

Race Preparation (Endurance Events)

Phase	Duration	Time to race	Activity
Pre race			Do not eat within 3 hours of your race Check you have got all your kit and aids - Trainers, spikes, shorts, socks and vest, track suit, spare spikes, spike key, safety pins, drinks, food, running number, race entry card, waterproofs, lucky mascot, cassette player and tapes, spare set of running kit, rug to lie on, umbrella. Arrive 1 to 2 hours before your race - Keep out of the sun or rain as much as possible
Relaxation	5 mins	60 mins	<ul style="list-style-type: none"> ➤ Find somewhere quite and cool - Lie down - starting with the feet and working up to your head tense, hold for 5 seconds and relax each group of muscles one at a time (feet, calves, thighs, buttocks, stomach, chest, arms, hands, face) ➤ Breathe through your nose and become aware of your breathing. As you breathe out, say the word "one" silently to yourself. For example, breathe in . . . out, "one"; in . . . out, "one"; and so on maintain steady deep breathing - listen to music or relaxation tape
Warm up jog	5 mins	55 mins	400 to 800m easy jog – focus on 2-2 breathing rhythm
Drills	5 mins	50 mins	30m – walking on toes, walking on heels, bum kicks, skips high knee, side strides, skips for height (5 easy - 5 fast - 5 easy - 5 fast) - Bum kicks, Single knee raise
Technique runs	20 mins	45 mins	Full recovery between each run (3-5 mins or PR or 110-120) 2 * 100m - gradual acceleration 2 * 60m – 30m easy and 30m fast frequency
Relaxation	5 mins	25 mins	<ul style="list-style-type: none"> ➤ Find somewhere quite and cool - Lie down - starting with the feet and working up to your head tense, hold for 5 seconds and relax each group of muscles one at a time (feet, calves, thighs, buttocks, stomach, chest, arms, hands, face) (2 mins) ➤ Breathe through your nose and become aware of your breathing. As you breathe out, say the word "one" silently to yourself. For example, breathe in . . . out, "one"; in . . . out, "one"; and so on maintain steady deep breathing - listen to music or relaxation tape (2 to 3 mins)
Visualisation	5 mins	20 mins	Visualise each part of the whole race - start, each part of each lap, finish (sprinting past the finish line)
Report to start	15 mins	15 mins	Do not talk to other runners - concentrate on your objectives - keep relaxed - maintain mobility - stretching - drills - deep breathing - positive thoughts only - visualisation of running relaxed, smooth and 2-2 breathing
Call to start	2 min		Depending on weather conditions – remove excess clothing (tracksuit) – deep breathing
THE RACE			
Warm down	5 mins		Trainers and tracksuit on - 400m to 800m jog
Stretching	10 mins		<ul style="list-style-type: none"> ➤ On your back - knee to chest - hold for 10 secs – repeat other leg ➤ On your front - heel to bum - hold for 10 secs - repeat other leg ➤ On your side lift top leg - hold for 10 secs - repeat other leg ➤ On your side, top leg bend and lay to the front – lift lower leg - hold for 10 secs - repeat other leg ➤ Sitting - left leg out straight right foot to left thigh, rotate left foot to the right and hold for 10 secs, rotate to left and hold for 10 secs, repeat other leg ➤ Hamstring stretch – hold for 10 secs ➤ Quad stretch – hold for 10 secs ➤ Calf stretch – hold for 10 secs
Reflection	10 mins		Complete race assessment form with coach