

GETTING TO THE START LINE WHEN YOUR TRAINING IS UNDERCOOKED

We're about a month out from Race 1 of The Trail Running Series and no matter your goals or distance, the base building should be well underway. Ideally you'll be adding quality runs and specificity in your training for the event soon if not already.

For Westerfolds, that would involve some nice non-technical single-track runs, getting out on the actual course if you can or finding similar terrain perhaps along the Yarra and Plenty Gorge, all while testing out your race day shoes and strategies.

In just a few days I'm off to the Blue Mountains for the 100k Ultra-Trail Australia race, and to be honest, my build up has been nothing like what I've described above. It's not the first time, and that's Ok.

I've had a cold, some dental work, niggles in the body from racing more than I train and begun a new job. Some of this I can control and am working on. The rest is just how it goes, but it won't stop me showing up and neither should it ever stop you. There's very few times a training plan is executed perfectly, and perfect training doesn't guarantee a perfect race.

You can and should prepare adequately, but a winter cold or strained muscle can easily derail the best of intentions. Luckily the training isn't the race.

Ultimately you have to choose to show up and see what happens on the day. In my experience, the majority of the time you'll surprise yourself with what you can endure and achieve.

Good Luck with your training, and see you at Race 1!

Mark

The Trail Running Series presented by The North Face ambassador

