



RAT RACE

MULTISPORT TRAINING PROGRAM

TRAILAEDTM



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 SESSIONS

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 sessions help you get familiar with the physical and mental challenges that you could face on race day. These sessions should feel comfortable and at an intensity you feel you could maintain for a long time (>2 hours).

SPEED SESSIONS

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

RECOVERY SESSIONS

Recovery sessions are just as important as your hard workouts. Use these days to exercise easy and recover as best as possible after intense training. These sessions 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 session will be no session.

Measuring intensity

RPE

Rating of perceived effort is a 1 to 10 scale which allows you 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.

Easy Sessions

Less than 55 %

Long Sessions

55 - 75 %

Fast Sessions

> 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 A GREAT ADVENTURE

During any multiday adventure (and training), people walk! To be the best 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 session. Take note of the type of session (recovery, speed, long) and how well you think it went out of 5 (1 terrible through to 5, awesome).

Date	Session Focus	Score (1-5)	Comments

TRAILAEDTM
TRAINING
PROGRAM

**IF YOU'D LIKE FURTHER SUPPORT
WITH YOUR TRAINING PROGRAM, WE
CAN HELP.**

VISIT TRAILMED

OR

EMAIL DAN.WEST@TRAILMED.CO.UK

WEEK 1

LONG CYCLE

120:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

EASY RUN

3km Run

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

SPEED CYCLE

**Cycle as far as possible
in 30:00**

RPE: 7-8

HR: >75% HRmax

Pace: Fast

RECOVERY SESSION

**20:00 swim or 45:00
Hike**

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 2

LONG CYCLE

150:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

EASY RUN

6 km Run

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

SPEED CYCLE

Cycle 15 km as fast as possible

RPE: 7-8

HR: >75% HRmax

Pace: Fast

RECOVERY SESSION

20:00 swim or 45:00 Hike

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

20:00 Cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 3

LONG CYCLE

180:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

EASY CYCLE

45:00 Cycle

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

SPEED CYCLE

Cycle 10 km as fast as possible

X2

5 min rest between efforts

RPE: 7-8

HR: >75% HRmax

Pace: Fast

EASY RUN

4 km Run

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

BONUS SESSION

If your adventure includes another discipline such as kayaking, canoeing or paddle boarding; use this session to get some practice in!

1 hr

RPE: 4-6

WEEK 4

LONG CYCLE

150:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

SPEED RUN

3 x 1 km

RPE: 8-9

HR: >75% HRmax

Pace: Fast

EASY CYCLE

30:00 Cycle

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

RECOVERY SESSION

30:00 cycle or 20:00 swim or 45:00 Hike

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

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 CYCLE

210:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

3 x 15:00

Cover as much distance
as possible in each
15:00.

3:00 rest between each
interval

RPE: 8-9

HR: >75% HRmax

Pace: Fast

EASY RUN

40:00 Run

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

40:00 Cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

RECOVERY SESSION

25:00 swim or 60:00
Hike

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 6

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

LONG CYCLE 1

150:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

LONG CYCLE 2

150:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

Cover 5km as fast as possible.

x4

3:00 rest between each interval

RPE: 7-9

HR: >75% HRmax

Pace: Fast

EASY RUN

45:00 Run

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 7

LONG CYCLE

240:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

EASY RUN

3 km

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

SPEED CYCLE

25 km Cycle

Cover 25 km as fast as possible.

RPE: 8-9

HR: >75% HRmax

Pace: Fast

RECOVERY SESSION

40:00 cycle or 25:00 swim or 60:00 Hike

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

BONUS SESSION

If your adventure includes another discipline such as kayaking, canoeing or paddle boarding; use this session to get some practice in!

1 hr

RPE: 4-6

WEEK 8

LONG CYCLE

180:00 Cycle

RPE: 5-6

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

3 x 15:00

Cover as much distance as possible in each 15:00.

3:00 rest between each interval

RPE: 8-9

HR: >75% HRmax

Pace: Fast

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. 8 weeks until Race Day!

EASY CYCLE

60:00 Run

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

ELEVATION



NOW WE ARE TALKING TRAILS...

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

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

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

$$\text{Race day m elevation per km} \times \text{weekly adjustment} = \text{m elevation per km for that cycle}$$

WEEK 9

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

LONG CYCLE 1

210:00 Cycle

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

RPE: 5
HR: 55-75% HRmax
Pace: Easy

SPEED CYCLE

Cover 15 km as fast as
possible.

