



RAT RACE



RUNNING PROGRAM

TRAILAED™



RAT RACE

The adventure ahead.

Welcome to your Training Program!
Whether you're a seasoned explorer or embarking on your first race abroad, this program will prepare you for the adventure ahead.

Packed with invaluable tips and plans, we'll help you seamlessly transition from your home turf to the most challenging terrains and awesome challenges across the world. From a 16 week training program to nutritional support, recovery resources to strength training, let us be your compass as you conquer this adventure, one stride, pedal or paddle at a time.

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Weekly sessions

Throughout the program, all times are in minutes, eg, 5:00 is 5 minutes or 180:00 is 180 minutes/3 hours.

LONG RUNS

You need to build a strong aerobic base as a foundation for the rest of your training. Endurance training will help prepare your body and mind to go the distance. These long runs help you get familiar with the physical and mental challenges that you could face on race day. These runs should feel comfortable and at an intensity you feel you could maintain for a long time (>2 hours).

SPEED RUNS

These sessions are designed to challenge you and force you to get comfortable with being uncomfortable. You'll be exposed to long intervals, hill workouts and tempo runs throughout this program.

RECOVERY RUNS

Recovery runs are just as important as your hard workouts. Use these days to run easy and recover as best as possible after intense training. These runs are essential to allow your body to recover, recharge and adapt to your training. Recovery focussed sessions could also take the form of cycling, swimming or hiking.

REST DAYS

It is essential that you listen to your body throughout the program. Sometimes you will need to adjust the program to fit what you need. And yes, some days, the best run will be no run.

Measuring intensity

RPE

Rating of perceived effort is a 1 to 10 scale which allows a runner to rate how hard they are working during exercise.

1 = Minimum Effort 10 = All Out

HEART RATE

Max heart rate = $220 - \text{age}$

Heart rate zones can be calculated as a percentage of max heart rate.

Recovery	Long Runs	Tempo Runs	Speed
Less than 55 %	55 - 75 %	75 - 85 %	> 85 %

We recommend using a heart rate strap rather than a watch to most accurately track heart rate.

PACING/SPEED

Across training plans, pace/speed guidance can vary dramatically. As you train you'll get used to what pace/speed aligns to which exercise intensity.

Top tips

THE SECRET TO ULTRA EVENTS

During any ultra event (and training), people walk! To be the best ultra athlete you can be, you have to be comfortable with walking, slowing down and resting! You'll encounter plenty of hills on your adventures, walking and slowing down can be a great way to preserve energy and avoid tired legs.

SOME DAYS, THE BEST SESSION IS NO SESSION

Progressing in sport comes from exposing your body to a challenging session and then allowing your body time to adapt and adjust to cope with that session. Without the all important rest period, our body cannot recover and adapt to improve. You may also need rest outside of your designated rest days and that is absolutely fine! Listen to your body and learn when it needs a rest.

TRAIN ON THE RACE DAY TRACK

This may not be in the literal sense but, to give yourself the best chance of performing on race day, you should aim to train in environments similar to what conditions will be on race day. If the event is hilly, expose yourself to lots of ascents and descents. If the event is on trails, train on trails. If the event includes more than one discipline, train across all disciplines. Do everything you can to prepare yourself best for race day.

Top tips

TRAIN THE HARD SESSIONS HARD AND THE EASY SESSIONS EASY

This may sound fairly self explanatory but many runners have an all or nothing approach to every session. You don't need to feel exhausted at the end of each session. Trust the process!

BAD TRAINING SESSIONS

Unfortunately, bad sessions are inevitable. But the best thing to do is to move on to the next one. Sometimes there's no reason to why a session is bad. Take a moment to see if there's a reason and use that as an opportunity to learn and develop yourself as a athlete.

A MENTAL GAME

An ultra event is as equally a mental battle as it is a physical one. This program will naturally challenge your mental performance alongside your physical work.

Training log

The training log offers the opportunity to reflect and learn from each run. Take note of the type of session (recovery, speed, long) and how well you think the run went out of 5 (1 terrible through to 5, awesome).

Date	Run Focus	Run Score (1-5)	Comments

TRAILAEDTM
TRAINING
PROGRAM

WEEK 1

LONG RUN

10 km run at ultra pace

RPE: 5

HR: 55-75% HRmax

RECOVERY RUN

30:00 easy run

RPE: 3-4

HR: < 55% HRmax

SPEED RUN

Warm up

8 x 2:00 at 5km pace

1 min walking recovery
between intervals

RPE: 7-8

HR: >75% HRmax

HILL RUN

4 x 3:00 hill climbs

1:30 walking rests
between intervals

RPE: 7-8

HR: >75% HRmax

RECOVERY

30:00 cycle or 20:00
swim (easy)

RPE: 3-4

HR: < 55% HRmax

WEEK 2

LONG RUN

75:00 run at ultra pace

RPE: 5

HR: 55-75% HRmax

SPEED RUN

5km at 5km pace

RPE: 7-9

HR: >75% HRmax

RUN

50:00 at ultra pace

RPE: 4-5

HR: < 55% HRmax

HILL RUN

10 x 20s hill sprints

30s walking rests

between intervals

RPE: 9-10

HR: >75% HRmax

RECOVERY

30:00 cycle or swim
(easy)

