

## S. H. S. BOYS' CROSS COUNTRY RACE WARM-UP PROCEDURE

<b>MINUTES PRIOR to GUN</b>	<b>A C T I V I T Y</b>	<b>DURATION (in minutes)</b>
48	Easy running (~2 miles @ <75%)	15
33	Stretching–normal routine	12
21	Tempo pace running 3-4 X ¾ -1 min @ tempo pace (R=<1min)	5-7
14-16	Change into race shoes/flats/spikes	5
~10	Final stretching	<5
<b>5</b>	<b>Report (easy run) to line</b> –strides off line until gun (keep legs moving)	5

This warm-up routine is based on the easy-hard-easy formula. The 3-4 tempo intervals will warm-up the body and prepare it for action by increasing body temperature, mobilizing carbs into the blood and simulating race pace effort. Just as in practice, the first couple of intervals are harder than say numbers 3, 4 or 5, so too will this tempo pace warm-up make the initial portion of the race seem easier.

**Do NOT be afraid to warm up thoroughly before a race—you will not leave your race in the warm up.** However, if you fail to warm up properly, you may pay for it during the first half to two-thirds of the race and as a result have a disappointing finish.