



Craftsbury Academy

Meet Day Warm-Up

Meet Warm-Up – As a TEAM – listen to/for coaches

Warm-Up – 10 minutes easy_(shopping cart) running upon arrival at the meet

Pre-Race – Begin 40 min before your race

- 5-10 min easy running
- Leg Swings
- Drills (high knees, butt kickers, A Skips & B Skips)
- 5 min cut down run (Easy 1st min, then each min faster until at 3200 pace for last 1min)
- Stretch and put on flats
- 6-8 100m strides at race pace (simulate start for 1st 20m the into race pace float 60-80m)
- Stay loose and moving in box (Race Hops)

Cool Down – Post race put on warm ups and 10 min easy followed by leg swings and light stretching.

Items of Note

- Take care of bathroom and hair needs before you begin warm-up. Lines can be long, plan ahead!
- Make sure you get 2-4 more quality strides once you get to the line to stay warm for racing. You never know how long it will take to start a race, so don't just stand there!
- Always know the meet schedule at all meets.
- Keep an eye out for your teammates – Once at a meet we are one unit - We warm up as a team.
- Keep moving at the starting line - keep your blood and muscles going!
- Make sure you have a meet food routine that works for you and stick with it. You need fuel in your body, but make sure it is the right kind for you!
- 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 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 you say to yourself every time you are called to the line!