Warming up is key! Butt Kicks and High Kicks are dynamic stretches that will fire up the muscles you need for running.

Cross Train! It’s important to incorporate strength training into your routine.

Break your shoes in during training so you don’t have to worry about them during the race.

Get at least 7 hours of sleep the night before!

Diet is key during the days leading up to the race! Simple carbs (oatmeal, whole grains, sweet potatoes) for lunch or dinner the day before race day are key!