

CROSS COUNTRY MEET EXPECTATIONS

SLEEP- get a good night's sleep (8-9 hours) two nights before and the night before the meet.

MEALS- Eat a good breakfast/lunch the day of the race. Bring nutritious snacks to eat about 2 hours before you run.

Recommended

- Protein- eggs, nuts, etc...
- Oatmeal
- Fruit- bananas are great.
- Protein Bars
- Bland Carbs- (bagels, toast with peanut butter/honey, sandwiches)
- Gatorade for after the race.
- Multi-Vitamins

Avoid

- Greasy Food
- Food high in sugar
- Dairy- milk, cheese
- Anything that doesn't sit well in your stomach.

- **Make sure you bring food to eat for after the meet. We will not stop to eat on school nights!**

CLOTHING- Wear Willmar clothing or school colors. Bring layers and extra clothes. (see packing list)

RACE PREPARATION-

1. Off the Bus- go to the bathroom, get your race numbers, setup the tent and team camp.
2. Walk the Course- check mile markers and strategize your race.
3. Race Warm Up- warm up with the teammates in your race!
 - a. (20 minutes) 6 minute jog, 5 minute walk, 4 minute pace, 4 minute walk, 1 minute faster pace
 - b. Put your spikes on and go to the start line. (bring a water bottle)
 - c. Complete the FULL ACTIVE WARM UP and 2-6 builds. Keep moving!
4. Race Cool Down- Cool down with the teammates in your race.
 - a. 10 minute slow jog
 - b. Cool Down Stretch
5. Cheer on your teammates! We do not sit at camp!

RACE TIPS-

- First Mile- should be at your race pace, maybe slightly faster.
- Get behind someone to break wind.
- Concentrate on the runner in front of you; can you beat them.
- If someone passes you, go with them!
- Don't get caught in no man's land!
- Make a move- throw in a "surge" (30 seconds-2 minutes)
- When you get tired- focus on your breathing and your form.
- Think Positive- mental toughness
- Finish Strong- all the way through the line.
- We do NOT fall or stop after crossing the line. Hands on hips and head- keep walking.
- We do not pout or feel sorry for ourselves when we have a bad race; we learn from it.

AFTER THE RACE

- We do not leave the meet until all teammates have raced, awards. Only parents can bring you home-sign out.
- Drink Gatorade, eat bananas.
- Stretch or massage/foam roll tight muscles.
- Ice Bath!
- Bike or Swim
- Recovery Sets- 2 minutes jog, 1 minute race pace, 1 minute jog, walk 1 minute.
 - Middle School- 4-7 sets, High School- 8-10 sets