RPE: 3-4

HR: < 55% HRmax

RECOVERY RUN

40:00 at recovery pace

RPE: 4-5

HR: < 55% HRmax

WEEK 3

LONG RUN

15 km run at ultra pace
on trails

RPE: 5

HR: 55-75% HRmax

SPEED RUN

5 x 5:00 at 10km pace
2:00 walking recovery
between intervals

RPE: 7-8

HR: >75% HRmax

RECOVERY RUN

45:00 run at recovery
pace

RPE: 5

HR: <55 % HRmax

HILL RUN

6 x 1:00 climbs
30s rest between
intervals

RPE: 2-3

HR: < 55% HRmax

RECOVERY

45:00 cycle or 30:00
swim (easy)

RPE: 3-4

HR: < 55% HRmax

WEEK 4

LONG RUN

60:00 run at ultra pace
on trails

RPE: 5

HR: 55-75% HRmax

RECOVERY RUN

45:00 run at recovery
pace

RPE: 5

HR: <55 % HRmax

SPEED RUN

5:00 Warm up
3 x 8:00 at 10km pace
2:00 walk at ultra pace
between intervals

RPE: 8-9

HR: >75% HRmax

RECOVERY

45:00 cycle or 30:00
swim (easy)

RPE: 3-4

HR: < 55% HRmax

DELOAD WEEK

Week 4 takes the load off. A huge focus on sleep, good nutrition and recovery throughout this week. Take time to see how far you have already come across your journey. 12 weeks until Race Day!

WEEK 5

LONG RUN

90:00 run at ultra pace
on trails

RPE: 5

HR: 55-75% HRmax

RECOVERY RUN

45:00 at recovery pace

RPE: 3-4

HR: < 55% HRmax

SPEED RUN

5:00 Warm up
5 x 5:00 at 10km pace
2:00 walk at ultra pace
between intervals

RPE: 8-9

HR: >75% HRmax

HILL RUN

Warm up
1km climb at ultra pace
equal time hiking
x4

RPE: 7-8

HR: >75% HRmax

RECOVERY RUN

20:00 run at recovery
pace

RPE: 4-5

HR: < 55% HRmax

WEEK 6

LONG RUN

21 km run at ultra pace
on trails

RPE: 5

HR: 55-75% HRmax

SPEED RUN

5:00 Warm up

2:00 at 5km pace

3:00 at 10km pace

5:00 at tempo pace
complete 3x's with 2:00
rest between each set

RPE: 7-8

HR: >75% HRmax

RECOVERY RUN

60:00 at ultra pace

RPE: 3-4

HR: < 55 % HRmax

HILL RUN

4 x 3:00 hill climbs
1:30 walking rests
between intervals

RPE: 7-8

HR: >75% HRmax

RECOVERY

90:00 cycle or 40:00
swim (easy)

RPE: 3-4

HR: < 55% HRmax

WEEK 7

Welcome to your first back to back (B2B) run week! B2B runs get your legs used to running when they are fatigued. You should run long runs 1 and 2 on consecutive days.

LONG RUN 1

75:00 run at ultra pace
on trails

RPE: 5

HR: 55-75% HRmax

SPEED RUN

5km at 5km pace

RPE: 7-9

HR: >75% HRmax

RECOVERY RUN

30:00 run at recovery
pace

RPE: 2-3

HR: < 55% HRmax

LONG RUN 2

75:00 run at ultra pace
on trails

RPE: 5

HR: 55-75% HRmax

RECOVERY

40:00 cycle or 20:00
swim (easy)

RPE: 3-4

HR: < 55% HRmax

WEEK 8

LONG RUN

18 km run at ultra pace
on trails

RPE: 5-6

HR: 55-75% HRmax

RECOVERY RUN

30:00 at recovery pace

RPE: 4-5

HR: <55 % HRmax

RECOVERY

40:00 cycle or 20:00
swim (easy)

RPE: 3-4

HR: < 55% HRmax

SPEED RUN

5:00 Warm up

3 x 5:00 at 5km pace

RPE: 8-9

HR: >75% HRmax

DELOAD WEEK

Week 8 takes the load off. A huge focus on sleep, good nutrition and recovery throughout this week. Take time to see how far you have already come across your journey. 12 weeks until Race Day!

ELEVATION



NOW WE ARE TALKING TRAILS...

At this point in the program, we introduce elevation targets for each weekly long run.

An * indicates that elevation is a big target of this run. You can use the calculation below to work out the elevation goal for each week measured in meters elevation per km.

$$\frac{\text{Race day elevation across 100km}}{100} = \text{m Elevation per km}$$

$$\begin{array}{ccccc} \text{Race day m} & & & & \\ \text{elevation per} & \times & \text{weekly} & = & \text{m elevation per} \\ \text{km} & & \text{adjustment} & & \text{km for that} \\ & & & & \text{training run} \end{array}$$

WEEK 9

LONG RUN

150:00 run at ultra pace on trails

*0.8 X race day elevation per km = m elevation per km for this run

RPE: 5-6
HR: 55-75% HRmax

RUN

60:00 at ultra pace

RPE: 5-6
HR: 55-75% HRmax

RECOVERY RUN

30:00 at recovery pace

RPE: 4-5
HR: <55 % HRmax

SPEED RUN

Warm up
8 x 2:00 at 5km pace
1 min walking recovery between intervals

RPE: 7-8
HR: >75% HRmax

RECOVERY

40:00 cycle or 20:00 swim (easy)

RPE: 3-4
HR: < 55% HRmax

WEEK 10

B2B RUN WEEK!

