If you want to min-max, hold until just before rainbow activates, then use it on the turn you want that card to turn rainbow

Catfood- Akikawa bond is rarely an issue, can be ignored usually.

6. Horseshoe-type Items
Assuming 4 SP = 1 stat, because races now give many extra rewards, skill points are devalued. That said, 3->4 SP per stat is reasonable, but treat this as reference only.

Item	Cost	Effect	Efficiency
Small Horseshoe	25	x1.20RB(1 turn)	0.25
Large Horseshoe	40	x1.35RB(1 turn)	0.27
Glow Stick	15	x1.50FB(1 turn)	0

2023/6/9 update: efficiency recalculated as the RB is multiplicative and not additive

Horseshoe items are low efficiency, they are situations where you need SP urgently.
However, you should try to save 3 large horseshoe for 3 finals races, their efficiency there is extremely high. That said, the final shop refresh has a noticeably higher chance to offer horseshoes, so having at least 2 before finals is usually sufficient.
Glow sticks are for farming fans or activating NTR passive earlier, no extra comments needed.

Items - Part 2
7. Facility Books
Upgrades facility by +1 level, cost 150.

Using .3 baseline, it needs to generate +45 stats to be worthwhile, the main and sub facility often meets this condition, while others cannot. Worse still, the upgrade from level 1 -> level 2 facility level is abysmal efficiency.

As a result, generally only buy for main and sub facilities in the latter stages.

8. Whistle
Reroll training placements once, cost 20
Overpowered
If it improves your outcome by +6 stats, it pays for itself.

They usually appear in limited quantities, so try to save them for summer camp with full bond but zero rainbow, where they are most impactful.

In practise, buy every whistle you see, you'll never complain about having too many

9. Charm
Training failure rate becomes 0% for 1 turn, cost 40

3 levels of understanding of this item.
Level 1: prevents missing good training due to low energy. In this usage, this item does NOT generate value, it is compensation for poor energy management. If you drink an energy drink instead, you usually gain more benefit

Level 2: pseudo-energy drink. Most commonly used during finals turns, or training on 0 energy. In these cases 1 charm is roughly 25 energy, which is about 0.31 efficiency, acceptable value

Level 3: because charm always guarantees a rough 25 energy worth of value, it is a tool for more aggressive energy planning.
E.g.
Running races on low energy, if a good training appears, cover it with charm and then follow with green juice + small cake.
At 25 energy, force uses charm to train safely, then green juice to refill.

Conclusion, solid value floor and strategic value, **buy on sight**.

10. Buff Status Items

Item	Cost	Effect
Hand Mirror	150	Charming
Practise Notebook	150	Practise Perfect
Scholar Hat	280	Fast Learner
Glasses	150	Hot Topic

Hand Mirror - Compared to BBQ, with rough estimations:
A 150 coin mirror needs to generate +40 bonds to be worthwhile.
That means it only pays off when most bonds are at or below 50%.
BUT -> there's no shop before debut, which leaves very little effective window for this item
In practice, only extremely early mirrors have value, most of the time, buying it is a loss.

Practise Notebook - Trash

Scholar Hat - skill point conversion item.
If you finish at around 2400 skill points, its actual value is 267 SP, giving an efficiency of 0.24, which is below standard, but there are important considerations.

   1) Convert excess funds into value, the scenario often leaves you with excess gold and nothing to buy
   2) The more races you run, the stronger this item is, more races = more sp, more races = more likely to float currency

The more you grind, the better you'd think of this item.
Since SPs are often binary(either you have enough or you don't), you should be decided case-by-case, not a 100% must buy status.

Glasses - Trash

11. Negative Status Removal Items

Item	Cost	Effect
Panacea	40	Remove all negative conditions
Remedy	15	Removes 1 specific condition

Mental comfort items, that if you have spare funds for, you'd keep 1 at hand, but special mention goes to the item that removes **Skin Outbreak**.

Allows for 4 consecutive races
However, truly valuable 3 chains are rare, and 4 chains are even rarer, so don't worry about it too much.

