**Hale Distance Race Warm-Ups**

**400/800 Warm-up (start 40-45 minutes before race)**

12-15 minutes w/ last 2 minutes up tempo

Dynamic Drills (heel walks, toe walks, toe kicks, arm circle skips forward, A skip series, B skip Series, carioca, Bounds, Dribble Series, 4x50 meter strides @800 pace, 45 seconds between, leg swings 2x6 each leg side/forward)

Use restroom, stay warm, stay out of sun, put on racing shoes.

2-3x fast 40 meter strides w/ spikes.

400/800 athletes need to be ready for FAST paces right away so intense warmups.

**1600/3200 Warm-up (start 40-45 minutes before race)**

12-15 minutes w/ last 2 minutes up tempo

Dynamic Drills (heel walks, toe walks, toe touches, toe kicks, arm circle skips forward, A skip series, B skip Series, carioca, 4x80 meter strides @1600 pace, 45 seconds between, leg swings 2x6 each leg side/forward)

Use restroom, stay warm, stay out of sun, put on racing shoes.

2-3x fast 40 meter strides w/ spikes.

1600/3200 also need to be ready for fast starts to get good positioning but 3200 will have more time to adjust. Running WITH packs or up front will produce the best results and keep you in the race longest.

**Notes**

For second races within same meet, need shorter warm-up. go 30-35 minutes out of second race. Some guys like extra time so communicate.

Short 5-10 minutes easy. 4x40 meter strides. Then Race.

**During day focus on hydration (no need to over do it) and good nutrition.**

**When more than 1 race - between races, get carbs without fibers**

**Bananas or part of a granola bar, crackers. Electrolytes and hydrate.**

Cooldowns after last race are 10-15 minutes with teammates. If doing a second race it can be good to shake out for 4-5 minutes after 1st race if time.

Use [www.HaleXC.com](http://www.HaleXC.com) to see daily workouts, find our nutrition guide and get other messages.