

Everything a first-season athlete needs, from the first practice to the last meet.

BEFORE YOU BUY SPIKES

1. Start the season in good training shoes. The first two weeks are run in them anyway.
 2. Wait until your coach assigns your event group.
 3. Then get fitted for event-specific spikes. They fit snuggier than trainers, so the fitting matters.
- Athletes spend far more time in trainers than spikes. Trainers are the workhorse purchase.*

FOOTWEAR

- ☐ **Daily training shoes** · the most important purchase; worn every practice
- ☐ **Event-specific spikes** · sprint, mid-distance, distance, jumps, or throws
- ☐ **Recovery shoes** · optional; for after hard workouts

SOCKS & APPAREL

- ☐ **Performance socks, 3+ pairs** · no cotton, it causes blisters
- ☐ **Training shorts or half tights, 2-3**
- ☐ **Training tops, 2-3** · lightweight, sweat-wicking
- ☐ **Sports bras** · fitted for high impact
- ☐ **Warm-up layers** · tights, long sleeve, light jacket
- ☐ **Hat + gloves** · cold-weather practices

FUEL & HYDRATION

- ☐ **Water bottle** · 32 oz, at every practice and meet
- ☐ **Electrolyte mix or tablets** · hot days, long meets, hard practices
- ☐ **Energy chews or gels** · distance athletes mostly
- ☐ **Post-race recovery snack** · protein + carbs within an hour

GREAT FOR PRACTICE AND RACE DAY

- ☐ **Spike pins, wrench + spares** · check your track's allowed pin length
- ☐ **GPS watch** · track pace in training and racing
- ☐ **Foam roller or massage ball** · calves, quads, hips after hard sessions
- ☐ **Blister care** · bandages + moleskin in the gear bag
- ☐ **Anti-chafe balm** · cheap insurance for distance runners
- ☐ **Compression sleeves** · optional

PLANNING A TEAM NIGHT?

Give athletes and families an easy way to find the right gear for the upcoming season.

Email

GrassrootsTeam@roadrunnersports.com