**RACE DAY WARM UP**

JACKSON MEMORIAL HIGH SCHOOL

GIRLS CROSS-COUNTRY

BEGIN 60 MINUTES BEFORE RACE TIME

: GLUTE ACTIVATE

: FOAM ROLL

: ANY ADDITIONAL “SPECIAL” EXERCISES

10-12 MINUTES WARM UP JOG

3 MINUTE WATER/GATORADE BREAK

: SMALL SNACK IF NEEDED

6-8 MINUTES DRILLS

: SKIPS, GALLOPS, SIDE SWIPES, ETC

: A, B, AND C SKIPS; HIGH KNEES, BUTT KICKS WITH EASY JOG

5-8 MINUTES STRETCHES

: ANY STRETCHES YOU KNOW YOU NEED TO DO FOR YOURSELF

EX. GREEN STRAP STRETCHING AND/OR DYNAMIC STRETCHES

3 MINUTE WATER/GATORADE BREAK

5-8 MINUTE SECOND WARM UP@ YOUR THRESHOLD PACE

: SHOULD BE RUNNING ABOUT 1000 METERS AT THRESHOLD

PACE- IT MAY TAKE A MINUTE OR 2 TO GET TO THRESHOLD

10-12 MINUTES UNIFORMS, SPIKES, NUMBERS, WATER AND BATHROOM

5-8 MINUTES TO RACE TIME

: GO TO STARTING LINE AND DO STRIDES

\*\*\*\*\* PRIOR TO STARTING WARM UP YOUR RACE NUMBER, PINS, SPIKES, UNIFORM, ETC. SHOULD ALL BE READY TO GO