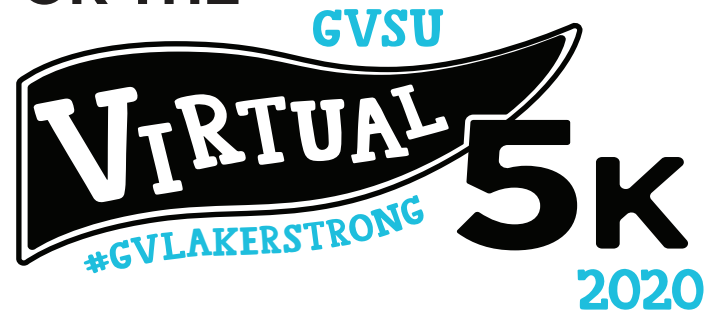


RACE & RECOVERY TIPS FOR THE



**SEPT
18-20**

DAY BEFORE RACE

- Begin hydrating with water today!
- Go for a short, light jog/run
- Stretch after your light jog/run
- If you plan on running early in the morning, you may want to prepare a carb heavy dinner (pasta, brown rice, potatoes, broccoli, spinach, carrots, beans, and nuts).

RACE DAY

- Eat 1-2 hours prior to race time
 - 3:1 ratio of carbs to protein
 - Eat familiar foods your digestive system is used to
 - Common simple carbs: bananas, apples, fruits, toast/bagel
 - Common lighter proteins: nuts, peanut butter, eggs
- Wear comfortable, broken-in shoes (don't wear a pair of new shoes)
- Don't drink too much water before running
 - Focus on smaller sips of water throughout the day to stay hydrated
- Use the bathroom before starting your course

DURING RACE

- Warm up with a light jog and stretch
- Start slow and keep an even pace
- You can always walk/rest if needed
- Record your time on our website as soon as you're done, so you don't forget it
- Stay safe, social distance, and have fun!

AFTER RACE

- Don't stop moving once the race is finished
 - Go straight into a cool down jog/walk (5 mins until heartrate lowers)
- Get a good stretch
- Focus on smaller sips of water or preferred sports drink will be best to rehydrate
- Eat foods high in protein and carbs
 - 1:1 ratio of carbs to protein

DAY AFTER RACE

- Hydrate with more water
- Go for another light jog/run
- Stretch after the light jog/run
- Double check that you posted your time at gvsu.edu/rec/virtual5k