Run long runs 1 and 2 on consecutive days.

LONG RUN 1

90:00 run at ultra pace
on trails

*0.9 X race day
elevation per km = m
elevation per km for
this run

RPE: 5-6
HR: 55-75% HRmax

SPEED RUN

5:00 Warm up
4 x 5:00 at 5km pace
1:30 run at recovery
pace between intervals

RPE: 8-9
HR: >75% HRmax

LONG RUN 2

90:00 run at ultra pace
on trails

*45m elevation per km

RPE: 5-6
HR: 55-75% HRmax

RECOVERY RUN

40:00 run at recovery
pace

RPE: 4-5
HR: < 55% HRmax

RECOVERY

30:00 cycle or swim
(easy)

RPE: 3
HR: < 55% HRmax

WEEK 11

LONG RUN

90:00 run at ultra pace
on trails

*0.9 X race day
elevation per km = m
elevation per km for
this run

RPE: 5-6
HR: 55-75% HRmax

RECOVERY RUN

8 km at ultra pace

RPE: 4-5
HR: <55 % HRmax

RECOVERY

30:00 cycle or swim
(easy)

RPE: 3
HR: < 55% HRmax

RECOVERY RUN

20:00 at recovery pace

RPE: 4-5
HR: < 55% HRmax

DELOAD WEEK

Week 11 takes the load off. A huge focus on sleep, good nutrition and recovery throughout this week. Take time to see how far you have already come across your journey. 12 weeks until Race Day!

WEEK 12

LONG RUN

180:00 run at ultra pace on trails

*1 X race day elevation per km = m elevation per km for this run

RPE: 5-6

HR: 55-75% HRmax

HILL RUN

4 x 3:00 hill climbs
1:30 walking rests
between intervals

RPE: 7-8

HR: >75% HRmax

SPEED RUN

5:00 Warm up

2:00 at 5km pace

3:00 at 10km pace

5:00 at tempo pace

complete 3x's with 2:00 rest between each set

RPE: 7-8

HR: >75% HRmax

RECOVERY RUN

40:00 at recovery pace

RPE: 4-5

HR: <55 % HRmax

RECOVERY

90:00 cycle or 40:00 swim (easy)

RPE: 3

HR: < 55% HRmax

WEEK 13

B2B RUN WEEK!

Run long runs 1 and 2 on consecutive days.

LONG RUN 1

21 km run at ultra pace
on trails

*1.1 X race day
elevation per km = m
elevation per km for
this run

RPE: 5-6
HR: 55-75% HRmax

RUN

40:00 at ultra pace

RPE: 4-5
HR: <55 % HRmax

RECOVERY RUN

40:00 at recovery pace

RPE: 4-5
HR: <55 % HRmax

LONG RUN 2

21 km run at ultra pace
on trails

*1.1 X race day
elevation per km = m
elevation per km for
this run

RPE: 5-6
HR: 55-75% HRmax

RECOVERY

60:00 cycle or 30:00
swim (easy)

RPE: 3
HR: < 55% HRmax

WEEK 14

LONG RUN

32 km run at ultra pace
on trails

*1.2 X race day
elevation per km = m
elevation per km for
this run

RPE: 5-6
HR: 55-75% HRmax

SPEED RUN

4 x 10:00 at 5 km pace
2:00 walking rest
between intervals

RPE: 7-8
HR: >75% HRmax

RUN

90:00 at ultra pace

RPE: 4-5
HR: <55 % HRmax

RECOVERY RUN

6 km at ultra pace

RPE: 4-5
HR: <55 % HRmax

RECOVERY

40:00 cycle or 20:00
swim (easy)

RPE: 3-4
HR: < 55% HRmax

WEEK 15

LONG RUN

120:00 run at ultra pace on trails

Start the week with this long run to provide the final long duration aerobic stimulus.

*50m elevation per km

RPE: 5-6

HR: 55-75% HRmax

SPEED RUN

5:00 Ultra Pace

4:00 Tempo Pace

3:00 10km Pace

2:00 5km Pace

1:00 km Best Pace

This is to be run as a progressive tempo run

RPE: 7-8

HR: > 75 % HRmax

RECOVERY RUN

4 km at ultra pace

RPE: 4-5

HR: <55 % HRmax

RECOVERY

30:00 cycle or swim (easy)

RPE: 3

HR: < 55% HRmax

RECOVERY RUN

30:00 at recovery pace

RPE: 4-5

HR: <55 % HRmax

WEEK 16

SPEED RUN

20:00 at tempo pace
2 km at ultra pace

RECOVERY RUN

20:00 at recovery pace

RPE: 4-5

HR: <55 % HRmax

RUN

3-6 km at Ultra pace on
the trails

Use this run to find
your rhythm before
race day

RPE: 4-5

HR: 55-75% HRmax

RECOVERY

30:00 cycle or swim
(easy)

RPE: 3

HR: < 55% HRmax

RACE DAY - 50 KM

Enjoy the experience! You are awesome! You've made tremendous progress over the last 16 weeks. Trust your training and embrace everything about race day!

FUELLING



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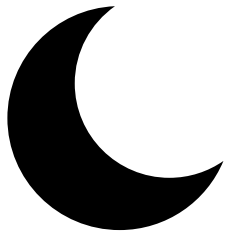


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PRE RACE FUELLING

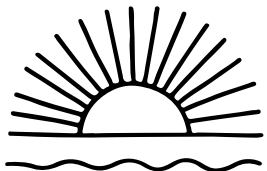
After all the training miles, painful blisters and many hills, it is essential to fuel your body correctly so you can perform your best on race day.