RPE: 7-9
HR: >75% HRmax
Pace: Fast

LONG CYCLE 2

210:00 Cycle

RPE: 5
HR: 55-75% HRmax
Pace: Easy

EASY CYCLE

75:00 Cycle

RPE: 3-4
HR: < 55% HRmax
Pace: Easy

EASY RUN

6 km Run

RPE: 3-4
HR: < 55% HRmax
Pace: Easy

WEEK 10

LONG CYCLE

270:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

EASY RUN

8 km Run

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

SPEED CYCLE

3 x 8 km

1:00 rest between
intervals

RPE: 8-9

HR: >75% HRmax

Pace: Fast

EASY CYCLE

20 km cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

BONUS SESSION

If your adventure includes another discipline such as kayaking, canoeing or paddle boarding; use this session to get some practice in!

1 hr

RPE: 4-6

WEEK 11

LONG CYCLE

210:00 Cycle

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

RPE: 5-6

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

3 x 20:00

Cover as much distance
as possible in each
20:00.

3:00 rest between each
interval

RPE: 8-9

HR: >75% HRmax

Pace: Fast

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. 5 weeks until Race Day!

EASY CYCLE

30:00 cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 12

LONG CYCLE

300:00 Cycle

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

RPE: 5-6

HR: 55-75% HRmax

Pace: Easy

EASY CYCLE

30:00 Cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

BONUS SESSION

If your adventure includes another discipline such as kayaking, canoeing or paddle boarding; use this session to get some practice in!

1 hr

RPE: 4-6

EASY RUN

10 km Run

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

60:00 Cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 13

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

LONG CYCLE 1

240:00 Cycle

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

RPE: 5

HR: 55-75% HRmax

Pace: Easy

LONG CYCLE 2

240:00 Cycle

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

RPE: 5

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

Cover 8 km as fast as
possible.
x4

RPE: 7-9

HR: >75% HRmax

Pace: Fast

RECOVERY SESSION

20:00 swim or 60:00
Hike

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 14

LONG CYCLE

420:00 Cycle

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

RPE: 5

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

Cycle 10 km as fast as
possible

X3

3 min rest between
efforts

RPE: 7-8

HR: >75% HRmax

Pace: Fast

EASY RUN

15 km Run

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

60:00 Cycle

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

RECOVERY SESSION

30:00 cycle or 20:00
swim or 60:00 Hike

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

WEEK 15

LONG CYCLE

240:00 Cycle

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

RPE: 5

HR: 55-75% HRmax

Pace: Easy

EASY RUN

30:00 Run

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

30:00 Cycle

RPE: 3-4

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

45:00 Cycle

RPE: 5

HR: 55-75% HRmax

Pace: Easy

SPEED CYCLE

Cover as much distance
as possible in 30:00

RPE: 7-8

HR: >75% HRmax

Pace: Fast

WEEK 16

EASY RUN

30:00 Run

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

EASY CYCLE

60:00 Cycle

RPE: 4-5

HR: < 55% HRmax

Pace: Easy

SPEED RUN

4x 1 km

2:00 rest between
intervals

RPE: 8-9

HR: >75% HRmax

Pace: Fast

SPEED CYCLE

3 x 8km

1:00 rest between
intervals

RPE: 8-9

HR: >75% HRmax

Pace: Fast

TIME FOR ADVENTURE!

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

FUELLING



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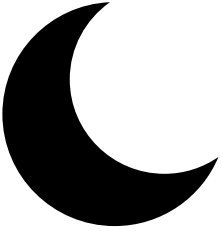


RAT RACE

PRE RACE FUELLING

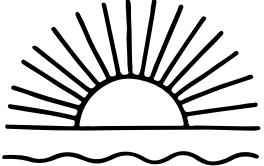
After all the training miles, blisters and many hills, it is essential to fuel your body correctly so you can perform your best on race day.

NIGHT BEFORE



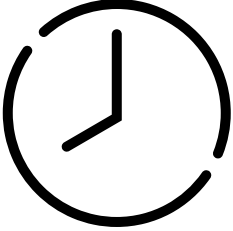
The night before your adventure, you should aim to consume a high carb meal, with some protein and fat. Try to keep the fibre content of this meal relatively low, especially if you are prone to gastro intestinal issues when exercising. A great example is spaghetti bolognese with garlic bread.

