

5 Most Common Race Day Mistakes

1. Changing your regular routine:

- ✓ warm up the same for all meets – big or small

2. Coming to the start line dehydrated or undernourished

- ✓ your body will not perform up to your fitness level
- ✓ eat a light meal or snack & drink water leading up to your race

3. Lack of post race recovery routine

- ✓ priority #1 is to prepare the body for the next hard effort
- ✓ hydrate, eat, cool down, stretch

4. Racing at an intensity that is not familiar to your body (AKA – going out too fast)

- ✓ Control the 1st 400m

5. Not running your race

(AKA – focusing on what others in the race are doing)

- ✓ Focus on the course – turns, hills, etc.
- ✓ Have specific race goals (go out relaxed, feel good at the mile, keep face and arms relaxed)
- ✓ Don't worry about what is not in your control (warm weather, other runners, etc)