

## **RUNNING FREE.....What to do before training every day**

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Each day, before training, take some time to review your training. I recommend the following checklist:

- Review your goals for this session, for the short term, and for the long term. Imagine yourself actually achieving each of these goals.
- Schedule your training into your day. Refer to your daily schedule and decide when and with whom you will train.
- Select a speed item. Choose one thing to work on that will improve your speed.
- Select a technique item. Choose one thing to work on that will improve your technique and form.
- Select a mental training item. Choose one thing to work on that will improve your ability to concentrate, relax, feel confident, and so forth.
- Visualize the day's training. Close your eyes and imagine yourself training, having a great time accomplishing what you love to do!
- Remember to include playfulness in your training and racing. Take a moment to reflect on the fun factor of your training and choose to be playful today. Perhaps you'll invent a new way of doing your workout or you'll create a game that you'll play with your training partners. Use your imagination.

### **AFTER TRAINING EVERY DAY**

- Enter the day's training data into your log.
- Make your journal entries.
- Acknowledge the day's results. Give yourself credit when you deserve it.
- Plan tomorrow's training.

### **WARM-UP CHECKLIST**

- Review training plan goals; identify some nonoutcome and outcome goals.
- Commit to using proper technique.
- Commit to proper pace and perceived exertion. Identify how you will monitor intensity and race your race.
- Commit to being relaxed and powerful. Focus on efficient movement.



- Commit to saying positive things – think positive! Focus on what you want to happen, not all the things you don't want to happen.
- Acknowledge yourself and your efforts as valid in themselves.
- Do 10 to 40 minutes of low-to moderate-intensity activity before training.
- Do tempo speeds bursts or body speeds before high-intensity training or racing.
- Adjust the warm-up for environmental conditions.
- End the warm-up within 5 minutes of the start of the training or race.

## COOLING DOWN

The cool-down is as important as the warm-up. While the warm-up period prepares your body for high-intensity training, the cool-down prepares the body for the rest and regeneration that is to come. Many of us neglect this important aspect of training. By failing to cool down we slow the recovery and adaptation necessary for continued improvements in performance. Regard the cool-down as a part of the training session, not an optional addendum.

## SAMPLE COUNTDOWN-TO-RACE TIME

### CHECKLIST

- Pre-race meal
- Transportation to event
- Event parking
- Registration
- Equipment preparation and placement (including testing)
- Rest room stop
- Pre-race fluids
- Fluids, nutrition for event (water bottles full, etc.)
- Time for mental focus
- Postrace fluids and nutrition and dry clothing ready
- Pre-race warm-up routine