



Speed. Power. Conditioning.

A Track & Field inspired Training Curriculum

Content Developed by TrackGirlz

SUGGESTED GRADE LEVEL

6-8, 9-12

TIME NEEDED

Multi-Day Curriculum

20-90 minutes per lesson

MATERIALS

- Athletic clothing and shoes
- Program Coach/Leader
- Open space to run!



INTRODUCTION FROM TRACKGIRLZ

Whether you are new to speed and anaerobic training or already consider yourself a sprinting pro, our goal for this curriculum is to support your general fitness or athletic pursuits by developing your speed mechanics, explosive power, and anaerobic capacity. Participants will get their chance to race in either the 100 meters or 200 meters in a fun and fast street race after completing this four week speed and anaerobic conditioning training program. All you need is a safe, open space to start working out with this program. We'll even provide a guide for setting up your street race from wherever you are, regardless of access to a track facility.

Speed and Anaerobic conditioning supports your overall health and wellness by strengthening your muscles and your bones and increasing your metabolism, and is an effective way to boost your aerobic system and burn calories. We'll use track and field sprinter style workouts throughout this curriculum.

"RUN towards excellence , JUMP at the chance to make a difference, THROW away all doubt."

-TrackGirlz Motto

TrackGirlz, is a Black women led organization, founded by World Champion and Olympian, Mechelle Lewis Freeman, to empower girls through track and field. By the age of 14, girls drop out of sports twice as often as boys for factors such as social stigma, access and safety issues, and lack of positive role models. With track and field being the highest participatory sport for middle and high school girls in the United States, TrackGirlz aims to bridge this gap through empowerment workshopz and grant programs, with a focus on minority and underserved communities.

Yet track and field can have benefits for all young people regardless of gender identity and is one of the most diverse and inclusive sports, appealing to various ethnicities, body types, and athletes with various abilities. We've provided this four week curriculum to Making Tracks users to help any youth feel empowered and achieve self-growth through a dynamic and fun training program. Take this four week journey with your class, team, or even as a family! If you enjoy this introduction to TrackGirlz, please contact us to learn more about our other resources, connect with us for additional instructor training and support, or to become a part of the TrackGirlz community! We'd love to hear from you at admin@trackgirlz.com.

TrackGirlz



PROGRAM COMPONENTS

Mobility & Posture

As the center of power in sprinting, it is important to have strong, mobile hips, along with elasticity to support the powerful unilateral positioning and power of sprinting. This program will develop mobility and posture with the following movement preparation:

Dynamic Warm-Up || Muscle Activation Routines || Core & Elastic Strength || Hip Mobility & Stability

Speed Mechanics

It is important to execute the proper movements to move energy as efficiently as possible to cover as much ground as quickly as possible each step. We will focus on teaching movements that allow for increased stride length and stride frequency by developing the following through technical drills:

Coordination, Balance, and Stability || Rhythm Awareness

Anaerobic Conditioning:

Sprinting is a form of anaerobic activity where a lot of energy is released within a small period of time, and is performed at a harder intensity than long distance runs, typically between 80 - 90% of your maximum effort. When you're running in an anaerobic state, your body requires more oxygen than your lungs can provide. This state is only possible for very short periods, usually seconds, which triggers the production of lactic acid. Lactic acid is produced in your muscles and builds up during intense exercise due to the lack of oxygen, which when present, helps break down the lactic acid. Lactic acid buildup can result in muscle pain, cramps, and muscular fatigue. This is why sticking to the longer recovery periods between sprints during the workouts in this program will be critical to maintain so the high intensity levels can be safely repeatable throughout the workouts by allowing the body muscles to recover, preventing injury.

In this program we will focus on developing two anaerobic energy systems: the alactic system (without oxygen, without lactic) and the lactic acid system (without oxygen, with lactic) :

Alactic = In short, the anaerobic alactic energy system is your body's simplest, most immediate and powerful energy source.

Think explosive energy—an incredible amount of stored energy in the body, released in a very short time.

Alactic Power - Movements/Running under :10

Alactic Endurance - Movements/Running between :10 - :20

Lactic = longer lasting anaerobic activities producing lactic acid

Lactic Power - Movements/Running between :20 - :60



PROGRAM STRUCTURE & KEY TERMS

We encourage participants to run supervised on any accessible surface, including grass fields, gym floors, safely running on open roads, treadmills, or indoor and outdoor tracks. No equipment is necessary. Each week during training, participants will receive three (3) workouts - (1) speed interval workout with the goal to achieve 80% or above workout intensity (90 mins), (1) core tabata workout w/sprints (60 minutes), and (1) Bodyweight Circuit Workout (20 minutes). Please prepare ahead of time so you are able to give yourself enough time to complete each full workout, including specified rest periods. Using our TrackGirlz core values, each week we will also provide mental performance tools to support mind and body development.

