



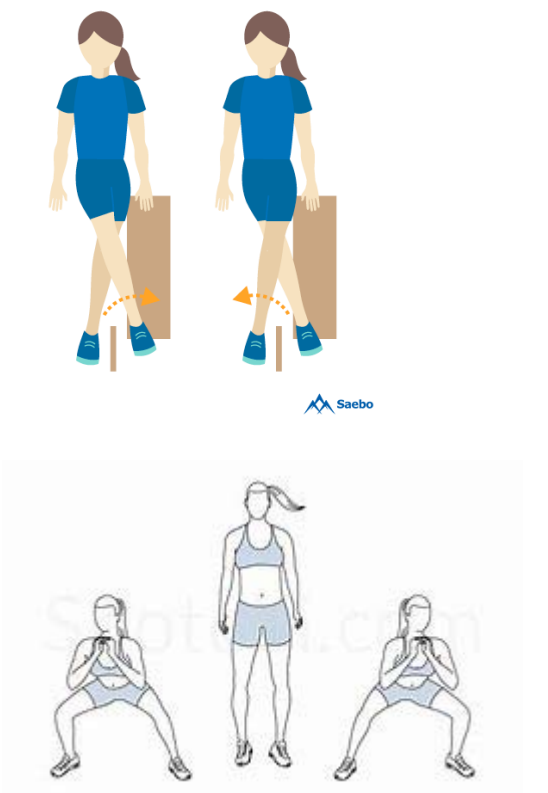




Mile Warm Up Routine

The times provided are counting down from the race start time. This is a guide on what can be done to get ready. The goal is to get loose and warmed up without tiring yourself out before the race.

Time Before Race	Activity	Picture
38 minutes	10 Minutes of Easy Jogging	
28 minutes	Dynamic stretching. Walking Lunges.	
26 minutes	Dynamic stretching. High Knees.	
24 minutes	Dynamic stretching. Toy Soldiers (Straight Leg Raises)	

<p>22 minutes</p>	<p>Dynamic stretching. Golfers Lift.</p>	
<p>20 minutes</p>	<p>Race-Pace build ups. 3-5 efforts of approximately 100m starting slowly and building up to race pace or just slightly slower over the 100m. Walking or jogging between - giving plenty of rest. These should be progressive with each one being a slightly stronger effort.</p>	
<p>15 minutes</p>	<p>Dynamic stretching. Side Stepping/Skipping, Side Lunges, Carioca.</p>	

13 minutes	Dynamic stretching. High Knees/High Step Running. This could also include "A skips" or "B skips".	
10 minutes	Dynamic stretching. Skipping	
8 Minutes	"Strides" for 50 to 100 meters. Quickly, but not abruptly build up to slightly faster than race pace for a few seconds then back off to a walk. Take significant rest between.	
3 Minutes.	Physical active rest. Walk or do anything from above. Mentally prepare for the race.	
0 Minutes	Race Time	