



“What is a Warm -Up and why do we do one?”

Many of you have asked me why we warm-up, what are the benefits of a warm-up are and what is the best warm-up routine?

Well, the answer to these questions really depends on what works best for you. If you don't know what that is than I suggest that you practice a variety of warm-ups. Prior to your Intensity run of the week you should experiment with a few different warm-up routines. You may find that one week you don't warm up at all before the workout and your legs feel heavy and dead. The next week you warm-up 15 min. you do some strides and your legs feel great for the workout. Chances are the second type of warm-up helped you feel ready for the workout so you should repeat this warm-up before the next intensity workout. If again, you find yourself feeling good and ready for the workout you will know that this warm-up works for you and you should do this before workouts and races.

When I was competing I would do the same warm up routine before each race. I had it dialed down – I would begin a 2-mile run 45 min. before the start of the race. I would finish this then I would find the bathroom, stretch, put on my racing flats and then I would line

up at the starting line where I would do several fast strides leading up to the start of the race.

I know what you are thinking...”Warm up for 2 miles? The distance of the warm up is relative to the total training miles you do each week. For example, I was training 85-95 miles per week so a 2-mile warm-up felt appropriate. If you are training 15-35 miles per week a 10-15 min. warm up would be more advantageous. Find out what works and feels best for you.



Post Boston Party...

Warming up for a marathon, ½ Ironman or Full Ironman is much different that warming up for a 5 or 10k. Keep in mind that you will want to conserve as much energy as you can before an endurance event so running for 2 miles or 15 minutes means that you will be using energy that should be going into the race.

Prior to an endurance event you will want to jog for a *few* minutes (2-5), stretch for a *few* minutes and then do a *few* strides before

the event. Keep in mind that the word “few” is repeated. “Less is more” prior to racing a marathon.



Buzz, Doug and Jim at a local triathlon – looking good!

Here are a few tips to keep in mind while warming up for a workout or a race:

1. Be sure you have had a breakfast or a snack 90 min. prior to your workout or race.
2. Make sure you have water and drink it prior to the race or workout.
3. Locate the nearest bathroom and gauge the waiting time to use it. Don't get caught in the potty line when the gun goes off!
4. Don't over stretch! Many times athletes compulsively stretch before a race and this is wasted energy.
5. Do some strides and stay relaxed.

Happy Training! Coach Lisa