



Pre-Race Checklist For Runners

1. Training Readiness (7-14 Days Out)

- Last key session completed without sharp pain
 - No worsening symptoms during easy runs
 - Taper underway (no last-minute volume spikes)
 - No new exercises, drills, or shoes added
 - Pacing plan feels realistic and repeatable
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Note:

Pain that escalates, lingers beyond 48 hours, or changes your running pattern is a sign load may need adjusting.

2. Body & Injury Check

- Pain stays $\leq 3/10$ during and after running
 - No recurring Achilles, knee, shin, or hip symptoms
 - No side-to-side weakness or instability
 - Single-leg balance feels controlled on both sides
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Runner Insight:

Small asymmetries often appear under race fatigue before they show up in everyday training.

3. Footwear & Equipment

- Race shoes worn for at least 30–50 km
- Socks tested for blister risk
- Race kit worn during a longer session
- No late changes to orthotics or inserts

4. Race-Day Warm-Up Plan

- 5–10 min easy jog or brisk walk
- Dynamic ankle, calf, and hip drills
- 2–4 short strides to race pace
- No prolonged static stretching

Goal:

Feel springy, warm, and controlled, not tired.

5. Fuel, Hydration & Recovery

- Breakfast tested in training
- Fluids planned for race duration
- Electrolytes familiar and consistent

- Sleep prioritised in final 3–5 nights
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6. Race-Day Load Management

- Conservative start
 - Cadence and posture prioritised
 - Early pace discipline
 - Adjust expectations if conditions change
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7. When to Get Checked Before Race Day

Consider a professional Running Assessment if you:

- Are returning from injury
 - Have persistent niggles
 - Feel “uneven” when running
 - Are increasing distance, speed, or race frequency
 - Want confidence heading into race day
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If any of the above raised questions or uncertainty, a targeted assessment can help clarify what matters and what doesn't.

Want certainty before race day?

Our 60-minute Running Assessment identifies strength imbalances, movement faults, and load risks specific to runners.

**Book a Running
Assessment**

No referral required • Runner-specific • Sunshine Coast

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