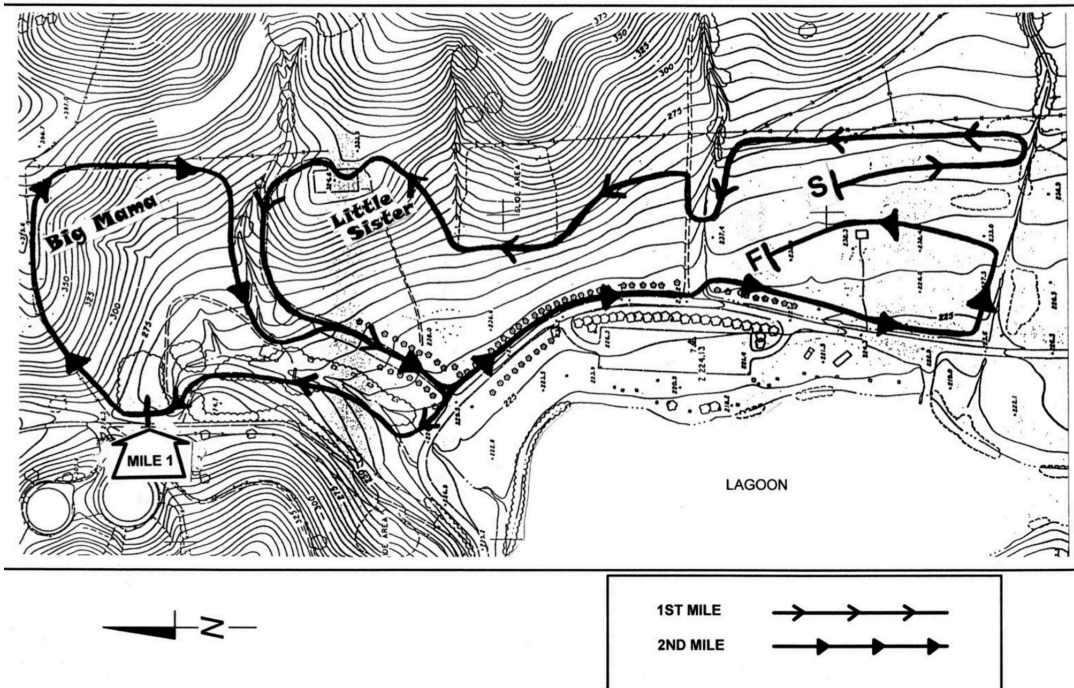




Lagoon Valley Classic - Athlete Race Prep





Course Notes: We're here to challenge ourselves. The goal is to get a hard hilly effort in preparation for later races. Focus on the hills, push the hills, that's it!

[2mile Course Tour](#)

