

# **MCHS XC 2024 Warm-up Routine!**

**(4-3-2-1-2)**

## **4 = 45 MINUTES BEFORE RACE TIME:**

- You know the entire course (you've jogged or walked it)
- You have your bib/tag/racing shoes organized
- EVERYONE in your race group sticks together, now up to race time!

## **3 = 30 MINUTES BEFORE RACE TIME:**

- Go to starting line area/start Dynamic Warm-up Drills

## **2 = 20 MINUTES BEFORE RACE TIME:**

- Incorporate 2 x 70m Strides into Warm-up Drills

## **1 = 10 MINUTES BEFORE RACE TIME:**

- Meet Coaches for 2-3 Minute pre-race talk; then do 1 more Stride

## **2 = Do 2 Miles Cool Down!**

- Right after racing, spend 10 min. hydrating, fueling (NO Pity-Parties!)
- Get everyone in your race group together to Cool Down!
- EZ jog 2 mi. on the course/stay out of the way during races, but pick the "loneliest" spot on the course to cheer on your teammates!!!