NIGHT BEFORE



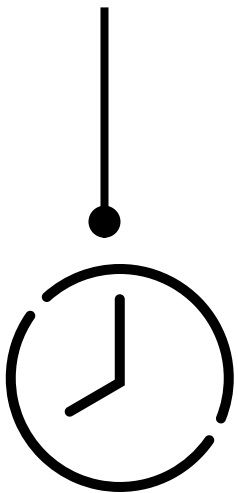
The night before race day, you should aim to consume a high carb meal, with some protein and fat. Try to keep the fibre content of this meal relatively low, especially if you are prone to gastro intestinal issues when running. A great example is spaghetti bolognese with garlic bread.

MORNING



On race day morning, try to consume a high GI carbohydrate breakfast. This fuelling meal should include a mixture of slow release carbohydrate and sugary carbs. Again, keeping this meal low in fibre will help avoid gastro intestinal issues during your race. A great example is porridge with honey, a chopped banana and peanut butter, maybe a tasty pastry too!

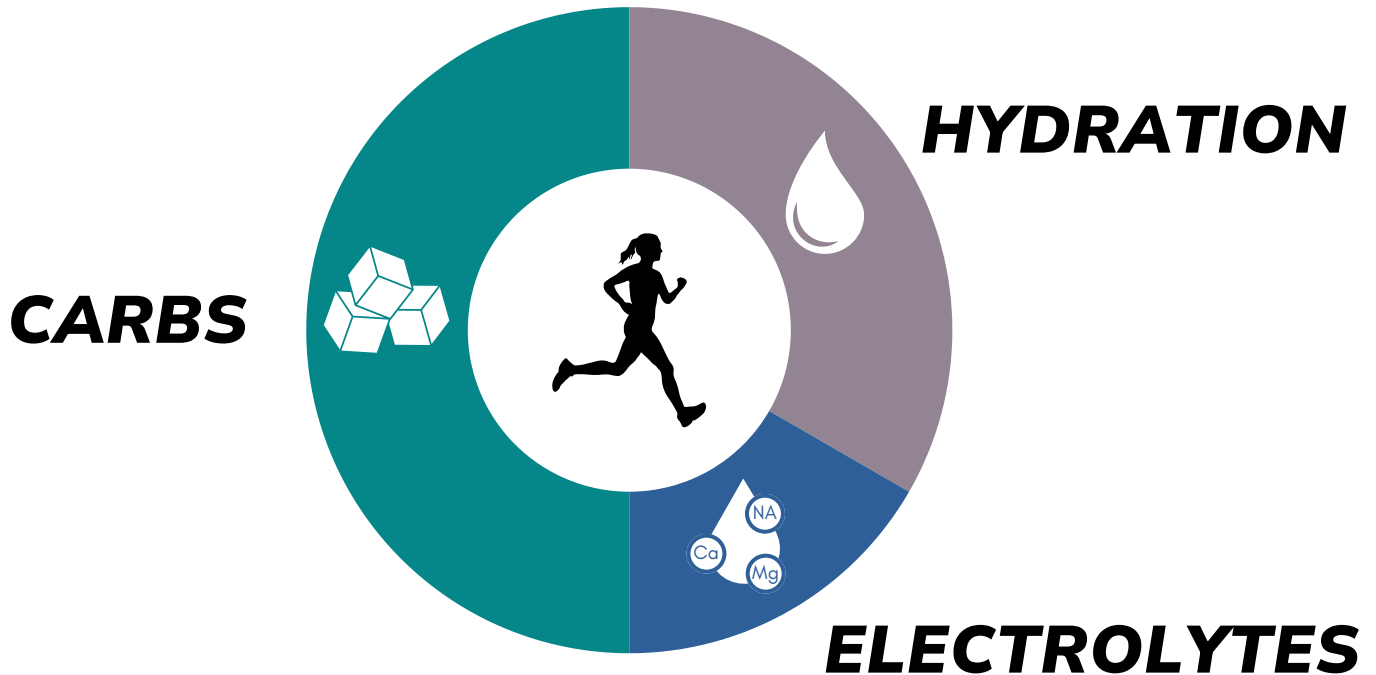
1 HOUR PRE RACE



An hour before the race, you can consider consuming a final sugary carbohydrate source. This is also the time to take on caffeine in the form of drink, chews or tablets, ready to feel the performance benefits on the start line. As with any component of your fuelling strategy, you should practice using caffeine before and during your race.

RACE DAY FUELLING

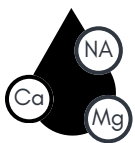
Your training is only part of the Ultra picture. Fuelling could make or break your performance when race day comes around.



Carbohydrates are the main fuel used during exercise, but with limited carbohydrate stores in the body, it's essential to consume carbs as you run.



Drink to thirst during your ultra. Drinking a liquid which includes carbohydrate and electrolytes increases fluid absorption and fluid retention to help avoid dehydration.



We lose electrolytes (mainly sodium) during exercise through sweating, especially when exercising in the heat. Replace lost electrolytes by consuming electrolyte tablets or salt capsules.