Here is a list of key terms that will be used throughout the program:

- **Lap:** A complete rotation around a track.
- **Sprint:** A full-speed run over a short distance. In Olympic events, the 100m, 200m and 400m events are considered sprints; the finishing kick of a distance race can be described as a sprint.
- **Drills:** Practicing the right combination of track drills before your workout will help improve coordination, balance, and running form efficiency. The appropriate drills should be selected to prepare for your areas of focus.
- **Build-Ups:** Short bursts of speed that increase heart rate and leg turnover as you increase your effort over distance. They get your legs ready to run hard. Build-ups should start at a moderate speed and gradually increase to end near 90 percent of maximum sprint effort. Run a total of 90 meters. Run half speed for the first 30 meters. Run three-quarter speed for the second 30 meters. Run up to 90% of full speed for the final 30 meters Gradually slow down with easy walking or jogging in between.
- **Repeats:** Segments of the same distance, done a set number of times with recovery in between. Recovery time can be reduced to help build speed endurance capacity.
- **Intervals:** Segments of high intensity speed followed by recovery. The goal is to maintain a consistent level of performance in each interval. If you don't recover long enough, you will have inconsistent efforts and instead of building speed and power you will be resisting fatigue throughout the entire workout.
- **Tempo:** A tempo pace can be held steadily but not too comfortably. For a sprinter a tempo workout is low intensity sprinting speeds between 65% and 70%. So, a 100m tempo run for a 11 sec 100m runner is between 15-17 seconds.
- **Recovery:** Walking or easy jogging to allow your heart rate return to a point where you're ready to increase speed again. Recovery also includes hydration, nutrition, sleep, and overall emotional, physical, and mental well-being.
- **Tabatas:** A type of high-intensity interval training (HIIT) that focuses on short bursts of intense effort. Each Tabata round lasts 4 minutes and involves eight intervals of 20 seconds with 10 seconds rest between efforts.
- **Anaerobic energy system training:** An unsustainable energy pathway that trains the lactate and glycolytic energy systems, which support athletic performance. Anaerobic exercises involve quick bursts of energy and are performed at maximum effort for a short time



TrackGirlz TIPS

- **SET YOUR GOALS.** Have what you want to achieve clear, so your workout plans are programmed to set you up for success.
- **PLAN AHEAD.** Decide what workout you will do ahead of time so you can prepare mentally for how long it will take, including how much recovery you'll need, in order for the workout to be effective.
- **GET ON TRACK.** Run counterclockwise. Fastest runners on the left and slower on the right. The inside lanes are typically reserved for those working on speedwork, while tempo runs, and cooldowns should be done in the outer lanes. Also, just as you look both ways before you cross the street - be sure to look both ways on the track for runners coming your way.
- **LANE ONE.** This lane is typically reserved for the fastest runners. Stay in the outside lanes if you notice others are moving faster than your tempo, such as when you're running slower for a warmup, cool down, or recovery segment.
- **LISTEN UP.** Try not to run with headphones on the track. If you struggle running without music, make sure the volume is low enough to hear other runners.
- **ALWAYS WARM UP AND COOL DOWN.** Warmups and cool downs should always bookend workouts. During the warm-up, jog around the track at an easy pace to boost your heart rate for about 5 minutes. Then use the infield (field in the middle of the track) for drills and stretching, which will ready your muscles for a speed work routine. Use cool down routines to help return your heart rate, blood pressure, and temperature back to normal levels. Post-workout stretching helps with reducing lactic acid buildup to lessen chances of muscle cramps.
- **PRACTICE GOOD FORM.** Focus on executing the fundamentals of proper running mechanics with good posture, proper knee lift and powerful arm movement while doing speedwork. No heel running! Our three tips: 1- Toe Up - keep your toes pointed up to help land on the ball of your foot. 2- Knee Up - try to run with lifting your knees hip height in front of you. 3- Swing big from the shoulders - swing your arms from the shoulders to increase power. Remember that proper form will increase speed, pacing, and efficiency.
- **STAY FOCUSED.** Don't be intimidated by other runners doing their workouts. Your mindset should be focused on finishing your workout.
- **FUEL YOURSELF.** Be sure your body is ready to perform. Bring water to stay hydrated and have the proper nutrition to refuel during and after the workout.
- **LACE UP LIGHTLY.** You don't have to wear track spikes but consider wearing the proper running shoes. There are specific options based on the distances you want to focus on (sprints, middle distance, etc.) which tend to be less heavy than non running shoes.
- **TRACK YOUR PROGRESS.** In your phone or in a training journal. Keep track of your progress so you can know your goal metrics when training.
- **GRAB A TRAINING PARTNER.** Grab an accountability partner to help keep you motivated throughout your training process.
- **HAVE FUN!** Now go out there, and reap the benefits of the work you put in and make sure you have fun doing it!