12. Training Boost Items

Item	Cost	Effects
Small Megaphone	40	+20% stats for 4 turns
Medium Megaphone	55	+40% stats for 3 turns
Big Megaphone	70	+60% stats for 2 turns
Anklets	50	Training stat +50% Energy cost +20% 1 turn

To break even:
Small Megaphone needs to hit in 4 turns 60 base value total worth of training.
Medium Megaphone needs to hit in 3 turns 41 base value total worth of training.
Large Megaphone needs to hit in 2 turns 35 base value total worth of training.
Anklets need to hit 41 base value worth of training on the turn.

In practise: Large > Medium >>> Small

A single double rainbow or 2 separate single rainbow trainings are good efficiency, therefore these items should be bought aggressively given you can spend them on boosted training properly.

Training

1. Early (Pre-debut -> before Classic Summer)
   BOND
   In traditional training scenarios, getting a support card to rainbow early is always good, the earlier it activates, the more it impacts your final stats.
   However, in MANT, the value of single rainbow training is relatively low, in many cases, the return from a single rainbow turn is actually worse than just running a race.

   This is because MANT heavily relies on multi-rainbow turns + fully activating items to generate large stat gains.
   So instead of rushing one card to rainbow, the strategy shifts toward evenly distributing bond gains so that multi-rainbow turns can appear as early as possibly
   Facilities
   Same upgrade system as URA but with Unity Cup base values.
   MANT has fewer total training turns overall, realistically you can usually only raise about two facilities to level 4.
   Additionally, Summer now accounts for a large proportion of total training value, which means facility levels matter slightly less, and whether or not you rainbow in summer matter much more.
   ⇒Bond building is slightly more important than facility levelling

   Early-game priority summary
   Low bond cards -> high bond cards -> facilities
   Use this priority when deciding which training to click early on
2. Summer Camp Training (Year 2 and Year 3 Summer)
   Before summer begins you ideally want
   - All bonds as close to maxed as possible
   - Energy and mood ups
   - Enough large Megaphones to cover 4 turns
   - Anklets for your main and sub trainings
   - As many whistles as possible
   Summer is the do-or-die of MANT

   Rough rule of thumb is:
   No rainbow -> use Whistle
   1 rainbow or more -> use Megaphone
   2 rainbow or more -> use Anklet

   Not the absolute rule, just a guideline

3. Mid-Late training (Year 2 Summer -> End)
   If training bad -> race (remember your race sets)

Deck Building

1. Guts - Wits
   Deck: 3 Guts + 2 wit + Riko/Guts/Wit/Skill card/Speed Card
   Inherit mainly power, small amount of speed is recommended

   Pros:
   -Highest theoretical ceiling
   1200/600/1200/1200/1200 is achievable
   -Low Pressure on Guts cards
   Both Haru Urara and Yukino Bijin are quite strong

   Cons:
   -Lowest stat floor
   -> speed, power, guts, wit all depend on rainbow quality
   -> other builds might just lose a bit of power/wit when unlucky
   -> guts-wit collapses on ALL stats, resulting in a disaster
   -Highest overall stat pressure
   -> makes it harder to slot in skill cards
   -> tends to be short on skills

   Explanation: Guts training raises 3 stats at once, while wit covers wit and speed, but training like this alone means speed will have a massive deficit.
   Therefore your trainee must have speed growth, and ideally power growth. You should pair with guts card that provide speed/power bonuses (Ayabe, Fujin, Palmer, Sirius Symboli, etc). There is immense pressure on hitting stats, and often speed will be slightly down. Usually can compensate with 3 -> 6 speed blues.

2. Speed - Guts
   Decks: 2 Speed + 3 Guts + Riko/Guts/Wit/Skill card
   Needs large amount of Wit inheritance

   Pros:
   -Solid baseline
   -Most budget friendly (Windy + kita + Urara + bijin as skeleton)

   Cons:
   -No direct way to raise wit
   -Low Ceiling
   -Speed often overcaps

Explanation: People who pull speed fuku can do quite a bit better than others when running these types of decks. It is one of the solutions for Umas with 0 speed growth. There is virtually 0 pressure in terms of stats and deck building, with a room for a skill card.

The problem is that in previous scenarios, wit factors are not meta, so good parent stock is rarer. Unless you are a hardcore parent maker, Wit will often be extremely mediocre to lacking.

