

## **TRAINING AND TIPS FOR RACE 1 - 17<sup>TH</sup> JUNE**

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### **How are you feeling now we are almost at Race 1?**

On a training run last night I did my 3rd best 5k time and I had more in me. I'm so ready to run fast at Westerfolds

This series is such great winter training motivation. I'm excited to see where I'm at a year after first racing this long course series. I'm chasing a PB and feeling confident.

### **How's your recent training and running been going and what has it involved?**

After UTA, I had to take it easy for a few days to recover and stay off of a sprained ankle. I did an overnighter out near Apollo Bay last weekend to support a friend running 100 miles which was just insane to witness. That's the only trails I've been on for the last two weeks to not risk my ankle any further. This week 5-10k runs on mostly flat terrain feel strong and I think that is going to help me at Race 1. I dropped in to see a coach for a quick technique session today to try and squeeze some more power out with less exertion.

I'll be heading to Westerfolds this weekend to get some on-course experience. That is always key to a good race.

### **Tips for runners gearing up for Race 1**

My tips come from the dozens of race briefings I've attended over the last couple of years as well as personal experience. I wish I knew some of this when I started, so hope it helps. Everyone is a bit different and will need to work out what is best for them.

#### **-Avoid the carb load!**

-Unless you're elite and running more than 30km at a blistering pace, you're not going to hit the wall. Us regular runners have plenty to get by on and can access the stored energy without bonking. You'll just feel heavy and bloated on race day if you're full of pasta. Personally I have a bigger breakfast or lunch the day before, and lighter dinner. My coach always reminds me to steer clear of rich and very fatty foods or alcohol the night before.

#### **-Drink to thirst**

-Pre-loading with water or drinking to a schedule is a recipe for disaster, especially in longer races. This is the biggest cause of people getting very sick in races. Your body will guide you pretty well.

#### **-No Nurofen!**

-NSAID's and exercise are not good. In fact, it's good to avoid them a few days before and even the day after. Not only is it hard on your kidneys, but usually something hurting is worth paying attention to. You want to be doing this forever.

**-Pack your bag the day before**, set your gear out and remember something warm and dry for when you finish.

-I'm still learning this one! The first kilometre of UTA I was still pinning my race bib on. You don't need that stress.

#### **-Get up a bit earlier the day before**

-It'll help you get to sleep on race eve and the early morning for race day won't feel so shocking!

Good luck!

**Mark**

*The Trail Running Series presented by The North Face ambassador*

