

Prepare for Track Practice

1. Pack your bag

1. 32 oz. water bottle
2. 32 oz. electrolyte bottle
3. Food / protein bar (or snack)
4. Towel
5. Racing shoes
6. Exercise band or rope
7. Massage ball or stick
8. Foam roller (hollow)
9. Sunscreen
10. Sunglasses (hat if really sunny)
11. Dry clothes (socks, t-shirt, underwear)
12. Long run extras (Clif bloks, camelbak w/ electrolyte drink)

2. Mentally prepare

1. What is today's workout?
2. What is the objective?
3. Any injuries, aches, and pains?
4. Are you ready?
5. Take some time out to relax and rest. Even 5-10 minutes can make a huge difference.
6. Smile and have fun!

3. Fuel properly

1. Eat ~2,000-5,000 calories each 24 hours (based on bodyweight & workload)
2. Drink 1-1.5 gallons of water throughout 24 hours (based on bodyweight, workload & weather)
3. Drink 32 oz. additional electrolyte drink (e.g., Nuun)

4. Put on clothes

1. Legs - spandex (long or short), shorts, long pants
2. Torso - short shirt, long shirt, sweatshirt, jacket
3. Feet - socks, running shoes
4. Head & face - sunscreen, hat, sunglasses

5. Arrive early

1. Arrive 10-15 mins early
2. Chat with teammates, coaches - ask questions and socialize
3. Pre-warm up exercises targeting aches and pains
4. Smile and have fun!

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."

— Abraham Lincoln