MORNING



On race day morning, try to consume a high carbohydrate breakfast, with a mix of sugary and slow release carbs. 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 across the day. A great example is porridge with honey, a chopped banana and peanut butter, maybe a tasty pastry too!

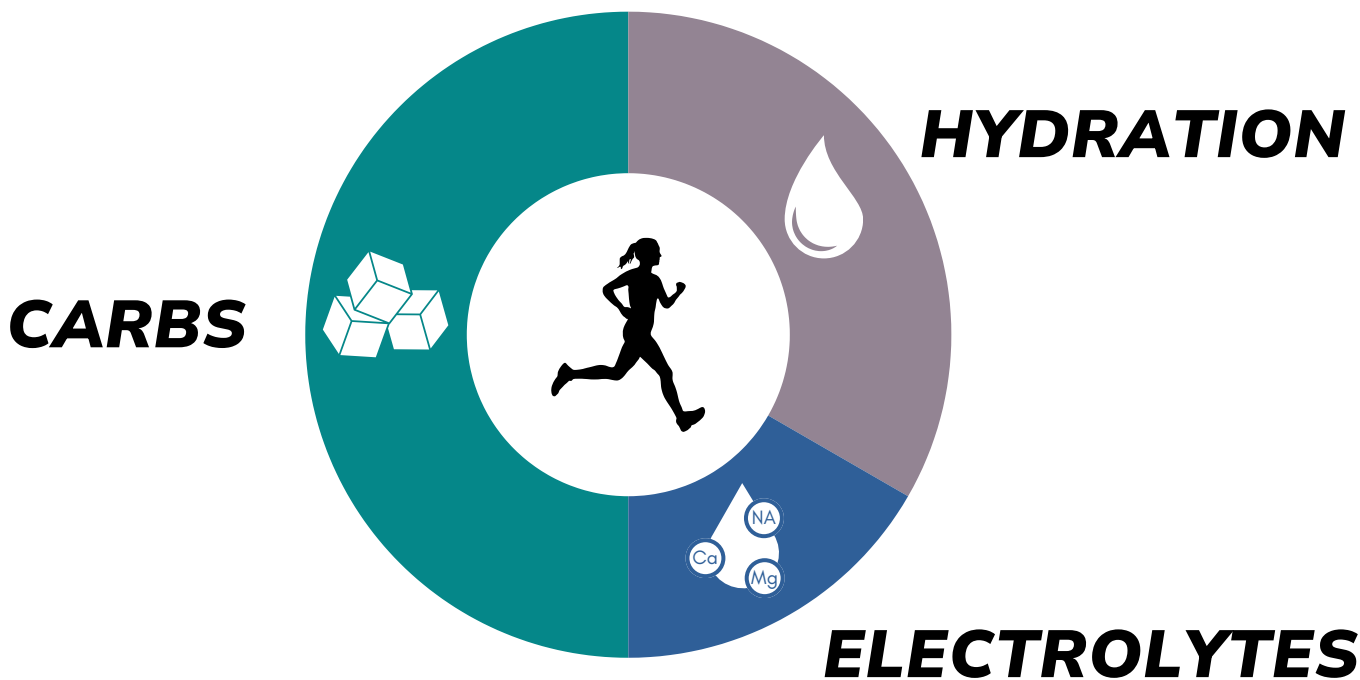
1 HOUR PRE RACE



An hour before setting off, 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

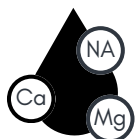
Your training is only part of the picture. Fuelling could make or break your performance when race day comes around.



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



Drink to thirst during your adventure. 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. For a full hydration plan and to identify how much salt you lose during exercise we'd recommend a Sweat Test.

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 ultra endurance exercise vary from 60 g/hour, up to 90 g/hour. For more experienced athletes, 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 gastrointestinal 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 an adventure, don't wait! Distribute your carb intake across the hour, consuming carbs roughly every 20 minutes.



For a long duration event, 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.



You 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 when taking part in ultra endurance sport. Gut training can help improve the absorption of carbs during exercise and reduces the gastro intestinal issues experienced by many runners and cyclists.