PROGRAM DYNAMIC WARM-UP ROUTINE LIBRARY (20 MINUTES)

Link to view exercises: <https://www.youtube.com/watch?v=cN1kaLanpFM>

Start with a moderate tempo warm up, moving on to a variety of sprint drills before you start to pick up speed. A proper warm up should never be rushed through and must take the time to include a proper stretch routine, track drills, and build-ups to wake up your nervous system, mimic movements that you will use, and gradually ease you into the physical demands of speed work. It is important to warm-up your hips, open your pelvis and activate muscle groups that are used for sprinting, such as your glutes and other posterior chain areas.

For Starters:

- **Joint Mobility Circles** - ankles, knees, hips, elbows, wrists, shoulders, neck
- **Leg Swings** - Using a wall or fence for balance, leg swings should be performed from both a lateral and front-to-back position. 10 reps each way/each leg.

Walking Movements (Go 20 meters of each walking movement):

- **Walking Bent Over Hamstring Scoops** - The walking version of the static hamstring stretch, walk a few steps then sit back while putting one leg forward with a flexed foot to stretch your hamstrings and calf muscles. Scoop your arms down through your flexed foot.
- **Walking Knee hugs** - Lift your knee up to your chest. Wrap both arms around your knee/shin and hug your knee to your chest, stretching out the glute and hamstring. Walk forward and alternate knees.
- **Walking Quad Stretch** - While standing, bend one knee back, grab your foot, and use the hand on that same side, pull it towards your butt. Be sure to push your chest up and hips forward as you hold this stretch for a few seconds. Alternate sides as you walk forward.
- **Frankenstein Walks** - Walk and kick legs up in front tapping each foot with the opposite hand
- **Walking Figure Four Glute Stretch** - Squat down as if you're about to sit in a chair. Lift your left leg and cross that ankle over your right thigh. Sit back into the stretch—your right leg that's on the ground should be bent while gently pushing your bent left knee down. Hold for a few seconds; switch legs and repeat.
- **Walking Lunge Stretch** - Step out with front foot bending the knee 90 degrees to form a front lunge position. Reach up with the opposite hand leaning into the bended knee to stretch the obliques. Stand, bringing your feet together, repeating the step out front lunge position and oblique stretch using the opposite sides.

Track Drillz:

- **A- March / Skip** - Maintain a tall posture, keeping your hips and chest high, remain on the ball of your feet, toe up, knee up, drive elbows back, while swinging the arm from your shoulder. March forward getting knees to hip height. Or, skip forward.
- **High Knee Skips** - Using the same approach as the a-march/skips, however use a quicker cadence to bring your knees to hip height.
- **Power Skips** - Bound for height





ON YOUR MARKS, SET, GO!

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WEEK 1- BASE LINE TESTING

For this first workout, we want to get a baseline idea of your current level of ability when running your best effort in the 100 meters and the 200 meters. From here, we will be able to establish your progress over the course of the program and compare your effort today to your effort at the final street race event.

INNER WARM-UP

Welcome to week 1! Before you get your bodies moving, we want you to think about the word “Authenticity,” which is the ability to embrace and represent your true self. Think about your unique strengths, interests, skills, values, and aspirations. These are your superpowers! Only you are equipped to manifest this power once you fully embrace who you truly are. What makes the world exciting is that we’re all different, and are able to offer unique perspectives and values. Take the time to identify three words that will motivate you to best show up for yourself and as yourself throughout this program.

BASELINE TESTING

1. Technical Warm-Up Strides (3 mins)

- :30 run
- :30 walk
- :30 run
- :30 walk
- :30 run
- :60 walk

2. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

3. 100m and 200m time trials at best effort. Record your times so you can track your progress as you continue your speed, strength, and conditioning workouts!



