**Track Tip Test** ( **[1]** indicates answer found Guide #1 in Track Tips 2018 Edition)

1. Track and Field is an individual sport, winner take all. T F **[1]**
2. Most other sports require more mental toughness than track and field. T F [2]
3. An atmosphere of fun produces better results than an atmosphere of professionalism. T F [1]
4. Warm up jogs should be at the speed of the slowest runner. T F [2]
5. The main part of the workout should be keyed those with the highest work ethics. T F [2]
6. Always wear sweats in the warm up and warm down. T F [3]
7. Intervals or repetitions should have the fastest one first and one of the slowest last. T F [9]
8. Do the stretches to the best of your ability, especially if you are inflexible. T F [4]
9. At the end of a stride or acceleration, coast to a stop. T F [5]
10. If your racing distance is 1500m or less, your goal is to use spikes not only in races but also in workouts. T F [6]
11. Wearing spikes only in races and time trials is a bad idea. T F [6]
12. The difference of stride length between using spikes and flats is significant. T F [6]
13. When doing high-class speed strength the rest between 100's should be 3 minutes, 5 minutes between 200's, 10 minutes between 300's and 400's; 15 minutes between 600's. T F [12]
14. Muscles are very exercise-specific. T F [6]
15. To model bone, muscles, tendons and ligaments, get used to wearing spikes doing slow work on soft surfaces or short distances on hard surfaces. T F [7]
16. Shin splints are always the fault of the coach or the athlete if he has no coach. T F [8]
17. Shin splint pain begins to limit workouts three weeks after it has been present. T F [8]
18. The purpose of varying the rest in an interval is to keep the quality high. T F [10]
19. Active jogs in the rest period during intervals or repetitions help sprinters. T F [10]
20. If distance runners want to increase their speed strength, they must increase the time of their rest period between intervals or repetitions. T F [11]
21. Time Trials is a misnomer because one never does more than one in practice time. T F [12]
22. The most high-class speed strength intervals one should do in a day is 6 x 100m; 4x200; 4x300m; 3x400m and 2x600m. T F [12]
23. Always complete the distance unless injured and never complete the distance if you are injured in the attempt. T F [13]
24. Run through the finish line and a meter beyond in training. T F [14]
25. The inner line of your lane is part of your lane. T F [16]
26. Always do repetitions and intervals on the outside 6" of your lane. T F [15]
27. Always do a time trial in the middle of your lane. T F [15]
28. Stepping on the inside line of your lane while going around a corner is premeditated cheating. T F [17]
29. Time Trials are good gauges of fitness, but mean nothing compared to race times. T F [18]
30. With the exception of time trial days and timed average days, always leave something in the tank for the next workout. T F [19]
31. Stretch your injured muscles well before leaving the workout for home. T F [26].
32. If you are serious about training and racing and have the means you should have two pairs of spikes with one pair being very light for racing and a heavier pair built for training. T F [20]
33. In a competition never wear socks in distances a mile or less. T F [21]
34. Racing spikes should usually be a size less than your training spikes. T F [22]
35. If you are serious about track, attendance at your track team's social events outside of scheduled track time should hold a high priority in your life. T F [23]
36. Track and field athletes with a strong work ethic often hide their injuries. T F [25]
37. Lengthy warm downs are preferred over lengthy warm ups. T F [24]
38. In track and field it is tough to know who is hiding injuries and who is whining. T F [25]
39. If the mileage is reasonable, it is important for you to show up and cheer on your teammates during their competitions when you are not competing. T F [27]
40. Get to the workouts and competitions as early as practical so you may socialize and begin your warm up in time. T F [28]
41. Avoid wearing sweats during the middle of the workout except for long rest periods. T F [29]
42. In races with multiple laps and a staggered start, you should cut down as quick as you can to the inside lane when it is legal to do so. T F [30]
43. You should usually not train on the day before a competition. T F [31]
44. It is difficult to heal an injury without the help of another person who knows of your injury and monitors your actions. T F [32]
45. Never avoid a competition because you are not ready to run a fast time. [33]
46. Competitions give you the best idea of where you are in your training. T F [33]
47. Competitions give you the best idea of what you need to do to improve. T F [33]
48. Talented athletes without a solid work ethic usually retire from competition before less talented athletes with a solid work ethic. T F [34]
49. For athletes over 20, talented athletes outperform less talented athletes. T F [34].
50. It is very easy to tell athletes to do something outside of practice time to help their track performances, but the chances are good that they won't even though it is in their best interest to do it. T F [35]

The answers are from my personal experiences in 60 years of running track & field

If you have different experiences you may have different answers and that’s all right.

George Smith, March 5, 2018 All Rights Reserved