CARBOHYDRATE

There is a lot to consider in a fuelling strategy, so we'll keep it simple. When it comes to carbs we'll consider 4 things: amount, timing, type and form.



Carb recommendations for an ultra vary from 60 g/hour, up to 90 g/hour. For more experienced runners, carb intake above 90 g/hour is possible following a well structured gut training program. A general rule of thumb is the more carbohydrate you can consume, the better you perform... providing you can avoid any gastro-intestinal issues.

The amount of carbohydrate you use during exercise varies massively from person to person. To accurately understand how you personally metabolise carbohydrates across different intensities, we recommend a metabolic exercise test.



Consume carbs right from the start of the run, don't wait! Distribute your carb intake across the hour, consuming carbs roughly every 20 minutes.



For a long duration event such as an ultra, aim to consume carbohydrates which contain more than one type of sugar. A glucose and fructose mix is preferred, which can be found in most carbohydrate supplements such as drinks, gels and bars.



Runners should adopt a mix-and-match strategy to meet their carb intake targets. A combination of drinks, gels, bars and whole foods should be used to fulfil hourly carb goals.

GUT TRAINING

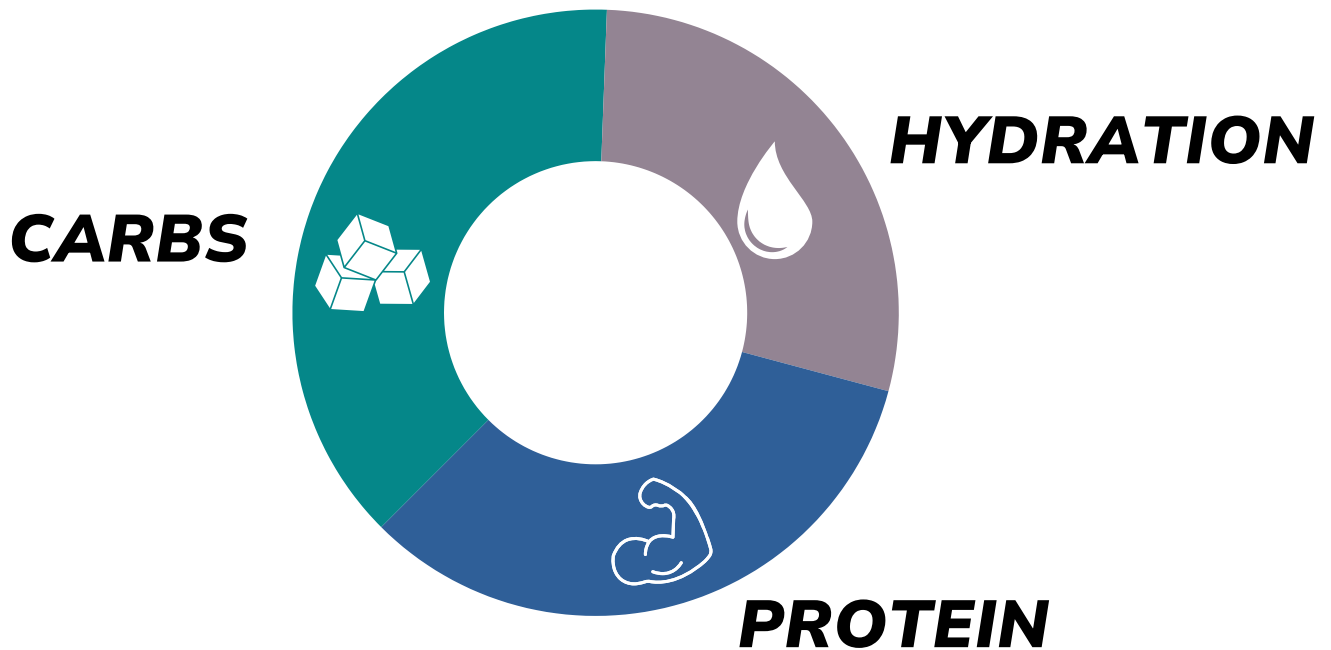
Consuming large amounts of carbohydrate can be a huge problem for many ultra runners. Gut training can help improve the absorption of carbs during exercise and reduces the gastro intestinal issues experienced by many ultra runners.

- Aim to gut train at least once per week during your longer runs
- Start gut training right from week 1 of the ultra training program
- Gradually increase the amount of carbs you consume during your long runs each week
- Build up to consuming more carbs than you plan to on race day
- Make adjustments to your strategy before race day if needed

Week 1	Week 8	Week 12	Week 14	Race Day (week 16)
20 g/hour	60 g/hour	90 g/hour	100 g/hour	90 g/hour

A gut training plan for an ultra runner aiming to consume 90 g/hour on race day

FUELLING RECOVERY



Get some sugary carbs (high GI) on board within 1 hr of finishing exercise to help replenish your glycogen stores. After your training sessions, pair your carbs with some protein to maximise recovery. This could take the form of a chocolate milkshake and a banana or oats with Greek yoghurt.



When exercising, we lose water and electrolytes through sweat, even in the cold. Drink 1.5 L of water for every kg of weight lost during exercise.



Protein aids the repair of muscle after exercise but also helps replenish glycogen when consumed alongside carbohydrate. The biggest focus for any athlete is to consume protein consistently throughout the day. Consuming at least 25g of protein in every meal across the day is a great starting point.