WEEK 2: INNER WARM-UP

This week we focus on “Vision.” See it, Believe it, Do it! Think about a goal that you would like to achieve this year. Now visualize yourself achieving it. Move forward in what you believe to be true. The journey you take to reach your goals will be as unique as you are. Using your three words from last week, create a mantra that will keep you motivated to progress throughout the journey ahead. Write it down and put it somewhere you will see everyday to help keep you on track.

WORKOUT 1

1. Technical Warm-Up Strides (3 mins):

:30 run
:30 walk
:30 run
:30 walk
:30 run
:60 walk

2. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

3. Workout (Best effort):

4x10 meters or take 10 big walking steps and make an approximate 10 meter mark

3x20 meters or take 20 big walking steps and make an approximate 20 meter mark

2x20 meters take 30 big walking steps and make an approximate 30 meter mark

1 x40 meters take 40 big walking steps and make an approximate 40 meter mark

4. Cool Down Jog pace (3 mins):

:30 jog
:30 walk
:30 jog
:30 walk
:30 jog
:60 walk

WORKOUT 2

1. Warm-Up/Activation:

Complete 10 reps on each leg of

- Glute Clams
- Fire Hydrants
- Glute Lifts (on knees kick heel to sky)

Link: https://www.youtube.com/watch?v=4sXle6IMC_k

2. 7 min A.M.R.A.P (As Many Rounds As Possible):

For a combination of conditioning, strength, and power, do the prescribed number of reps of each exercise for as many rounds as possible within 7 minutes. Log your # of rounds!

- 30 High Knees
- 20 Mountain climbers
- 10 Pushups
- 5 Squat jumps

Link: <https://www.youtube.com/watch?v=INbSA-k7GIY>

WORKOUT 3

1. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

2. Workout: Run

(2 sets - 4x :30 runs/:90 walks in between runs. 3:00 walks in between sets- 80% of best 200m/:30 effort):

:30 run
:90 walk
:30 run
:90 walk
:30 run
:90 walk
:30 run
3:00 walk
Repeat second time!

3. Core Tabata

20 seconds each movement, 10 seconds rest, repeat x2

- Plank chest tap
- Reverse crunch
- Mountain climbers
- Reverse plank

Link: <https://www.youtube.com/watch?v=IFAqiqMMauw>



TIP OF THE WEEK

Two-Point Starts- When you think about starting when sprinting, you want your first step to be in a position to push you in the direction you want to go. In order for you to create explosion and distance with your first step, set yourself up by getting in a split leg position, with one foot length away from the starting line and about one foot length in between your split feet. Lean forward so you point the pressure on the base of your toe line or the “balls of your feet.” When it’s time to go, think about a push/pull movement with your lower body. You want to push off the ground with your front foot and pull the back foot forward using a rigid core. Make sure your arms are moving in big sweeping motions, driving them back with your elbows. Continue the push and pull motion the entire sprint distance today. Remember, you are trying to go as fast as you can today, covering as much ground as possible with each step.



WEEK 3: INNER WARM-UP

Consistency, consistency, consistency. You are what you repeatedly do. You become what you repeatedly practice. In order to achieve your goals, the necessary actions may require a complete shift from your usual desires, but you must commit to the daily behavior that will bring the result you want. Write down the daily actions that you need to make in order to achieve the goal you identified. Focus on the habits you need to starve, and the habits you need to feed. Every choice you make matters. Your decisions move you further along your path, or keep you from advancing, holding you back from your success.

WORKOUT 1

1. Technical Warm-Up Strides (3 mins)

- :30 run
- :30 walk
- :30 run
- :30 walk
- :30 run
- :60 walk

2. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

3. Workout (Best effort)

Speed Intervals – Complete 3 sets of 2x60 meters or :10 runs with 2:00 walks in between. Focus on pushing away from the ground, first accelerating to the first 30 meters (or at :05 into the sprint), then go to moving the legs and arms as fast as possible between 30-60 meters (or for the last :05)

4. Cool Down Jog pace (3 mins):

- :30 jog
- :30 walk
- :30 jog
- :30 walk
- :30 jog
- :60 walk

WORKOUT 2

1. Warm-Up/Activation:

Complete 10 reps on each leg of

- Glute Clams
- Fire Hydrants
- Glute Lifts (on knees kick heel to sky)

Link: https://www.youtube.com/watch?v=4sXle6IMC_k

2. 8 min A.M.R.A.P (As Many Rounds As Possible)

For a combination of conditioning, strength, and power, do the prescribed number of reps of each exercise for as many rounds as possible within 8 minutes. Log your # of rounds!

