

**WAC ON WELLNESS**

RACE DAY READY

Exercise

Find a good plan to follow throughout training for your race. Whether you look online or use some of the WAC's amazing trainers, find something that has every week and every single day planned out for you. This will vary depending on your type of race, length, time you have to train, etc. Find something as detailed as possible and stick to it! If you fall off for a week or two, get right back on. Consistency is key. Exercise is important, but make sure you're finding time to rest and recover. When a plan has rest days built in, use them.

Nutrition

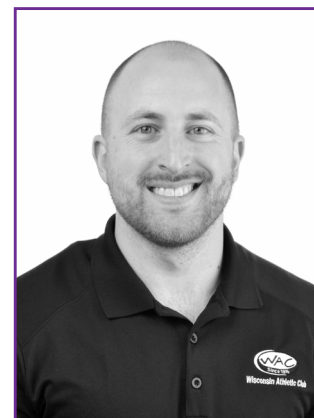
Use your training time to find your ideal meals and overall nutrition. If you don't track your food already, start as soon as possible! All of the macro-nutrients (protein, fat, carbs) play their part in performance and recovery. Knowing your levels (how many grams of each) can help you adjust if you aren't recovering well, or it can let you know what you need to hit in a day or before a long run. There are great apps available to help – and don't forget the benefits of good old pen and paper! By race week you should know what foods and meals help you feel well prepared for performing at a prime level.

Sleep

First and foremost, it helps to know how much sleep your body really needs. Some people need a full 8 hours while others can function really well with only 5 or 6 hours. If you don't know, try to find that first! Through trial and assessment, log your sleep hours and evaluate how you feel in the morning, midday, during exercise and how different hours affect your eating and sleep patterns the next night. Finding your ideal amount of sleep aids in recovery, which is key in training, race week and life! Once you find the appropriate amount for you, make it a habit. Creating a habit by going to bed and getting up at the same time every day can be just as important than how much sleep you're actually getting. During race week, make sure to stay on your schedule. Surprisingly, sleeping more can throw you off.

Mindset

If this is your first race or first of this particular distance, it can be overwhelming. Remember, this is why you train. All the work leading up to this race prepares you to finish and finish well. Find motivators and experts. Surround yourself with a support team of people who encourage you, who have similar racing experiences or those training for the same race.

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FIND YOUR FIT.

Always consult your physician before starting any exercise program.
www.thewac.com/wow