

Get warmed up!

Ah race day... the time to roll out of the snooze pit, whack on some trainers, smash a bowl of coco pops, go to the toilet 37 times and then set off like the lead car has stolen your car keys 😊

Or could we do it better?

Here's our top tips for running race day warm ups, great performances and why you should warm up!



Please dial it down or up depending on your normal running volume, The following is **ideal for 5-10k's**.

Our first tip is practice it and find out what works for you and don't be afraid to change! Parkrun represents a great way to perform test warm ups to see what works best for you.

If you **train 3-4 times per week** running around 4 hours.

- Wake up around 2-3 hours ahead of your race
- Drink 500ml of water or your preferred hydration tab
- "COFFEE" if you drink coffee, but caffeine is a winner!
- Go out for a super slow 10min jog
- Light simple breakfast as soon as you get back (one you're used to)
- Sip on 500ml of sports drink in lead up to race
- Once you're at the venue around 45-60 minutes before the race (depending on how easy it is to get to the start!) go out for a 10-20 min easy recovery run
- Follow this up with 3-5 x 30 second efforts at target race pace (make sure you dial this in... you will always set off to fast as a rule, so get it right! No quicker)

If you're **new to running** then the following is a great idea:

- Wake up around 2-3 hours ahead of your race
- Drink 500ml of water or your preferred hydration tab
- "COFFEE" if you drink coffee, but caffeine is a winner!
- Go out for a 10min walk
- Light simple breakfast as soon as you get back (one you're used to)
- Sip on 500ml of sports drink in lead up to race
- Once you're at the venue around 30 minutes before the race (depending on how easy it is to get to the start!) go for a 10 minute easy jog/walk

Why warm up?

The main aim of any warm up is to prepare your body for what the race is going to entail!

A warmed up body is one that's ready for the effort you're going to ask of it. Naturally it's going to help reduce injury risk.

Your body (without going full geek) is going to utilise muscle and this involves a fueling process, if you shock your body then you're likely to hit the wall sooner than you would expect (this is about lactate threshold nothing to do with eating more food etc) . So prepare the engine!

So now for a little bit of geek

Raising your heart rate increases blood flow to your muscles so along with a light sweat you also warm up on a deeper level, delivering more oxygen to support processing lactic acid. With increased oxygen delivery to the muscles, your body will be able to help reduce build up in the muscles when you begin a race. This means that you are less likely to go anaerobic early because your body will be able to better deliver glycogen to your muscles.

We could spend all day on this but simply put,

- **Work out and experiment what warm up works for you**
- **Do it!**

Ps: same applies to your training sessions 😊

Additional things to look into would be dynamic stretching and if you've a specific niggle making sure that gets some attention before setting off! (your long suffering other half doesn't count as a niggle!)