FROSH-SOPH / JV 2 MILE COURSE

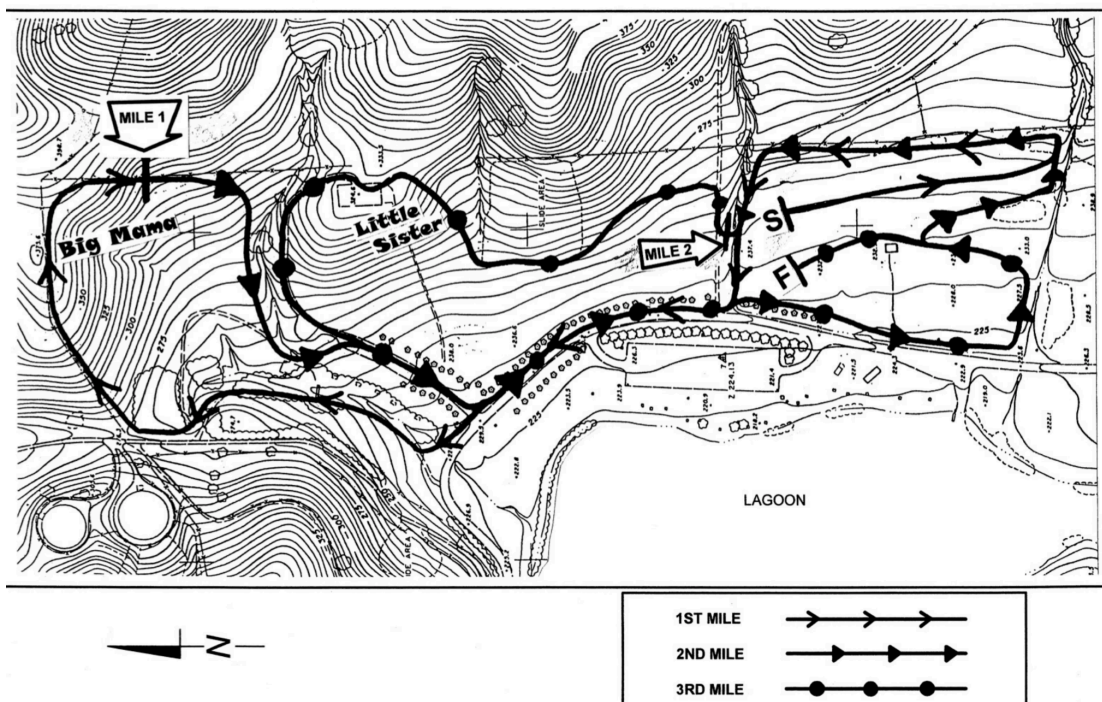








	<p>Flat Start: DO NOT GO OUT FAST! Be conservative with your effort; this should feel slightly faster than your LT pace.</p>
	<p>Rolling Hills: Starts with a steep but short hill.</p> <ul style="list-style-type: none">• Be ready to push this hill and pass people.• Finish with 10 quick steps at the top.• Conserve your energy for Little Sister. Stay in contact with the group around you.

	<p>Little sister: Starts steep but levels out and has a longer downhill than uphill.</p> <ul style="list-style-type: none"> • Prepare to push yourself up the hill • Push the hill/Pass people! • 10 quick steps at the top
	<p>Use the following downhill and flats to conserve your energy but don't get passed.</p> <ul style="list-style-type: none"> • Prepare for Big Mama.
	<p>Big Mama: The beginning of mile 2 is big mama.</p> <ul style="list-style-type: none"> • No need to fear it; conquer it. • Push the hill/Pass people! • 10 quick steps and then fly down that down hill.
	<p>Finish; It's all downhill from here. Don't get passed, finish on empty, pass as many people as you can.</p> <ul style="list-style-type: none"> • It's ½ mile to go at the bottom of the hill.

3mile Course Tour

Varsity 3 Mile Course



	<p>Flat Start: Start conservative. DO NOT GO OUT TOO FAST!</p> <ul style="list-style-type: none"> • ~20seconds slower than your current 5k race pace but faster than LT for the first 0.8miles, after your initial stride.
	<p>Big Mama: Starts with a short, gradual rolling hill then a steep incline.</p> <ul style="list-style-type: none"> • save your energy then push the hill/pass people! • Finish with 10 fast steps at the top and stay in control on the downhill. <ul style="list-style-type: none"> ○ Keep your breathing consistent, focus on not getting passed by anyone until after the downhill, if at all.
	<p>Mile 2: Cruise the flats but don't get passed. You spent a lot of energy on the hill; don't waste that effort. Be ready to push the hills after the 2nd mile marker.</p>
	<p>Mile 3: Starts with a short steep hill then rolling hills, Stay in contact but be ready to push yourself on lil sister.</p>
	<p>Lil Sister: Take the downhill before as an opportunity to prepare to push it up lil sister.</p> <ul style="list-style-type: none"> • save your energy then push the hill/pass people! • Finish with 10 fast steps at the top and stay in control on the downhill. <ul style="list-style-type: none"> ○ Keep your breathing consistent, focus on not getting passed by anyone and prepare to kick.
	<p>Finish; It's all downhill from here. Don't get passed, finish on empty, pass as many people as you can.</p> <ul style="list-style-type: none"> • It's ½ mile to go at the bottom of the hill.

Film: Watch past years' races.

[LVC 2023 JV Boys 2mile](#)

[LVC 2018 Var Boys 3mile](#)

Nutrition Prep

- Carb and Protein Loading
 - 2-3 days before: Heavy Carbs with Regular amounts of protein
- Morning Meal Prep
 - Breakfast; Light carbs and protein: 2+ hours before your race time
 - Light Snack: Banana, granola bar, etc; before warm up.
- Post Race Re-fuel
 - Post Race Snack
 - LARGE Recovery meal, no junk food. Don't let your body crash
- Hydration
 - Regular 50-80oz daily along with a sports drink(watered down) and extra 16oz water the night before and when you wake up.

Mental Prep

- Open mind: something is bound to go wrong; respond/react when it does.
- Relaxed headspace; watch the race develop around you after your initial stride
- Find your spot: placement based on projection. Stay with your group/teammate. Work together to battle the runners in your range.
- Positive thoughts=positive results, be forgiving and confident: gas yourself up
- Goofy; no need to stress, this is a practice meet!
- Visualize the entire race, the night before: Run the race in your head.
 - [Visualization Instructions](#)
 - After IP/Recovery or before bed. Eyes closed and relaxed.

Teamwork: pack and partner running early; instructions

- You're aware of who's in your Vdot group. After the initial start, find your teammates and group up. Run together and encourage each other to pass people.
- Talk with your teammates the night before and develop a plan on how to work together to execute the race plan.