RECOVERY



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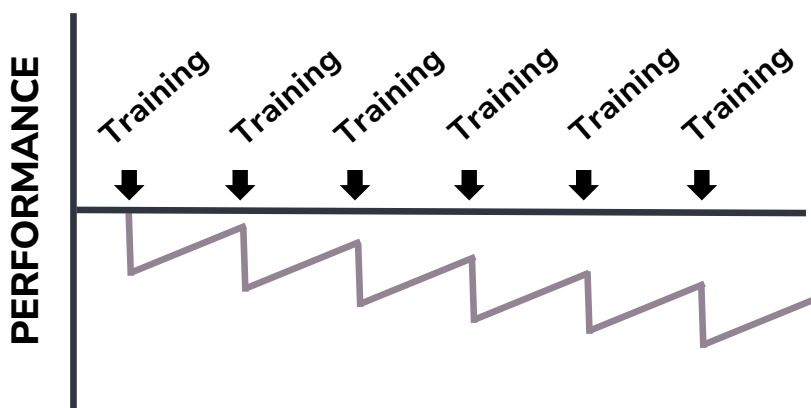
 RAT RACE

RECOVERY

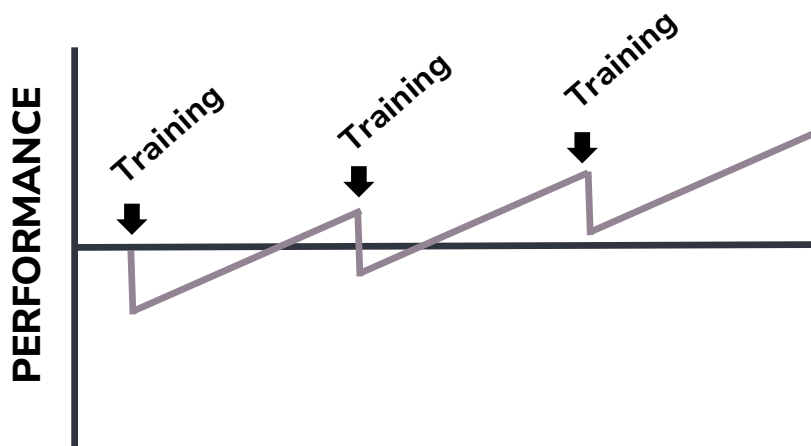
Recovery is often a largely neglected element of any training, especially for new runners.

Improving performance comes from exposing your body to a training session and then allowing your body time to adapt to the load its been exposed to. Insufficient rest and recovery results in our body not adapting, and potentially becoming injured or burnt out.

You may need rest beyond your designated rest days and that is absolutely fine! This program includes plenty of opportunities for active recovery, but often the best recovery tool is to sit, relax and do absolutely nothing! Sit back, switch off and take time away from your training.

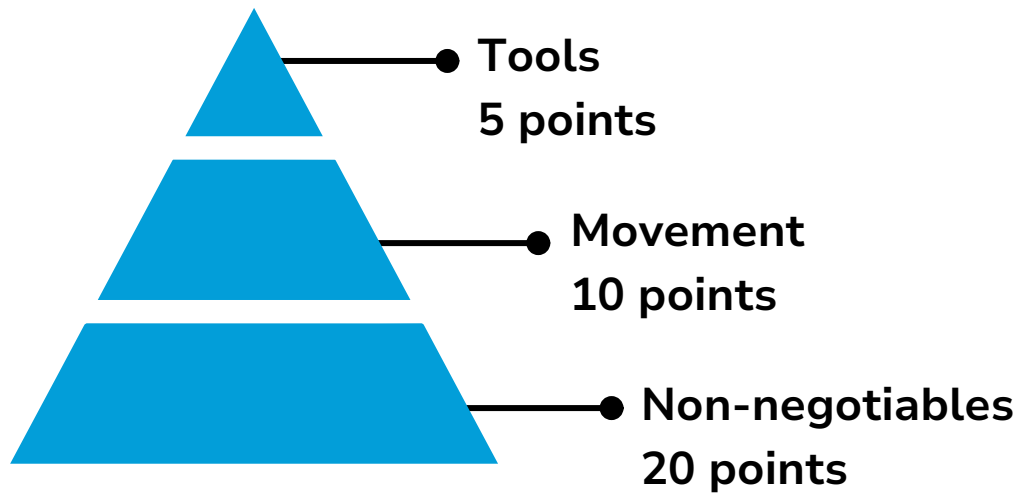


An example of how insufficient recovery (overtraining) can lead to decreased performance.



An example of how sufficient rest and recovery results in good adaptation and improved performance.

100 POINT RECOVERY PLAN



The aim is to achieve over 100 points of recovery everyday without fail - through a variety of methods.

At least 8hrs of sleep	20 pts	Daily Protein Intake (g) = 2 x BW (kg)	20 pts
High GI carbohydrate <30 min post exercise	20 pts	Hydration - drink 1.5L of water for kg of BW lost during exercise	10 pts
Protein source before bed >15g	10 pts	Active Recovery - off your feet, cycle or a swim	10 pts
Foam Rolling - 20 minutes	10 pts	Stretching - 20 minutes	10 pts
Pilates - 20 minutes	10 pts	Walk - 20-60 minutes	10 pts
Yoga - 20 minutes	10 pts	Hot and cold water therapy	5 pts
Massage - 20 minutes	5pts	Ice Bath	5 pts
Massage Gun	5 pts	Compression Garments	5 pts

STRENGTH PROGRAM



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RAT RACE

STRENGTH PROGRAM

For many years, the importance of strength training for runners has been overlooked. Strength training, helps develop a runner's speed, power and plays a huge role in injury prevention.

