

## Some general tips leading up to any race:

1. **Get plenty of rest** - 2 nights before is even more important than the night before - rest up on Friday!
2. **Nutrition** - stay properly hydrated and be sure to eat well
3. **Stretch and foam roll as needed** - don't overstretch or roll the night before or the morning of. Try to roll out more aggressively 2-3 days out
4. **Get some strides in at the end of your runs** - Doesn't need to be a full out sprint, just open your stride up and increase your cadence
5. **Stay relaxed!** - remember that a big part of racing is mental - while it's important to keep your head in the game don't stress too much. You've prepared and your body knows what to do!

## Race day - Track:

1. **Warm up** - races on the track are typically shorter and more intense than races on the road, so your body will have less time to warm up during the race. Warmups are personal to you, but a 15-20 minute warmup + a full routine of dynamic stretches is a good place to start!
2. **Spikes** - if you are racing in them, spike up ~10 min before your event and get some strides in. The design of spikes will typically cause you to rely more on your calves and striders will help prime your calves to race.
3. **Technique** - try to get some handoffs in if you're racing a relay at an estimated end of race effort. This can also be combined with strides.
4. **Visualize** - races on the track rely a lot on the other people in the race, and as such you want to be able to react to changing circumstances. Visualize different possibilities in the race and what you would do in them, this way, when they occur, you can react accordingly
5. **Make space** - many races, typically shorter ones, will bunch up at the start and you could find yourself getting boxed in. To avoid this, keep your elbows wide at the start to create your own personal bubble.
6. **Relax!** - the hectic nature of races on the track often causes many to panic. If you can remain calm, you will be better able to respond to moves by other racers.