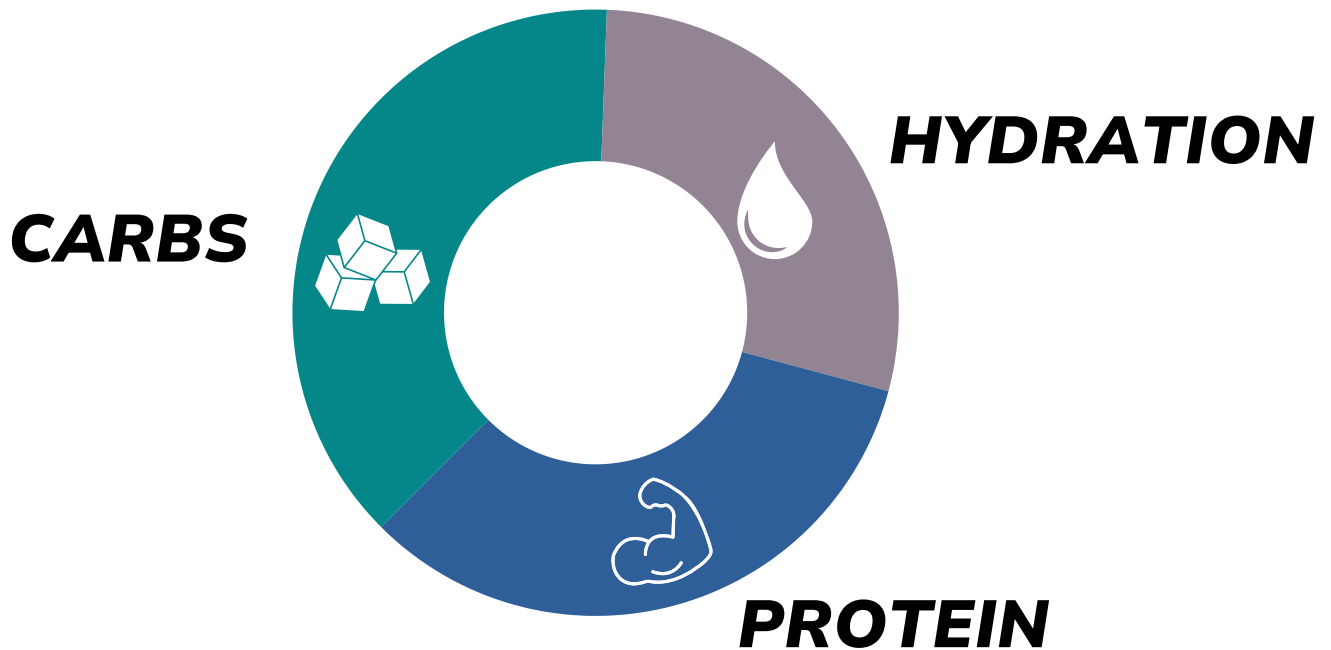
- Aim to gut train at least once per week during your longer runs and cycles
- Start gut training right from week 1 of the training program
- Gradually increase the amount of carbs you consume during your long sessions each week
- Build up to consuming more carbs than you plan to on race day
- Make adjustments to your strategy before your adventure 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 endurance athlete 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 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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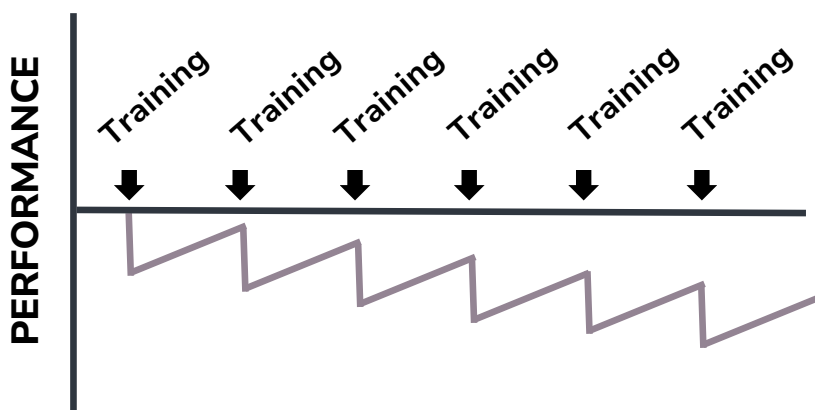
 RAT RACE

