

RACE DAY

pre-race

The important things to do before Race Day include:

- Getting a quality nights sleep 2 days before and the night before a race (9+ hours)
- Having well rounded and healthy meals, focusing on the 2 meals before the race. Avoid greasy foods or high sugar foods. A balanced meal with plenty of carbohydrates, clean veggies/fruits, and a moderate amount of protein is a great choice for a pre-race meal.
- Stay Hydrated leading up to the race. Drink plenty of water throughout the day, not just an hour before you race. Gradual and consistent hydration is far more effective than trying to drink a whole water bottle at once.

racing shoes

It is not essential to have racing shoes (often referred to as “spikes”), but they do provide an advantage to athletes. They last multiple seasons/years, can work for both cross country and track season, and can be used for Race days and Key Workouts.

- *Racing shoes are lighter weight then training shoes making it easy to run fast.*
- *Racing shoes also have metal spikes that can be put in the bottom for extra grip.*
- *Racing shoes are cheaper than training shoes and you can get discounts at running stores.*



race routine

Here is general routine for race days:

1 Hour before your race	use bathroom if needed
40min before your race	do a warm-up with your team (typically 15min easy jog)
25min before your race	grab your racing shoes/spikes, put them on and make your way to the starting area
15min before your race	do plyos at the starting line with your team do team cheers with your team
5min before your race	do 4-6 Strides (80% effort sprint for 60meters/10sec) ----- RACE -----