

Tactics and Strategy in Distance Racing

1. Always warm up properly before you run. Keep your sweats on until before you go to the line.
2. Excessive Mental stress can cause physical fatigue. Think but don't panic. You will run as well as you have trained.
3. Don't start out too fast, know your pace, but you do need to get out with the race. Have and know the race plan.
4. You should have a individual goal for each race.
5. Do not look too far ahead. Take each opponent as they come up. If you are in 6th position, your next job is to move up to fifth, then to fourth, etc.
6. Try and realize your potential. Live up to that then improve if possible. Don't run the first half of the race in first place and then end up last.
7. Take advantage of the drafting effect. Run a step or two behind and let your opponent break the wind.
8. Keep thinking while running and racing. Think about the race plan and pay attention to what others are doing in the race. Monitor your own body. **CONCENTRATE!!**
9. Conserve energy while running efficiently. Run tall, think form. Keep a good tempo.
10. If an opponent shows signs of tiring this may be a good time to pass them as this might finish him/her psychologically. Always pass aggressively and open up a lead and do not settle back.
11. If a teammate is tiring, another runner may help him/her pick themselves up.
12. Know where you are in the race at all times.
13. Don't kick too early.
14. Always be prepared to sprint to the finish line. Don't take anything for granted even if you cannot hear or see an opponent. Concentrating on your good running form will help you in the sprint home.
15. Always run through the finish line. Don't slow down until you pass it.