

# Distance Runners Race Preparation

Put this in a visible place in order to prepare the night before.

## Pre Race Day

Good nutrition- carbohydrates, protein, cut out soda and fatty foods

Hydrate- 60-90oz of water

Rest- at least 8 hours of sleep. It is more important to get sleep 2 nights before.

Mental Prep- set obtainable goals and think of the steps it will take to reach your goals.

Prepare your equipment the night before:

### Check list

- racing shoes
- training shoes
- spikes and spike wrench
- socks  extra socks
- uniform- shorts and singlet
- water bottle
- sweats
- extra long sleeve and short sleeve t shirt
- garbage bag for wet weather or for wet clothes
- snack
- sun screen
- towel
- etc.- ipod, spending money, safety pins, first aid

### Race Day

#### Warm up

You should do the exact same warm up at meets as you do in practice.

Jog 5-10 min

Active warm up

4-6 strides

Make sure you keep your sweats on during your warm up.

You should be sweating when you are at the starting line ready to race.

#### Post Meet

It is very important to run 10-20 minutes and stretch after your last race of the day. This will aid in recovery and help prevent future injuries. Make sure you are drinking water all day long and stay away from sports drinks until after the meet is over.

#### Reflection

The only time an athlete fails is when he doesn't learn from his race. Take a moment to reflect with your coach or teammate what you did right and what you need to work on in the future. Each person can learn something from every race they run.

**MOST IMPORTANT:** Racing is the reason why we train. It is an indication and reward for all your hard work. Approach each race with confidence and look for something positive after every effort. And lastly, HAVE FUN!!!

