

Long Track Time Trials Warm Up and Pre-Race Routine

skaters -

for those skating TT, it is important to be prepared and fully warmed up. in case you don't have an idea of what to do, or, want to check your current routine against a typical example, below is a minute by minute outline you can use. over time you may find ways to personalize the routine for your own needs as you gain experience racing. this is a good starting point, continue to use it and evaluate how well prepared you felt physically and mentally for each race. once you notice some consistent patterns, good or bad, you can begin to make adjustments that make sense. sometimes you can't always follow your routine (bad traffic, bad weather, car trouble, equipment trouble, delays in the race schedule, etc, etc,...) but having a routine provides structure, removes stress, and prepares you to give it your best. when disruptions do happen, you are still in a better place to deal with them because your routine at least gives you some idea of what you can and can't do and when to do it. you'll have more focus, confidence, and peace of mind regardless of what is going on around you that you can't control, and therefore will race your best no matter what.

warm up and pre-race routines can also be used (and should be used!) for pack racing in ST and LT too, with some modification for the differences in predictability and timing when there are heats. TT formats provide more opportunity for precision planning (though it helps to not get too locked in to precision because sometimes things go haywire and then it helps to just be able to go with the flow!)

LT TT warm up routine to follow for a typical day of time trials at Pettit.
usually warm up starts at 7am and ends at 7:30.

6am or before - have a light breakfast, try to include some proteins and try to avoid large amounts of overly acidic or greasy foods. be prepared to snack and drink all morning on race friendly foods/drinks in small amounts as you go so you stay fueled without feeling stuffed/bloated/sick.

arrive at 6:30am

10-15' dynamic jog
5-10' static stretching
get skates on

7am

(warm up - 10 min)

4' warm up at 75% pace focus on long glide, full recovery, carving back in, and fall before push
1' rest

do 1/4 of the normal set of drills as per other practices (5 minutes)

(main prep - 10 min)

2 x 1/3 lap (straightaway+1set of xovers) builds to 95% speed with 1' rest in between

2 x 50-corner-50's at 95% with 1' rest in between alternating inside and outside lanes

2 x 200m candy canes at 100% alternating inside and outside lanes with 1' rest in between

1 x 400m lap at 100% with a 100m build to speed

(starts - 10 min)

take 1 easy lap rest in between each start, of about 2'.

do 2 30meter starts just working on set up, reaction and first steps

do 1 start on the inside lane from the 500m start line, skating the full 200m start for a 500.

do 1 start on the outside lane from the 1000m start line, 200m all out.

Long Track Time Trials Warm Up and Pre-Race Routine (continued)

7:30am

take off skates, use bathroom, final gear check, deburr, etc, check-in where pairings sheets are.
know what time your pair will be racing, subtract 20 min so you know when to start your pre-race routine,
pay attention to the announcements and pairs ahead of you so you are aware of any changes to the expected start time of your pair.

check in with your coach to find out your target split times and any focal points and to let them know what you need from them and ask them any questions you may have.

stay loose, warm, and relaxed. spin/jog if you have to and have time.
find your happy place and visualize your first race. continue to visualize and relax.

with 20 min to go before your pair races start your 20min pre-race routine.

7:50am - national anthem

7:55am - first 3 pairs allowed on the ice for on ice warm up.

8:00am - first races start

20min LT TT pre-race routine –

T-20': 5' dynamic jog

T-15': 5' plios (jumps) and dryskate and other imitations

T-10': 3 to 5' get skates on, last sip of water, get on the ice

T-7': on-ice warm up...1 to 2 laps easy, 1 to 2 straights of drills, 1 to 2 candy cane accels, 1 30m start

T-2': with one pair to go, get your armband on (red for the outer lane, white for the inner lane)

T-1': wait at the start line on the inside of the warm up lane for the starter to call you to the line
staying warm and loose, breath deep and relaxed, stay relaxed, keep visualizing a good race.

T-0': race time! have fun, rely on your training, trust yourself and your training, relax and go!

T+20": remember to change lanes and keep staying relaxed, let your technique be your focus.