RECOVERY

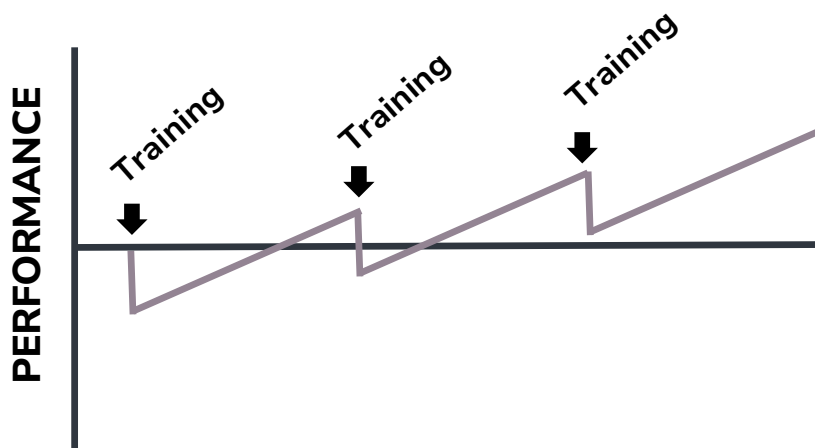
Recovery is often a largely neglected element of any training, especially for new runners and cyclists.

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.

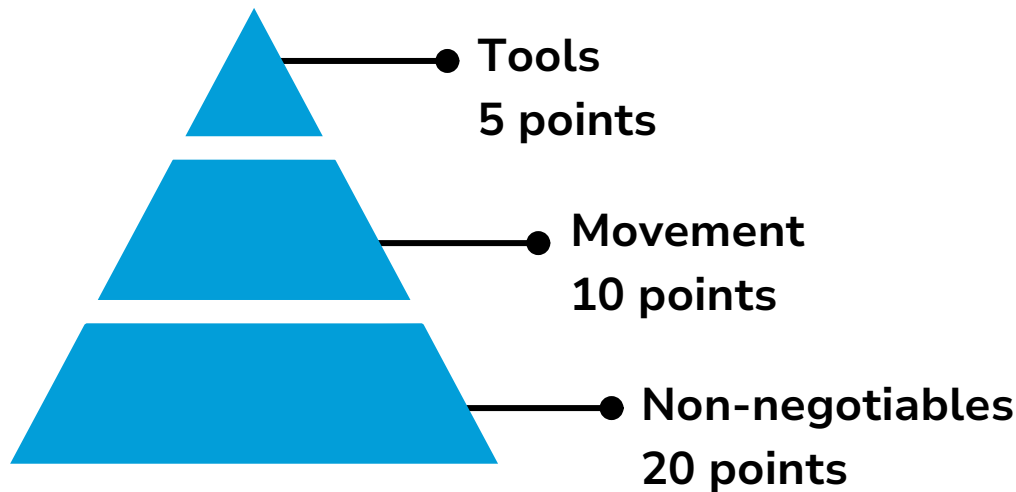


An example of how insufficient recovery (overtraining) can lead to decreased performance.



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 eg swimming	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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STRENGTH PROGRAM

For many years, the importance of strength training for runners and cyclists has been overlooked. Strength training, helps develop a 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 everyone'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 hike/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:

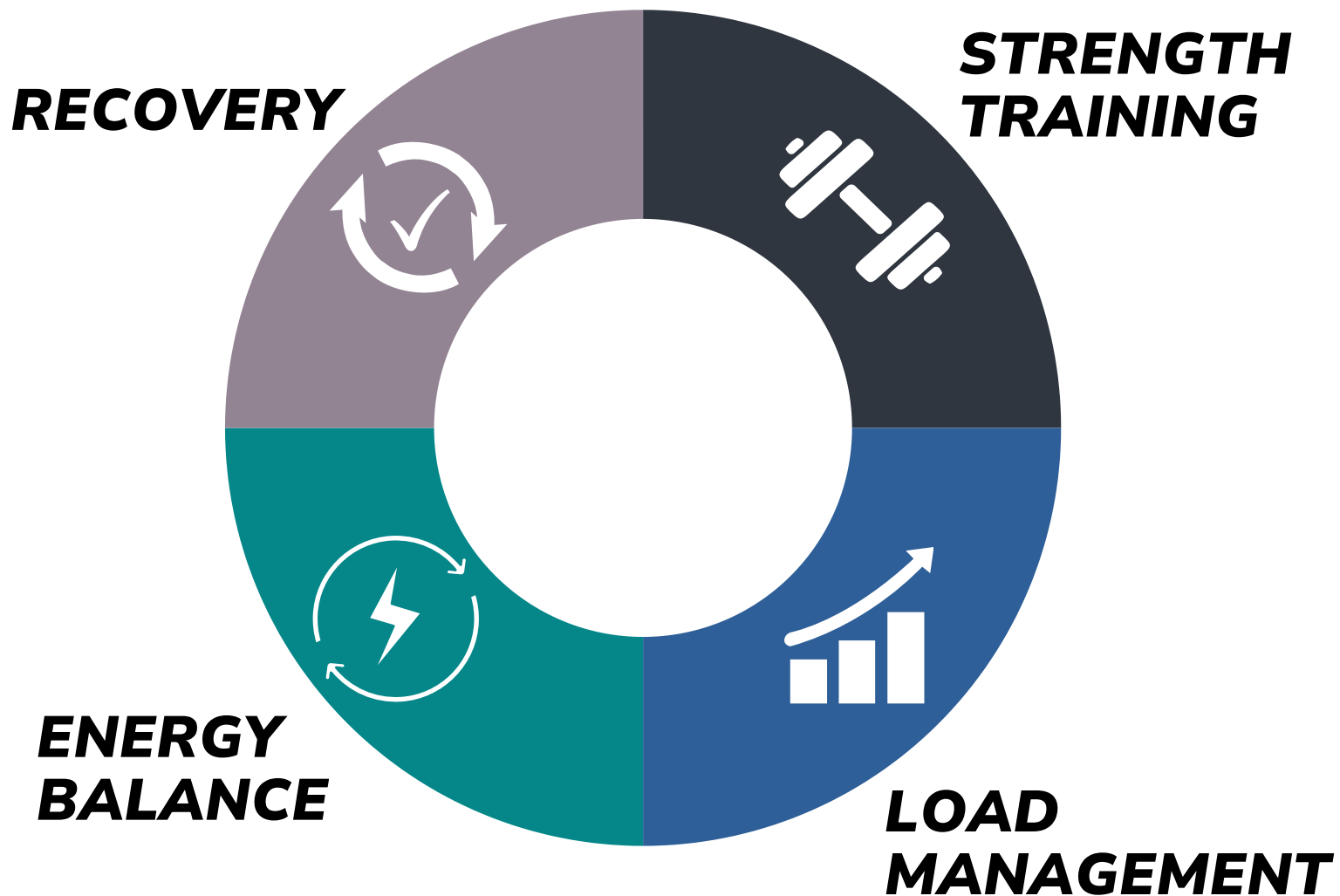
- Take time holding each position

Video Example

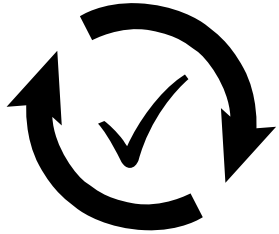
(JTM_FIT, 2019)

INJURY PREVENTION

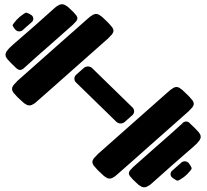
For most athletes in the world, the largest threat to their success is injury. Unfortunately, ultra endurance sport is no different. Unexpected challenges of injury or illness can easily disrupt even the best training plans. When it comes to injury prevention, there are 4 key components: recovery, strength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



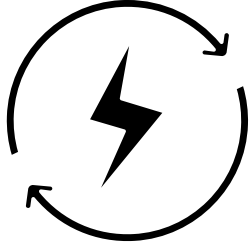
INJURY PREVENTION



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 and cyclists 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 yourself 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 session is no session 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

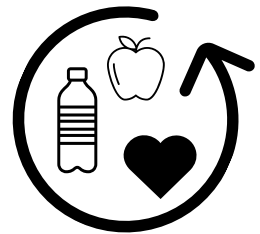
At TrailMed, we work with athletes to help them achieve their best when it matters. Our testing underpins everything we do, supporting athletes with their training, nutrition, hydration and recovery.

FITNESS
TESTING



SWEAT
TESTING

TRAINING
PROGRAMS



NUTRITIONAL
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