

TIPS FOR THE DAY BEFORE!

This content was developed with the help of Meghan King PT, DPT who specializes in outpatient orthopedics and sports rehabilitation.

To learn more about our running analysis program visit spearcenter.com/running/

1 TAKE IT EASY

After you've been training for months, remember that in order for all your hard work to pay off, you won't want to exhaust yourself in the days immediately leading up to a race. Keep your routine to a light jog for only a mile or so.

2 STAY OFF YOUR FEET

As much as you can, try to rest up and reserve your energy. Have family in town? Send them off to go sight seeing and join them later for a full, healthy dinner!

3 CARBO LOAD

To maximize the benefits of carbo loading, start 3 days before and continue until race day. Consult a sports nutritionist a few weeks before to come up with a plan that will keep you going and prime your muscles to store helpful glycogen energy sources.

4 HAVE DINNER

Don't restrict! Eat what you normally would the night before a long run, several hours before you go to bed and give your body a chance to digest before getting a good night's rest.

5 STAY HYDRATED

Drink plenty of water beforehand! Give your body a chance to absorb fluids into your system, so you don't overheat, and monitor your sweat loss throughout your training to figure out how much you need.



6 PREPARE

Lay out everything you will need the night before a race, so you can be ready to go in the morning and not have to worry about forgetting anything. Pack a warm layer you can wear at the start to keep your muscles warm, as well as something to sit on.

7 SLEEP WELL... 2 NIGHTS BEFORE

If you don't sleep well the night before, that's ok! It's more important to get a good night's sleep 2 nights before the race to feel awake and ready to go.

8 TALK TO YOUR PT

Lastly, let your PT know about your athletic goals! We're here not only to help you recover from injuries but also prevent them and work with what you have to reach where you want to go!