This strength program is a general program which can be used by any athlete, no matter their gym experience. Whilst prescribing this program, we recognise each runner's needs are different and this program may not sufficiently address any personal injuries, niggles or imbalances.

The program features two, whole body sessions (A + B), which each include a warm up, plyometrics and strength element. The strength program is designed for you to complete one A and one B session each week. Each session should be completed on the same day as one of your recovery sessions (recovery run, recovery cycle/swim). The table at the bottom of each session allows you to track your progress by recording the weight lifted in each of the five strength exercises (ranging from A-E).

The exercise library includes coaching tips and carefully selected short video examples which demonstrate how to perform each exercise. When lifting, you should select a weight which allows you to hit the desired number of reps whilst keeping two reps "left in the tank". You should NEVER lift a weight which is too heavy and causes you to sacrifice good form.

SESSION A

WARM UP

Yoga Flow
5 x through

PLYOMETRICS

1:00 rest between sets

Pogo hops	Reps 20
Single leg hop (square)	30s
Forward Hops	3
2 x through	

STRENGTH

1:30 rest between sets

	Sets	Reps
A - <u>Barbell RDL</u>	4	5
B - <u>Bench Press (Dumbbell)</u>	4	5
C - <u>Bulgarian Split Squats (Dumbbell)</u>	4	5
D - <u>3 Point Row (Dumbbell)</u>	4	5
E - <u>Single Leg Calf Raises</u>	3	12

Date							
A							
B							
C							
D							
E							

SESSION B

WARM UP

Yoga Flow
5 x through

PLYOMETRICS

1:00 rest between sets

Pogo hops	Reps 20
Single leg hop (square)	30s
Broad Jumps	3
2 x through	

STRENGTH

1:30 rest between sets

	Sets	Reps
A - <u>Goblet Squats</u>	4	5
B - <u>Chin Ups</u>	4	5
C - <u>Single Leg Glute Bridge</u>	4	5
D - <u>Overhead Press (Dumbbell)</u>	4	5
E - <u>Single Leg Calf Raises</u>	3	12

Date							
A							
B							
C							
D							
E							

EXERCISE LIBRARY

BARBELL RDL

Coaching Points:

- Keep a flat back
- Hips go backwards

Video Example

(Nuffield Health, 2016)

BROAD JUMPS

Coaching Points:

- Absorb impact
- Focus on power production

Video Example

(Rehab my patient, 2023)

CHIN UPS

Coaching Points:

- Full range of motion, from straight arms through to elbows touching your ribs

Video Example

(Nuffield Health, 2016)

FORWARD HOPS

Coaching Points:

- Control each landing
- Keep your knee in line with your toe upon landing

Video Example

(Surrey Strength, 2010)

BENCH PRESS

(DUMBBELL)

Coaching Points:

- Elbows should be 45 degrees from the body
- Drive through your feet

Video Example

(Nuffield Health, 2016)

BULGARIAN SPLIT

SQUATS (DUMBBELL)

Coaching Points:

- Keep your chest up
- Keep your knee in line with your toe

Video Example

(J2FIT Strength & Conditioning, 2020)

GOBLET SQUAT

Coaching Points:

- Keep your chest up
- Push your knees away from one another

Video Example

(Nuffield Health, 2016)

OVERHEAD PRESS (DUMBBELL)

Coaching Points:

- Brace your core
- ”punch through the ceiling”

Video Example

(Relentless Athletics, 2022)

SINGLE LEG CALF RAISES

Coaching Points:

- Slow and steady
- Hold a dumbbell to increase load

Video Example

(Pure sportsmed, 2012)

SINGLE LEG HOPS (SQUARE)

Coaching Points:

- Keep knee in line with the direction of your toes

Video Example

(isweat, 2020)

3 POINT ROW (DUMBBELL)

Coaching Points:

- Pause at the top of the row
- Avoid any upper body rotation

Video Example

(Eric Cressey, 2013)

POGO HOPS

Coaching Points:

- Minimise your time in contact with the ground

Video Example

(Health High Performance, 2022)

SINGLE LEG GLUTE BRIDGE

Coaching Points:

- Drive up to the ceiling
- Straight line from knee to shoulder at the top
- Use a dumbbell or barbell

Video Example

(J2FIT Strength & Conditioning, 2020)

YOGA FLOW

Coaching Points:

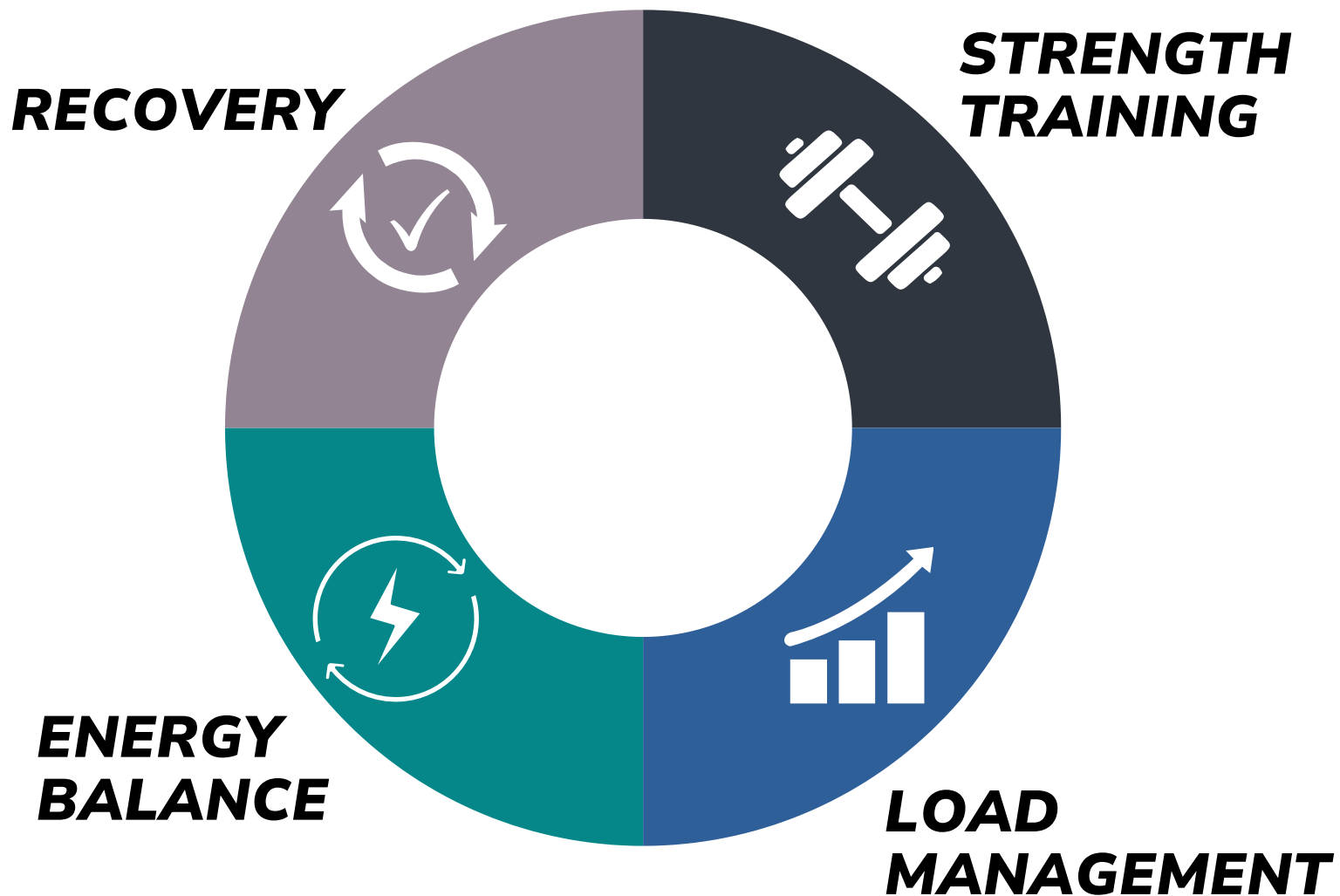
- Take time holding each position

Video Example

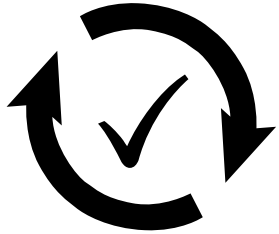
(JTM_FIT, 2019)

INJURY PREVENTION

For most athletes in the world, the largest threat to their success is injury. Unfortunately, ultra running is no different. Unexpected challenges of injury or illness can easily disrupt even the best training plans. When it comes to injury prevention, there are 4 key components: recovery, strength training, energy balance and load management.



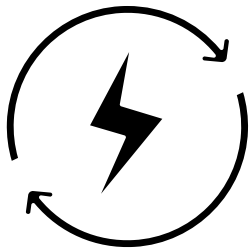
INJURY PREVENTION



When it comes to recovery, consistency is king. Recovery encompasses anything which can encourage our body to adapt to our training. Our 100 point recovery plan is a great starting point to plan your recovery.



For many years, the importance of strength training for runners has been overlooked. Strength training twice a week will help improve your speed, power and build your resilience to injury.



When you get stuck into your training, you'll be doing a lot of exercise and therefore need a lot of fuel. With more exercise, comes more food! As you move more, you can eat more, to avoid a big energy deficit, protecting ourselves from injury and illness. Make sure you're getting in enough energy with a large amount of carbohydrate to fuel your training, and protein to encourage muscle growth and repair. Consuming enough energy will help avoid burnout and minimise your risk of injury.



The final and most important part of the injury prevention puzzle is managing your training load. Sometimes, the best run is no run and that's ok! Listen to your body adjust your load when needed. No program is ever set in stone.

THE ADVENTURE AHEAD

Your adventure may feel like its a long way off but it will soon fly round. Preparation is key and being ready for what's to come will allow you to make the most of this experience.

This training program has covered a lot of ground. If you'd like to find out more about any of the topics discussed in this guide, please do not hesitate to contact our medical partners, [TrailMed](#).

www.trailmed.co.uk
office@trailmed.co.uk

REACH THE NEXT LEVEL

At TrailMed, we work with athletes to help them achieve their best when it matters. Our testing underpins everything we do, supporting athletes with their training, nutrition, hydration and recovery.

FITNESS
TESTING



SWEAT
TESTING

TRAINING
PROGRAMS



NUTRITIONAL
SUPPORT

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