



## Pre Race Preparation

### Two Days Before a Race

- Drink lots of water
- Eat some protein (chicken, fish, tuna)
- Eat plenty of whole grain carbohydrates (wheat bread, brown rice, wheat pasta)  
\*Brown/Whole grains are always better than white grains
- Avoid dairy products (milk, cheese, yogurt) and heavy red meats.
- NO Candy
- Get a good night's sleep (8-10 hours)
- Visualize – perfection and adversity

### The Day Before a Race

- Drink LOTS of water  
\*Make sure you are hydrated. Urine should be clear to light yellow.
- Eat meals of whole grains and protein.
- Prepare your race day gear and bag  
(go through each body part and make sure you have what you need.)
  - Shoes – warm-up runners and race spikes
    - Double check that you have the proper length spike for the appropriate race surface. Don't save this for race day.
  - Warm-up sweatpants and sweatshirt
  - Race shorts and tank top/shirt
  - Appropriate gear for the weather  
(large jacket, rain jacket, umbrella, hat, gloves, sunscreen, etc.)
  - Water bottles / sports drink (Gatorade, etc.)
  - Light snacks (granola bars, pretzels, bagels,)
  - NO candy
  - If it is a whole day event, include a lunch (sandwich, fruit, veggies)
- Relax and get a good night's sleep (8 – 10 hours)
- Visualize – perfection and adversity

### Day of the Race

- Wake up early enough to give yourself plenty of time.
- Drink plenty of water, but not right before your race.  
When you wake up, drink a glass of water. You dehydrate in your sleep.  
Keep a bottle with you all day.
- Depending on the time of your event(s), about 4 hours before your race, eat a good meal.  
Breakfast: Pancakes, whole grain cereal (not too much milk) or bagel, water, juice  
Avoid orange juice if racing 800 meters or longer (the acid in it is hard on your stomach during a race)
- Eat a light snack 1 – 2 hours before your race (granola bars, etc)
- Visualize
- BE ON TIME EVERYWHERE YOU GO.