

Pre-Race Preparation

For many people the correct diet, exercise routine, stretching and mindset may play a very important role in how you will perform on the motocross track. If you develop a routine of good habits that reinforce the skills needed on the motocross track it will certainly help you to succeed. Most experienced riders have probably developed a routine to prepare for an upcoming race because they know they perform better when they can concentrate. These routines are an integral part of racing because they not only determine your body's readiness to endure a high amount of physical stress, but they also determine the type of mindset you enter the race with depending on the type of interactions you have prior to the event. Understanding this concept and how things affect you is key to proper preparation and success on the motocross track.

Physically preparing yourself is much easier than mental preparation so we discuss these concepts first. If you are on a training program you should not do any activity two days before racing and get plenty of rest. As a general rule your current performance is usually a manifestation of what you did two days ago. The day before the race should either include practicing for a bit or some type of medium training exercise. This will keep your body ready for the following day, instead without exercise your muscles will tighten. Be sure to stretch very well before every race, this is not to "loosen you up" but to ready your muscles and joints for upcoming work. Stretching and yoga is proven to improve dexterity, flexibility, endurance, and reaction speed.

The right diet is another key part of success to motocross racing. Water is probably the most important part of a healthy diet. Considering our bodies are composed of 90% water we should always be properly hydrated to function properly. (I personally drink almost only water) Fruit derived carbohydrates are known to speed up your metabolism so the correct combination of fruits and vegetables is one of the best choices on race day. (or really before/during any physical activity) Another important part of your diet should be protein intake. This should be done in higher amounts the days before the race and then in very small amounts the day of the race. The best sources of proteins are soybeans, nuts and granola. These foods contain elements that are not only exactly what your body needs but also provide more protein with a smaller portion. Eggs, chicken, turkey and fish are all excellent animal sources of protein but should be eaten in moderation in the days of preparation. Personally I like to stay away from red meats during preparation because they contain little quickly digestible nutrients that will be utilized during exercise. Since red meats are difficult to digest they also slow your metabolism and reaction speed.

For the day of a race I like to eat eggs, granola, fruit, tofu, and veggies. Beta-carotene in carrots, onions, wild rice and beets is also a strong endurance and strength enhancer, coupled with the potassium of bananas to help prevent lactic acid build up is an ideal pre-race and race day combo.

Mental preparation for a race is really something everyone must figure out by himself or herself. This is because everybody is unique and everybody will have their own preference of how to ready their mind and guide their intentions. The best advice I can give is to always strive to find balance.