*Race Day **Primer** (Off-Road Moto)*
**Excludes Nutrition Protocols*

90 Minutes Prior to Race Time:

PREPARE the MIND: get somewhere quiet & comfortable where you won't be interrupted & complete these 3 tasks:

1. Perform 2-4 minutes of intentional breath work
   - Box Breathing, Alternate Nostril, Wim Hof, 4-7-8-4, etc.
2. Perform 3-5 minutes of single point focus or muscle relaxation technique
3. Perform 3-5 minutes of gratitude practice

**If you would like a guided practice… Listen to Sports Psychologist Michael Gervais in this video: https://youtu.be/LSDRv7UoxkI?si=pnKnAUbLx2axJZ83&t=3243*

45-60 Minutes Prior to Racetime:

PREPARE the BODY:

1. *Warm up:* for 10-15 min in HR zone 2 (if you have already ridden practice you can cut this to 5-10 minutes)
2. *Active Mobility:* 8-10 min
   - *NOT static stretching, this is using the power of your own muscles to stretch other muscles (those of you in the program have an active mobility routine in your dashboard which you should know well)

10-15 Minutes Prior to Racetime:

PRIME the BODY:

1. *Priming:* no further than 15 minutes out from gate drop perform 3-5 sets of 30-60 second long bouts of aerobic activity *(bike, row, run, jumping jacks)* at greater than 90% effort *rest 90-120 seconds between sets
2. *KeepWarm:* on the line perform sets of 10-30 jumping jacks every 3-5 minutes while you're waiting. Keep your heart rate up!

Once Goggles are ON:

HOLD the TENSION:

1. *Physiological Sigh:* Two sharp & fast nasal inhales followed by exhale. Repeat as needed to offload tension & anticipation
2. *Visualize:* your reaction speed, your launch, your traction, turn 1 & turn 2
3. *30 Second Board:* final physiological sigh and execute start!

**This It's just a generic template for a race lasting between 60 minutes and two hours. More athlete specific detail may be added or removed. Discuss with your coach for greater specificity.*