If you have the support cards or your Uma has power growth, this is a viable option.

3. Speed - Wit
Decks: 2spd + 3 wit / Riko / Skill card/ Power Card/ Stamina Card
Inherit Power/Stamina or mix depending on track length

Pros:
-Lowest Stat pressure
-Power and Stam are the most common Blues are previous scenarios
-High Race Count due to low stat pressure
-Able to Deck Kitasan

Cons:
-No way to raise Guts (weaker in dueling)
-Guts is ignored, stamina pressure is higher
-if you cannot convert surplus skill points into real skills, then build is inefficient

Explanation: Aoharu Staple, can deck Creek/Pasa/Bijin/etc as powerful skill cards, whether or not this is optimal or not depends heavily on the CM meta and how impactful these skills are. The only consistent thing is you are very weak in dueling.

Card Evaluation Guideline

Rainbow Training Related Stats
Starting Bond
-Weaker
MANT wants multi rainbow turns, so a single lone rainbow early is difficult to convert into real value

Friendship Bonus
-Stronger
For the same reason, rainbow effects are valuable due to synergy with item buffs.

Specialty Priority
-Stronger
MANT wants stacks, unlike unity cup, you are not clicking many level-1 trainings.

Wisdom Card Stamina Recovery
-Slightly Weaker
Total number of wisdom rainbows turns you press is lower

Normal Training-Related Stats
TE
-Slightly Weaker
Same logic, you don't want supports wandering off to random trainings

Mood Bonus
-Slightly Weaker
Again, wandering supports reduce value

Stat Bonus/Skill Point Bonuses
-Certain Types are stronger, for example

In spd-wit, speed cards with power bonus, wit cards with wit bonus
In guts-wit, guts cards with speed/power bonus, wit cards with spd bonus
In spd-guts, guts cards with power bonus, speed cards with power bonus

Skill-Related Effects
Skill Hint-level
-Stronger
Total training turns are fewer, still weaker than URA

Hint Frequency
-Stronger
Same issue, fewer total turns means still weaker than URA

Race-Related Effects
Race Bonus
-Much Stronger
Total race count is up by 20 compared to normal training scenarios

Fan Bonus
-Only useful in activating NTR's passive, otherwise largely irrelevant

Event-Related Effects
Energy Recovery from Events
-Slightly Stronger
Energy can now be converted into more stats better

Mood Up from Events
-Slightly Stronger
You cannot always deck Riko, with occasional chain races and green juice usage, mood up demand is higher

Stat Gain from events
-Can be weaker or stronger depending on whether they help fill gaps in your build

Misc
Initial Stats
-Stronger
Improves stability in earlier races

Failure Protection
-Weaker
Have Energy drinks and charm to handle this

Miscellaneous & Small Tips
1. Late December Races do not give you any penalty from consecutive racing
2. At fixed times in the year there are guaranteed mood up events, which lets you run painless 3 chains at those timings
3. Fixed Energy/Mood up Events(these occur at the start of these turns)
   -Classic Early Feb: +1 Mood
   -Classic Early March: +20 Energy
   -Classic Late September: +1 Mood
   -Senior Late June: +20 Energy
   -Senior Late October: +1 Mood
   -Senior late December: +30 energy
4. Beating a rival gives you a chance to get a skill related to running style you beat them with, distance you raced and track type you raced on(turf have no skills), you should always race in the intended style you want your Uma to be.
5. If your energy is below 20 when entering a race, choose the lower option, if you win it's basically free stamina.
6. For Umas with bad mile aptitude, you should consider adjusting aptitude if possible, if you genuinely can't fix it, then debut turns it's better to race OP / Pre-OP instead. You lose a bit of race reward, but that's far better than losing access to the shop entirely.
7. Money Management
   New Shop Stock appears in:
   -Early Jan
   -Early April
   -Early July
   -Early October
   Each refresh lasts 6 turns
   If you are running fewer than 30 races then something is wrong, then it is hard to buy out all the good items.
8. Energy Management
   If you have: Green juice, Small Energy Drinks, Cakes, and you see a good opportunity to chain races, you should take advantage of it. Otherwise you should keep energy above 50% to ensure you can take key trainings.
   Before entering summer, check if your energy resources can support you through it, beyond that, do NOT hoard too many energy items, keep around 100 energy worth of resources is enough for most situations.
9. Item Management

