

Endurance Crossroads Clinic

A Distance Runners guide  
 in  
 Preparing for Competition

August 6<sup>th</sup> 2016 Al Baeta 1

Make this your Olympic Season



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Preparing for Competition

1. Laying and preserving the foundation for success
2. Sound, intelligent training encompassing all facets of your race
3. Throughout the season
  1. One or two days before the competition
  2. The day of the race
4. Post Competition
  1. Physical and emotional cool down
  2. Race assessment
5. Early season to mid-season
  1. One week prior to your race
6. Championship season
  1. Two weeks before the race

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**Excellence!**

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*"We are what we repeatedly do. Excellence, then, is not a act, but a habit."*

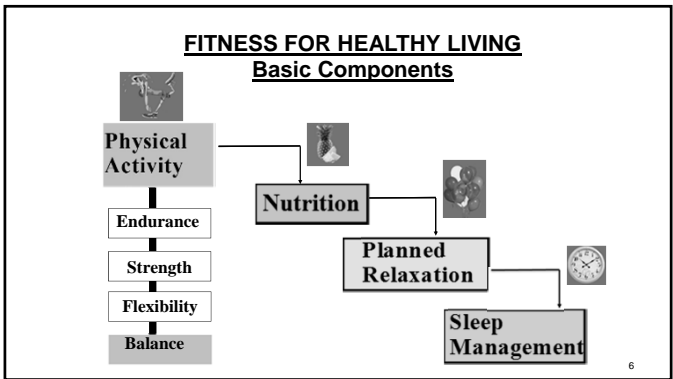
Aristotle

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➤ Laying and preserving the foundation for success

1. The Role of the Coach
2. Fitness For Healthy Living
3. A Nutritional Plan

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### Have A Nutritional Plan

At Home

At School

After the Workout

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### ➤ Sound, Intelligent training encompassing all facets of your race

1. Steady state runs - Interval training – Pace work – Speed work
2. Running mechanics
3. Competitive drills

Train Smart

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### Train Smart

Recovery is as important in a training program as intense activity

**The signs of overtraining – A common mistake made by highly competitive athletes**

- A continuous feeling of being tired
- Soreness and aches and pains that won't go away
- Unable to get a good nights sleep
- Being irritated all the time

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### Affects of Dehydration on Performance

If water loss is defined as a percentage of body weight loss, the following progressive deteriorations in performance should be expected.

- 0-2%. Impaired thermoregulatory ability.
- 2-3%. Reduced muscular endurance time.
- 3-6%. Reduced muscular strength, reduced endurance time, heat cramps.
- 6+%. Severe heat cramps, heat exhaustion, heat stroke, coma, death.

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### ➤ -Throughout the Season- Preparing Before your Competition

- One or two days before the competition
  - Race plan and tactics
- The night before the race.
  - Pack and get your competition gear ready
  - Mentally prepare

Do everything slowly and deliberately

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### -Throughout the Season- The Day of your Competition

- Pre-competition meal
- Timing of your warm-up
- During the competition
- After the race

Do everything slowly and deliberately

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Al Baeta - A Distance Runners Guide In Preparing for Competition

➤ Early Season to Mid-Season

Suggested training ideas in preparing for the competition

- One week prior to your race
  - Mid-week
  - The day before the race
  - Training through a meet

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➤ Championship Season

Suggested training ideas in preparing for the competition

- Two weeks before the race
  - Two weeks out
  - Limit hard workouts
- One week out
  - Short moderate to hard very early in the week
  - Three days out – race pace workout
  - Two days out – recovery run
  - The day before – light run and some quick striders



If in doubt, err on the side of less

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Concluding Comments

**“Motivation is what gets  
you started.  
Habit is what keeps you  
going.”**

Jim Ryan

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# Preparing for Competition

Al Baeta,

Retired Track and Field and Cross Country Coach

American River College

## One or two days before the competition

- Discuss your race plan and tactics with your coach
- Get a good nights' sleep both days

## The night before and the day of the race

- Rest is extremely important. Get a good night's sleep. The key here is actually two nights before competition. Nevertheless, 8-9 hours is a must if your body is to accomplish all the quality work you are going to ask of it.
- Eat your pre-competition meal 4 to 5 hours before you begin your warm-up. Each athlete through trial and error should determine what is best for him or her. Don't compete with undigested food in your stomach, as vital oxygen carrying blood will be diverted to aid the digestive process.
- The pre-meet meal should be primarily complex carbohydrates, as these foods will break down quickly to provide you with a usable source of energy (Carbohydrates = vegetables, brown rice, whole grain breads, cereals, beans, dry nuts, baked or boiled potatoes and some fruits).
- Avoid sweets and sodas before competition. When you do have these non-nutritious items, away from the day of competition, exercise moderation in the amount you consume.
- Prepare your equipment for competition the day before so it does not distract you as you begin your physical warm-up.
- Mentally prepare yourself in an intelligent and calm manner. Review techniques and race strategy so that your mind and body are "sensing" the things you are going to do.
- Be positive in your thinking process. You are going to be naturally excited. Don't let this excitement grow into excessive nervousness which will dissipate valuable energy stores. Do not allow negative things to upset you, i.e. the weather, a cold, poor lane assignment, delays in schedule. "Adjust to any adverse situation as best you can." Control the situation, don't let it control you.
- Plan to begin your physical warm-up 45 minutes to 1 hour before competition. Give yourself plenty of time. Again, trial and error will be valuable here. Be consistent in your warm-up as much as possible, including jogging, stretching and buildups. Remember the physical warm-up has as its purpose, giving your body the "sense" of what you will experience during competition. Furthermore, the cardiovascular system must begin to work in pumping additional blood through the system to prepare it for the stress of activity. The stretching and specific technique moves enable the muscular action to be more easily and effectively executed in competition.

- During the race, you want to be totally involved in the competitive experience. Be intelligently alert to what is happening and be able to react to your advantage.
- Execute the strategy of the race that you and your coach discussed. Be ready to execute tactics to put yourself in position to be in control of your race. i.e. Tight packs of runners boxing you in, elbows poking and shoving you. Be alert to being so close to a runner that you might clip their foot or be clipped yourself.
- After your event is over, seek your competitors out and thank him/her for the competition, with congratulations on a fine effort or an indication of respect for their competition with you.
- Take a warm down jog, so that your body will be aided physiologically in recovering from the severe stress of activity. Re-stretch the major muscle groups involved in your activity.
- Be cool in reacting to adverse results and proud of excellent performances. After your emotions have subsided, begin reflecting on your performance toward the end of future improvement.