

# Herriman T&F Meet Warm-up

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## **Meet Warm-up for Distance Team**

-Warm-up as a group with your fellow race athletes and listen to your race leaders and coaches.

### **Warm-Up – Routine**

#### **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.
- Put on racing flats/spikes
- 6-8 strides at race pace (simulate race start for first 20m) (60m 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:**

- Do NOT take off your warm-ups until it you have to!
- 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 spikes 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!
- Do you need a bib number? Who is getting your warm-ups for you?
- The only real goal is to get to the line ready to compete!
- Make sure to adjust for multiple races!