

# Racing Checklist

## **PRE-RACE**

- 1) Bring your favorite foods with you to the race and eat foods that are normal for you...don't experiment!**
- 2) Drink plenty of water and start eating a high carbohydrate diet three days before your race.** DO NOT make any significant changes to your diet now.
- 3) If racing in cold weather, be sure to bring a hat and gloves** (most important items for running in cold weather).
- 4) Pack clothes and equipment you have used before.**
- 5) Do not skip any prescribed medications.**
- 6) Study the weather reports carefully for that day.**
- 7) Study the course profile.**
- 8) If traveling to a race, stay in a good hotel near the start.** Avoid social obligations and staying with relatives at the race location, which often lead to additional stress and lack of focus. See your relatives and friends after the race, not before.
- 9) Go to bed early two nights before the race.** That night's sleep is more important to good racing than the night before. If you have slept well two nights before the race you don't need to worry about lack of sleep the night before.
- 10) Prepare the night before.** Pull out your clothing, race number, and chip, carry bag, water bottle for pre-race hydration, toilet paper, Vaseline and anything else you'll need in the morning.

## RACE DAY

- **Wake up early and slowly.** Leave yourself plenty of time to execute your race morning plan. Relax and don't rush.
- **Do a sensible warm-up.** Perform Dynamic Exercises, foam roll if possible **and** then walk/run for 10-15:00 at a very relaxed pace followed by 30 seconds at race pace. Conclude with more active stretching and a few strides or accelerations.
- **Review the weather at the start and adjust your race plan if necessary.**
- **Prepare Your Mind.** Review your goals, splits, and race strategy; Stay relaxed and visualize your success.
- **Prepare Your Body.** Apply Olive oil or Coconut oil to areas that will chafe. Stay loose and keep your heart rate elevated if racing a shorter, faster event so there is no "shock" when you actually start the race.
- **During The Race**  
Find your mental zone (associate or disassociate as soon as possible and maintain positive self-talk and use your trigger words!)

Do not panic if the race seems to not be going well. Execute your race plan as closely as possible but be prepared to be flexible.

If it's windy stay behind other runners and shelter from direct head winds.

Run with as little effort as possible, relaxing fingers, mouth, shoulders, and neck.

## AFTER THE RACE

Immediately after finishing you should:

Try to keep walking 5-10 minutes to allow your legs to cool down. If the weather is cold, windy or wet make an effort to get back inside or back into warm clothing.

Keep drinking small amounts of water or sports drink if your stomach will allow it.

Ice any sore spots immediately. As soon as you feel like eating begin with small amounts of easily digestible food that you know will agree with your stomach.