-Megaphones tends to overflow very easily, try your best to spend them on long race gaps
-Always prep 3 large horseshoes for finals, but since final shop refresh almost always spawns horseshoes, you can skip buying them if your midgame finances are tight
-Pay close attention to item expiration, prioritise those closest to expiring

10. Race Planning
   If you already skipped a race in a set then the threshold for skipping the rest of them becomes lower. In real runs, be flexible with your schedule

MANT DLC Section(Mostly Numbers):

How to Evaluate Race Value:
How to answer "This training looks good - should I train or race"

We are assuming: 1st place finish and 50% race bonus, if you are playing 60 or 70 race bonus, you should redo the maths yourself.

1.Base Race Rewards

Race Type	Reward
G1	15 Random Stat + 52 SP
G2/G3	12 Random Stat + 37 SP
OP/Pre-OP	7 Random Stat + 30 SP

2.Rival Bonus
Rival Victory gives either +10 stats or a skill hint, standardising this to +10 stats.
Rival always appears in G1, sometimes in G2/G3(exact rates unknown) and NEVER appears in OP/Pre-OP.

3.Pre-race/Post-race Events
Pre-race: random +5 stat
Post-race: 20% chance for +1 Mood from Etsuko (rough estimate)

4.Money
+100 currency per race, money is not the bottleneck in MANT, good item drops are, so we exclude money from calculations.

5.Item drops(based on small sample size and rough estimation)
Assumptions:
All G3+ races have a rival
Extra Horseshoes are counted half-efficiency items(since you might not buy them)

Item value fluctuates, we are using baseline efficiency.

Item Value dropped per Race:

Race Type	Estimated Value
G1	80 currency worth
Rival G2/G3	60 currency worth
Non-rival G2/G3	50 currency worth
OP / Pre-OP	Very low -> roughly 30 currency worth

6.Race Set Bonuses (self explanatory)

Using 1SP = 0.3 Stats as a heuristic

Race Type	Raw Reward	Converted Value
G1	50 stats + 52 SP	61 stats + 15 pt
Rival G2/G3	41 stats + 37 SP	49 stats + 10 pt
Non-rival G2/G3	27 stats + 37 SP	36 stats + 7 pt
OP / Pre-OP	17 stats + 30 SP	25 stats + 3 pt

Rounding to closets multiples of 5, we get 60/50/35/25 stats per race tier.
Note that wit training has a lower conversion rate for items.

2.Races and the Economy System
First, the big picture idea
"The shop items you get from Tazuna are not a catalog for you to browse, but a debt notice"
Due to absurd efficiency of items, what this effectively means is
"Trainer, I took out a loan in your name to buy all of these items. Please make your Uma go work part time to pay the debt back"

So the 1st major reason you end up racing even when the training looks good is simply

Debt must be repaid

If you let items die in the shop because you didn't run enough races, then even an OP races suddenly becomes worth around 45 stats
So don't complain about low hourly wages, if you owe money, you go earn money

Healthy money Management
  To avoid having to "work at the gas station every turn" just to repay Tazuna

Before late Senior turns, you should aim to keep some savings on hand:
Normally around 100 currency
Before Summer, at least around 200 currency

That's considered a healthy financial state

How much "Debt" each race repays
You can think of races as paying back your shop debt
G1 -> repays 20 currency
Rival G2/G3 -> repays 40 currency
Non-rival G2/G3 -> repays 50 currency
OP/Pre-OP -> repays 70 currency

Trainer-san, please understand the debt system and how many races you need to run to stay solvent.
Tazuna Loan ltd. is closely monitoring your repayment status.

Decks that want more races
Decks that can easily max the stats they are training (e.g. 2spd + 3 wit + riko), can easily max spd and wit, therefore you wish to run more races to more efficiently fill the non-training stats and gain more SP.

