

# 1 Week to Go!

## Workouts

- If you have a light intensity session in your plan for race week, aim to get it done at least 4 days in advance of the race.
- The plan includes a pre-race shakeout run with strides. I recommend doing it the day before the race, and taking the day two days before the race off. A rest day 48 hours out will prompt recovery while doing an easy shakeout the day before will help prevent sluggishness on race day (which can sometimes happen on the day after an off day).

## Warmup

- If you plan to run the race at training pace, you'll need minimal warmup and warmdown. A little walking or jogging on each end to shake out any stiffness is good. Dynamic stretching before the race (leg swings, etc) is okay if you've been doing that in training. Save the static stretching for after, as it temporarily decreases muscle elasticity: not something you want right before a race.
- If you are racing at an up-tempo pace, get at least a mile warmup, with 3-6 strides. I also recommend longer pickups (3-5 minutes total at tempo or goal race pace, done in 1-3 reps of 90 sec to 5 minutes duration) for those with specific competitive goals. Email me if you have questions about incorporating longer pickups into your warmup.

## Pacing

- If there will be pacers at your race, take advantage of them! If your goal time/pace falls in between two markers, start with the slower pacer or between the pacers, and gradually pick up the pace if you're feeling good around the halfway point. Otherwise, keep a close eye on your watch and mile-markers. It is VERY easy to start a half marathon TOO HARD. Don't do it! I recommend that everyone go into this race with a pace range goal.

If you have questions about your specific race/pace goals, now is the time to ask!

Relax and enjoy this last week! You've put in the effort over the last few months, and there's nothing to do now but cut the mileage, keep your body as healthy as possible, and get psyched!

Cheers,  
Carly

Please note that this guide is for informational purposes only. Carly Wynn and CarlyOutside.com are not responsible for injuries or other ill-effects resultant from using the information provided.