- 20 Single Leg Deadlift + Knee drive
- 5 Kneel to squat
- 20 Lateral lunge + Knee drive
- 5 Explosive Squats

Link: <https://www.youtube.com/watch?v=MqsJfew9Umk>

WORKOUT 3

1. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

2. Workout: Run (2x 4x :30 runs/3:00 walks in between sets- 80% of best 200m or :30 effort):

- :30 run
- :90 walk
- :30 run
- :90 walk
- :30 run
- :90 walk
- :30 run
- 3:00 walk

Repeat second time!

3. Core Tabata

20 seconds each movement, 10 seconds rest, repeat x2

- Plank hip dips
- Side plank dips (R)
- Side plank dips(L)
- Russian twists

Link: <https://www.youtube.com/watch?v=Px7nXrCwtBO>

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TIP OF THE WEEK

Running at “Maximum Velocity” is a term that refers to the highest possible sprint speed you can achieve, but only for a short period of time before your body can no longer maintain that speed and deceleration and fatigue starts to slow you down. The trick to this all is learning how to remain relaxed while using all your energy! One of the keys to maintaining higher velocities is being able to maintain your hip height. What does that mean? When you land you don't want to lose the height of your hips by caving in at your ankle and knee joints. During this workout, try to keep a stiff ankle when you make contact with the ground while landing on the balls on your feet - there is no heel running when sprinting! This will allow your hips not to cave each step, maintaining the power to cover more ground each step when you are moving as fast as you can. And, be active and intentional in getting that foot back down to the ground every step.



WEEK 4: INNER WARM-UP

When the competition rises, so should your performance. When under intense stress it is natural to feel panicky, but you must learn how to channel that anxiety as motivation. Remind yourself of your power. Repeat your mantra over and over to yourself. Visualize yourself overcoming your challenge. Visualize yourself having success in that environment. Visualize yourself coming out as a champion and leaving your mark in the world. Remember, the work you put in to show up for yourself each day. Believe you are capable. Remind yourself, you got this.

WORKOUT 1

1. Technical Warm-Up Strides (3 mins)

:30 run
:30 walk
:30 run
:30 walk
:30 run
:60 walk

2. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

3. Workout (Best effort)

Run (3 sets - 3x :15 runs/2:00 walks in between- 80% of 100m or :15 sprints best effort):

:15 sprint
2:00 walk
:15 sprint
2:00 walk
:15 sprint
2:00 walk

Repeat 2 more times.

4. Cool Down Jog pace (3 mins):

:30 jog
:30 walk
:30 jog
:30 walk
:30 jog
:60 walk

WORKOUT 2

1. Warm-Up/Activation:

Complete 10 reps on each leg of

- Glute Clams
- Fire Hydrants
- Glute Lifts (on knees kick heel to sky)

Link: https://www.youtube.com/watch?v=4sXle6IMC_k

2. HIIT

Complete 20 reps of each movement for a great conditioning, strength, and power combination. Rest 10 seconds between each exercise. Complete 4 rounds.

- High Knees w/ 2 sec stability holds (10 each)
- Lateral Leg Lifts (10 each)
- Mountain Climbers (w/ 2 sec stability holds)
- Skaters
- Plank Jacks (plank toe taps)

Link: <https://www.youtube.com/watch?v=wXv0T58Etm4&feature=youtu.be>

WORKOUT 3

1. Dynamic Warm-Up Routine:

Link: <https://www.youtube.com/watch?v=cN1kaLanpFM>

2. Workout: Run (2x 4x :30 runs/3:00 walks in between sets- 80% of best 200m or :30 effort):

:30 run
:90 walk
:30 run
:90 walk
:30 run
:90 walk
:30 run
3:00 walk

Repeat second time!

3. Core Tabata

20 seconds each movement, 10 seconds rest x2

- Plank chest tap
- Reverse crunch
- Mountain climbers
- Reverse plank

<https://www.youtube.com/watch?v=IFaAiqMMauw&feature=youtu.be>



TIP OF THE WEEK

Rhythm and Breathing - When sprinting, the rhythm of the way you move and breath is critical. Arms and Legs should be moving at the same time to be able to apply as much force as possible to ground each step. Yep, believe it or not, the way in which you breathe during sprinting can impact your sprint performance. With this in mind, let's work on breathing during this "endurance" sprinting day by practicing a breathing technique of 2:2. This is where you actively breathe in for 2 steps and then proceed to breathe out for the following 2 steps. If you find this difficult, start out at a slower breathing rate, such as 3:3, then as you start to fatigue, remain in control even if you have to take more breaths bringing you to a 2:2 rhythm.



