**Distance Runners Checklist**

**Before Training:**

• Adequately hydrate throughout the day

• Ingest the FULL amount of calories throughout the day

• Adequate sleep at same approximate time (8-10 hours highly recommended)

• Have a watch, a recovery drink, and all proper attire

 packed and ready

• Check Team Website for workout that day

**During Training:**

• Be on time or early

• Be focused and ready to work

• Execute the training plan

• Stay with your group if needed

**After Training:**

• Record workout in Final Surge

• “Roll out” or stretch fully (heel/toe walks-static stretches)

 Core and weight training

• Ingest your recovery drink

• Put away any equipment used

• Pick up any trash created

• “knuckles” to your teammates and Coach