

Cross Country Races – Preparation – DPI 2018

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<p><u>What to bring</u></p> <ul style="list-style-type: none"> • Running shoes • Racing flats (optional) • Socks • Uniform shorts • Uniform singlet • Warm-up pants • Warm-up top • Water bottle • Something light to eat • Food for after your race • Something to sit on 	<p><u>At the course</u></p> <ul style="list-style-type: none"> • Go to restrooms – could be long lines. Allow time for this. • Find out about the course Get familiar with the finish (last 400 meters) • Find your number on roster in team packet, get timing chip, write number on back of hand. • Change into racing shorts (if you haven't yet) <p><u>50 minutes before race</u></p> <ul style="list-style-type: none"> • Put on running shoes/get ready to warm-up <p><u>45 minutes before race</u></p> <ul style="list-style-type: none"> • Start warm-up: • Jog, stretches, drills, strides • Put on racing singlet and race flats • Tie timing chip into shoe laces. <p><u>10 minutes before your race</u></p> <ul style="list-style-type: none"> • Go to the start • Be calm to conserve energy and be in control to execute the start the way you want. First part of race: focus on right effort level; not other runners, or splits, or expected finish time or place.
<p><u>Night before</u></p> <ul style="list-style-type: none"> • Good night's sleep • Actually, two good nights sleep is best <p><u>Morning of race</u></p> <ul style="list-style-type: none"> • Breakfast <p><u>Lunch</u></p> <ul style="list-style-type: none"> • Light lunch over 2 hours before race <p><u>2-3 hours before race:</u></p> <ul style="list-style-type: none"> • Something light to eat <p><u>Drink water</u></p> <ul style="list-style-type: none"> • Throughout the day 	<p><u>After the race</u></p> <ul style="list-style-type: none"> • (Turn in timing chip to coaches) • Warm-down jog for 10 minutes • Some stretching <p><u>Drink water and eat something</u></p> <ul style="list-style-type: none"> • Within 30-60 minutes after you finish. Chocolate milk is good post-race food. <p><u>Reflect on your race</u></p> <ul style="list-style-type: none"> • How was your start? • Was your effort level (pace) off the start ok? • How did you handle hills? • Did you keep focus? Compete well? • Any new situations during the race?
<p><u>Running Cross Country races:</u></p> <p><u>The start:</u> Run first 100-150 meters fast enough to be with runners at the pace you can hold for whole race (in case first ½-mile is very crowded).</p> <p><u>If it's crowded,</u> weave to outside in order to not get boxed in early turns. Be patient; focus on your effort level; don't surge to catch up to those ahead. It's OK to touch other runners' arms to keep them out.</p> <p><u>Mile 1 and 2:</u> Focus on effort level and good form. Not racing other runners.</p> <p><u>Uphill:</u> Manage effort. Same intensity as on the flat. Chest up. Knees up. Hands up.</p> <p><u>Downhill:</u> Keep legs rolling under you. Don't pound.</p> <p><u>Mile 2:</u> Maintain focus and effort level. Don't race other people, but don't settle.</p> <p><u>Mile 3:</u> Live with the pain. Stay relaxed. Mind form. Start racing other runners: Let runners near you 'pull you along'; focus on the back of a runner ahead.</p> <p><u>The finish:</u> Build-up to your kick. Control form. Use arms, hands coming upwards.</p>	