**WARM-UP ON COMPETITION DAYDenis Gargaud**

1. **Some items you pay attention during the demo run**

**The first point is the paddling level of the demo runners, it helps me to sort and decide what kind of options I’ll do for my run.**

**The demo runners confirm or not the efficiency of the options I reckoned from the bank**

**The setting of the gates**

1. **What are you doing on the previous hours of your first run?**

**My main concern is to stay closer as possible from my normal days. It means that I don’t change my life style more than necessary on the D-day. I wake up from 7h to 8h30 according the time I race. I have a “normal” breakfast and move to the venue about 2h/2h30 before competing.**

**Then, I survey the design once again and review my different options and lines. About 1h to 45min before the run, I dress and go for warming.**

1. **Could you describe your warm-up for the first run?**

**It is made of 3 main parts:**

* **Muscular wake up and warm up for about 15mn (paddling, spinning…)**
* **Articular wake up by stretching**

**Then, I pull out about 20min before my starting time and check once again the design. Back in the boat about 10mn before the starting time, I review mentally my plan for the run.**

* **Polishing**

**I finish the warm-up by some stretching drills and light paddling, I polish to get to the peak of my concentration and warming.**

1. **Could you describe your warm-up for the second run?**

**I pull in about 10mn before the run and do a warm-up mainly based on stretching and feeling of the water. My aim is to be at the uttermost just for the time I race.**

**And basically, I organize the hours before the run to come up gradually to my uttermost for the run.**

1. **What is your favorite drill for a warm-up?**

**.... stretching…..**