



PRE-RACE RUN WARMUP

Warming up prior to races is critical to achieving your best performance. A warm-up should stimulate the targeted physiological systems that will be used during the majority of the race. A proper warmup starts the process of fuel utilization, buffering capacities (lactic acid), and metabolic activities. When targeting systems used for a race techniques must be used that activate the system without fatiguing the muscle tissue and also preserve your carbohydrate stores.

WARM-UP SCHEDULE FOR DISTANCE RACES

Min	Activity	Objective
10	Easy Jog	Warm Muscles
10	Drills	Loosen Joints
10	Accelerations	Increase HR
5	Strides	Stay Loose