

# **Drew Hunter's Warm Up Schedule Before a Race**

**By Coach Tom Schwartz**

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- 15 minutes of easy running + possible easy drills (if feeling stiff) +
- 5-6 minutes of Tempo Running or 3-4 minutes of Threshold Running (jog 1 minute) +
- 8 x 100m @ 2-mile race effort or slightly harder (jog 20 second recoveries) +
- Jog 3 minutes +
- Change into shoes, hydrate, use the restroom, and perform some light static stretching +
- 8-10 minutes before the race, jog 2-3 minutes and run 3-4 x 40m striders.
- Race