

Desert Vista Distance Checklist

Before Training:

- Adequately hydrate throughout the day
- Ingest the FULL amount of calories throughout the day
- Adequate sleep at same approximate time
- Have a watch, a recovery drink, and all proper attire packed and ready
- Print out work out splits if needed

During Training:

- Be on time or early
- Be focused and ready to work
- Execute the training plan
- Stay with your group if needed

After Training:

- Report splits if needed
- “Roll out” or stretch fully
- Ingest your recovery drink
- Put away any equipment used
- Pick up any trash created
- “knuckles” to your Coach