

## **Distance Track Meet Warm-Up**

(45 Minutes Before Race Time)

1. 15 Minute Progressive Run with Running Shoes and Full Warm-Up Gear  
(Start Slow and build up to Threshold Pace; Take a drink of water before run)
  - Add arms swings during the first five minutes of run
  - Add Three 10-Step Surges during last five minutes of run

> **WATER BREAK and BATHROOM BREAK**

### **PRE-RACE CHECKLIST BEFORE CONTINUING WARM-UP**

- **Uniforms for relay members are the same**
- **Spike bags are at the finish line goal post near Coach Coy's Bag**
- **(If on a relay) Baton is held by Leadoff leg during warm-up**
- **Water Bottle in spike bag**

### **30 Yard Warm-Up on Infield w/ Running Shoes on**

2. 10 yard Walking Lunges + 20 yard jog
  3. 10 yard Reverse Lunges + 20 yard Backpedal
  4. 10 yard Forward Skips for Height + 20 yard jog
  5. 10 yard Reverse Skips + 20 yard Backpedal
  6. 10 yard High Knees + 20 yard Jog
  7. 10 yard Butt Kicks + 20 yard Jog
  8. 10 yard Carioca w/ Leg Kick + 20 yard jog
  9. 10 yard Carioca w/ Leg Kick + 20 yard jog
- > **WATER and SPIKES ON and LAST BATHROOM BREAK**
- > **CHECK-IN ON 1<sup>st</sup> CALL**

### **AFTER Checking In**

1. **4 X 25 meter strides on curve of the track w/ Spikes on**
2. **2 X 75 meter Starts on back stretch track w/ Spikes on**
3. **Continue to move, keep body warm and sweats on, slow breathing**
4. **Only small sips of water now**