



# MEET WARM UP

7LXC

**Meet Warm-up for Distance Group** – Warm-up as a group with your fellow race athletes and listen to your race leaders and coaches.

## Warm-Up – Routine

-10 minutes of easy running on arrival at the meet.

## Prerace Routine (Begin 40 minutes before your race)

-3-10 minutes of easy running

-Leg Swings

-Drills (high knees, butt kickers, “A” Skips & “B” Skips,)

-5 minute cutdown run beginning easy for a minute, then each minute is faster until at 3200 race pace.

- Stretch and put on racing flats

-6-8 strides at race pace (simulate race start for first 20m) (60-80m strides)

-Stay loose and do not sit down.

## Warm-Down – Routine

-After a race, put on warm-ups and warm-down with 10 minutes of easy running. -Stretch

## Items of Note:

-Make sure to get in 3-4 more quality strides once you get to the line to stay warm for racing. You never know how long it will take them to start a race, so don't just stand there!

-Always know the meet schedule for all meets.

-Keep an eye out for your teammates to see if they fell asleep or forgot the warm-up time.

-Keep moving at the starting line and keep your blood and muscles going!

-Take care of bathroom and hair needs before you begin warm-up. Lines can be long, so plan ahead!

-Make sure that you have a meet food routine that works for you and stick with it. You have to have fuel in your body, but make sure it is the right kind!

-Keep hydrated by drinking your WATER & sports drinks (not all one or the other) during the day.

-Check and make sure you have racing flats and that they are in working order.

-Watch & support all races you are not running in. It is important to learn from others mistakes or great moves by watching others race.

-Have a positive race saying that you say to yourself every time you are called to the line!