**WARM-UP ON COMPETITION DAY**

**Pierre Bourliaud**

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

**The demo run is the very starting point of the competition. I feel getting into the event as soon as I’m on the bank watching demo runners. Mainly, I reckon 2 points during the demo run:**

* **To sort the different options**
* **To make the first sorting of the “different” options. “Different” because I don’t stay stuck on one option, there is no definitive option.**
1. **What are you doing on the previous hours of your first run?**

**My first aim is to adapt to the conditions of the day: time for racing, weather, transportation to the venue…I include the parameters of this special day to stay as close as I’m able from my usual way of living.**

**Basically, my point is to keep my freshness and get to the peak of my “energy” for the start of the first run.**

**I avoid spending too much time on the bank or in the car… As weird as it looks like, waiting requires energy.**

**I’m in the place about 2h before my racing time. I check the design briefly when I arrive then about 1h before the run, I pull in.**

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

**It is in 3 parts:**

* **Warm up gradually the body.**

**I also use to do some “test” on my feeling of the day, few sprints give me hints about what I need to get to my peak and how long roughly it would take.**

**I do some basic drills to get warmed “in my body” and “in my feelings”.**

**I mainly pay attention on: vertical blade, draw stroke, sweep, spin, backward paddling. The guideline is the tonus and core muscle**

**If it is possible, I paddle my full design with real and/or imaginary gates. It helps me in keeping the rhythm of my run and to review my plan of run.**

**The all period takes about 25mn.**

* **Back to the bank**

**Then, I pull out and check once more the design to polish the last requirements for the options I’m targeting to do.**

**I watched other paddlers and the adjustment of the gates.**

* **Back on the water**

**The last period is to come back on the water for 10 to 15mn. I re-do the design and re-warm my body with paying attention not to use too much energy.**

**Basically, my way of doing is to get more and more aware (body and mind) to get to the peak. Save and spend energy to one target.**

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

**It is the same shape as the one for the 1st run otherwise it takes from 15 to 35mn.**

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

**Spins with different strokes and focusing on my body position and body balance**