

Race-Day Checklist

Athlete Page

Before you warm up

- ☐ Know your race start time and call-up time
- ☐ Work backwards from the gun, not forwards from arrival
- ☐ Kit ready: spikes/shoes, number on, warm layers

Warm-up stages (approximate - adjust for event, weather, how you feel)

- ☐ ~45 min out: light jog to raise body temperature
- ☐ ~45 min out: dynamic stretches - leg swings, lunges, skips (not long static holds)
- ☐ ~20 min out: strides / short efforts building towards race pace
- ☐ A little mental rehearsal - picture your start and settle nerves

During the wait

- ☐ Keep warm layers ON
- ☐ Keep moving gently - don't sit down and go cold
- ☐ Do a few strides if there's room
- ☐ Warm-up effects fade once you stop moving - faster on a cold day

Close to the gun

- ☐ Final couple of strides or efforts
- ☐ Stay on your feet, layers on until the last moment
- ☐ Be ready at call-up - step to the line warm and switched on

Parent Page

What helps

- ☐ Logistics - know the timetable, where to be and when, kit and food ready
- ☐ Reassurance - a calm, steady presence (your athlete reads your mood)
- ☐ Timing help - a gentle reminder of how long until call-up
- ☐ Keep warm layers handy for the wait

What doesn't help

- ☐ Last-minute coaching or new technique points
- ☐ Pressure dressed as encouragement ("just do your best")
- ☐ Comparing to other athletes warming up nearby
- ☐ Visible anxiety - nerves transfer easily

The parent's job in one line

- ☐ Make everything around the race calm and simple - and let the warm-up be theirs.

****Sources:**** [[Warm-Up Principles and Benefits]] (English Athletics warm-up principles - physiological effects and stage-based structure); [[The Parent Perspective|The Parent Perspective]] (parent boundaries and race-day support framing); Chaabene, Behm et al. (2019), *Frontiers in Physiology* (dynamic vs static work before explosive efforts); Yanaoka et al. (2018, 2021) (warm-up decay and short re-warm-up during rest periods). Timings are approximate and condition-dependent; individual response varies and a warm-up is not a guaranteed performance improvement.