3. Training vs Items

When should you prioritise training instead of racing?

  a. **You have excess megaphone / anklets and after using them you would exceed the 60/50/35/25 benchmark -> Train**
     What does extra mean?
     Your items are saved for the summer, as a rule of thumb, anything beyond 2 large megaphones, 2 main training anklets, 1 sub-training anklets are considered excess
  b. **Primary stats are too low, or several stats are already capped**
     Random stat gains thus loses value

4. Training Flow

  1. **From Start of Run -> Before Year 1 Late August**
     Score of your training options roughly like this:
     Speed / Guts Facility : +0.7
     Wit: +1.7
     hint: +1 (whether this hint is truly worth +1 should be something you judge yourself)
     +bond: +1

Rule of Thumb:
If total score is 3 or higher -> click
If it's below 3 -> consider outing, resting, or choose least bad option
If the difference is within 1 point, try to raise the supports with the least bond

2. **Early September -> 1st Summer**
   Start with 100 currency.
   Before end of Year 1, you will have 3 shop refreshes
   You need to think about how to
   - Save up 100 more currency
   - Deal with bad OP racing periods in classic late January and late February
   Based on the earlier economy discussion, you should race more here to avoid being forced
into bad OP races later.

   The real problem is that you must keep your economy healthy and progress your bonds.
   The solution is
   凹 (reset)
   You reroll for:
   BBQ
   Multi support bond turns
   Good item spawns
   Good race Schedules
   Good 1st Inheritance

   If this part dies, the rest of MANT run is basically dead, so it's better to reset early than to
waste time and sanity

   Remember
   "Bonding supports that are already far ahead in bond has low value"
   Because you lack items in this period, you rarely train just for raw stats
   Instead you should save bonds on cards such that you get efficient BBQ usage and support
card events that give you bonds are NOT wasted.

3. **First Summer Camp and Beyond**
   Nothing particular special, stay flexible and adjust.

5. Energy Management
Energy management is arguably the most important skill, stamina usage is broadly divided into two
modes
   a. High Energy
   b. Burn

High Energy
Keep your energy above 50, take good training if it appears, if it's bad you race.

It's suitable when you have plenty of training items but lack emergency stamina tools like energy drinks or charms.

Its downside is that you always have to pay the full 20 energy to enter races.

Burn
Racing at 0 energy to steal the 20 energy cost for free

Downside:
At 0 energy, you cannot safely take good training
Running races at 0 energy can cause mood drop and skin outbreak

Failure Probability Table

Situation	Mood drop chance	Outbreak Chance
One 0-energy race	15%	3.75%
Two 0-energy race	33%	8.25%
Three 0-energy race	90%	22.5%
Normal 3 chain	60%	15%
Normal 4+ chain	93%	31.25% 40% stat loss

At 4+ chains the stat loss alone is around 12 stats, meaning trading all this risk just to save 20 energy is never worth it on high chains.

A reasonable strategy is
Given:
Cakes (high prio)
Energy Drinks(prio depending on situation)
Outbreak Cure(low prio)

You intentionally tank and chain 2-3 races at 0 energy for free stamina, thus converting your utility items into energy value

But your timing is everything
You cannot enter this state by just normal play, in typical play, you are at low energy, but never 0.
Forcing yourself to enter 0 energy thus only steals 10 -> 20 energy while wasting items and opportunities, not worth it usually.

Recommended Timings to enter:

1. **End Of Year Chains**

Abuse late december protection, this is valuable because turns before summer are tight and a free burn here creates extra turns later

Very strong end of Year 1 before classics. Plentiful mood up sources (Riko, fixed events), and need to save key items for summer.

After burning here you have two choices
If bond is fine but no currency
 Use Charm to train early Jan and continue burning
Downside is you 'll run 2 OP races in a row, and requires VERY specific items, not recommended unless you need to pay debt

If bond is pressured but economy is healthy
Rest once, and go to high stamina mode, build bond for summer

2. **After Summer**
    After summer you often exit with no stamina and items, if you urgently need to run races to repay summer debt, you can enter here.

Warning: This is not something you do mindlessly enter and gamble on without proper understanding and item support. You will simply burn your run into ashes.

Mood Management
In general, you should aim to maintain +1 mood (good mood) before attempting burn strategies.
If you have spare green juice, it's general usage is to be used on races to gamble for the mood up instead of hoping the races pops you cakes.
The one exception to entering burn is before Year 1 End, since there are many mood up events pending at this point.