WEEK 5: IT'S TIME TO RACE!

Congratulations, you've completed four weeks of speed, strength, and conditioning! Now it's time to bring all your hard work, focus, and preparation to the start line! You'll race a 100 meter and/or 200 meter distance. After the experience, compare your effort to the 100 meter and 200 meter effort you captured in baseline testing back in week 1. To provide an exciting and motivating racing experience without attending a track & field meet, program coaches can set up a "street race" for speed, strength, and conditioning program participants, or even with other members of your community. View this TrackGirlz guide to setting up your own street race to get started!

HOW TO SET UP A STREET RACE

20 Steps From *TrackGirlz*

1. Find a safe open and flat road or other space that is long enough for the distance you need for the competition event(s) you'd like to race, such as a 100 meter or 200 meter race (consider the space runners will need to slow down after crossing the finish line as well when identifying your space!). Keep in mind that this roadway or space will need to be able to be closed to all traffic and other potential safety hazards for the duration of the race.
2. Can't find a roadway that will work? Get creative on spaces to use. Think about driveways, parking lots, flat trails and paths, plazas, or open field spaces at a local school, park, or community center.
3. Once you find a location, chose a date and time, and get all the permissions you need to have the event safely in the chosen space, especially if you need to shut down traffic access to a road, close a parking lot, etc. Give yourself time to work through this process with necessary partners.
4. Measure out the race distance and mark a clear start line and finish line using equipment such as chalk, cones, and banners. Make start and finish signs to ensure the course direction is clear.
5. Use timing equipment to keep track of running times- this could be stop watches, the stopwatch feature on a phone, a sprint timing app on a tablet or phone , or electronic timing systems when available (your local high school or university track and field team may have a timing system, or there may be a race timing company that rents this service in your area).

Look at the program registration to determine your race heats before the event to help keep the event organized. We usually set up 5 people at a time in a heat to make sure the participants have enough space across when they are lined up at the starting line. Depending on your available space you may need to have even less in a heat at a time. Also keep in mind that if you will be hand timing with stopwatches or phone timers, you will need to have one timer assigned to time each runner in a heat.
6. Ask for volunteers ahead of time, and assign event duties. Have volunteers placed at the finish line to record times for runners on stopwatches or phone timers. Other possible volunteer duties depending on the size of your street race participation group: a check-in manager to check-in participants as they arrive; a start line manager to oversee the start line and get each race heat organized into starting position; 1-2 additional start line helpers to assist with organizing runners and preparing the upcoming heat to be ready "on deck" to minimize waiting time; a starter to start each race (with verbal commands of "on your mark, set, GO", a whistle, or a starter's pistol if available); a finish line manager to oversee the finish line and send a signal to the starter when the finish line timers are ready for the next heat to start; and extra volunteers to encourage and congratulate runners, answer questions, or fill in as needed.
7. Make sure you have a traffic control plan ready where necessary.
- 8.



WEEK 5: IT'S TIME TO RACE!

HOW TO SET UP A STREET RACE (CONTINUED)

9. Set up a designated check-in location, and make sure all participants know where it is to have all runners accounted for at the chosen time to organize everyone before the race.
10. Plan ahead to give the runners enough time to warm-up before running their event.
11. Make sure runners have water available and that you have a plan for their hydration needs to be met.
12. Plan ahead to make sure runners will have access to restrooms at the race.
13. Consider the weather for event day and message weather expectations to participants ahead of time so runners can be dressed properly.
14. Have a plan ready in case someone needs medical attention.
15. Have a safe space ready for people who want to watch the race.
16. If you are running more than one distance, run all heats of one event first before moving on to the next. (ex: finish 100m before moving on to the 200m).
17. Make sure there is enough time between events for proper recovery in the case runners are participating in multiple events.
18. Give out awards if you have them available! Decide how awards will be earned and distributed after the race. Be creative!
19. Consider gathering donated items to have t-shirts or goodie bags available for all participants.
20. Celebrate the hard work and dedication of the participants!

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TIPS

1. **Safety is always first!**
2. **Plan out everything you need ahead of time!**
3. **Have Fun!**

