

Finals Week: Plan for an easy run week, focusing on diet, sleep and backing off the mileage.

Monday: 2 miles at an easy pace.

Tuesday: Take a rest day,

Wednesday Meet at the LRC club house for 2-3 mile pace run. Goal to fine tune your pacing, focusing on breathing, strides, arms.

Thursday: Rest

Friday: Rest. Prepare all of your race day essentials before going to bed. Shoes, socks, running shirts, clothes to change into, water, favorite recovery drink, running watch, race bib, etc. Packet Pickup at the LRC clubhouse will start at 3:30-6:30 PM.

Race Day: Race Day bib and T-shirt pickup will start at 7:30 AM. Parking fills up quickly, so plan accordingly. 12K race starts at 8:30 AM. 4.37 starts at 9:00 AM. Monitor your watch during the first 1 mile. You will likely be excited and the crowd may carry you out too fast, easier to adjust at the early stages, versus the later stage.