

ULTRAMARATHON SUPPORT GUIDE FOR RUNNERS



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THRESHOLD/
MORE IS IN YOU™

The runner inside you.

Many people believe that you're either a runner or you're not. Almost like being a runner is innate and something you are born with. But that is simply not the case.

A pro runner will tell you that you've got a lot of different runners inside of you. To be the best runner, you've got to let them all out. Run fast, run slow, run on hills, run on a track, do short runs, long runs and everything in-between.

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TOP TIPS

THE SECRET TO ULTRA RUNNING

During an ultra race (and training), people walk! To be the best ultra runner you can be, you also have to be an awesome hiker! You'll encounter plenty of hills across your training and on the course, walking can be a great way to preserve energy and avoid tired legs. Get used to transitioning from walking back to running.

SOME DAYS, THE BEST RUN IS NO RUN

Progressing as a runner comes from exposing your body to a challenging session and then allowing your body time to adapt and adjust to cope with that stimuli. 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 ultra is hilly, expose yourself to lots of ascents and descents. If the ultra is on trails, train on trails. If the race has lots of technical climbs, get used to challenging climbs. Do everything you can to prepare yourself best for race day.

We encourage you to run your long runs on trails as this helps reduced the repetitive impact on joints when running long distances.

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 RUNS

Unfortunately, bad runs are inevitable. But the best thing to do is to move on to the next one. Sometimes there's no reason to why a run 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 runner.

A MENTAL GAME

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

A RUNNER'S PERSPECTIVE

As you train, it can be easy to lose sight of where you started. You can be left focussing on what's left to accomplish. Never forget where you started and how much you have progressed as a runner.

RUN TO FEEL

When in doubt be sure to focus on effort. Pace can be affected by many factors including but not limited to changes in fitness, weather, elevation, stress, fatigue, and lack of sleep. Be sure to listen to your body.

TRAINING DIARY

Keeping a training diary offers the opportunity to reflect and learn from each training session. A tool to learn from any bad runs you have but also a fantastic way to celebrate little wins, PBs and all the achievements you'll experience throughout your training.

Track your progress, learn from every run and celebrate every win, no matter how small!

When using a training diary, a great start is to record the session focus (recovery, speed, long) and how well you think the run went out of 5 (1 terrible through to 5, awesome). Making notes about each session can help track what you've learnt and what went well to help inform your future training.

The diary can be as simple as a table such as the example below.

Date	Focus	Score (1-5)	Notes

FUELLING

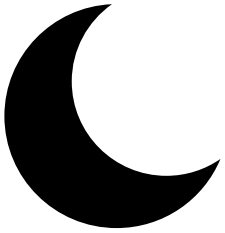


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PRE RACE FUELLING

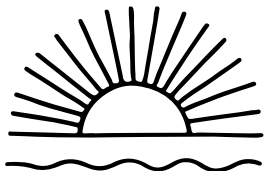
After all the training miles, painful blisters and many hills, it is essential to fuel your body correctly so you can perform your best on race day.

NIGHT BEFORE



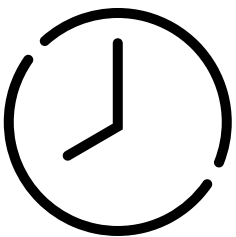
The night before race day, you should aim to consume a high carb meal, with some protein and fat. Try to keep the fibre content of this meal relatively low, especially if you are prone to gastro intestinal issues when running. A great example is spaghetti bolognese with garlic bread.

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!

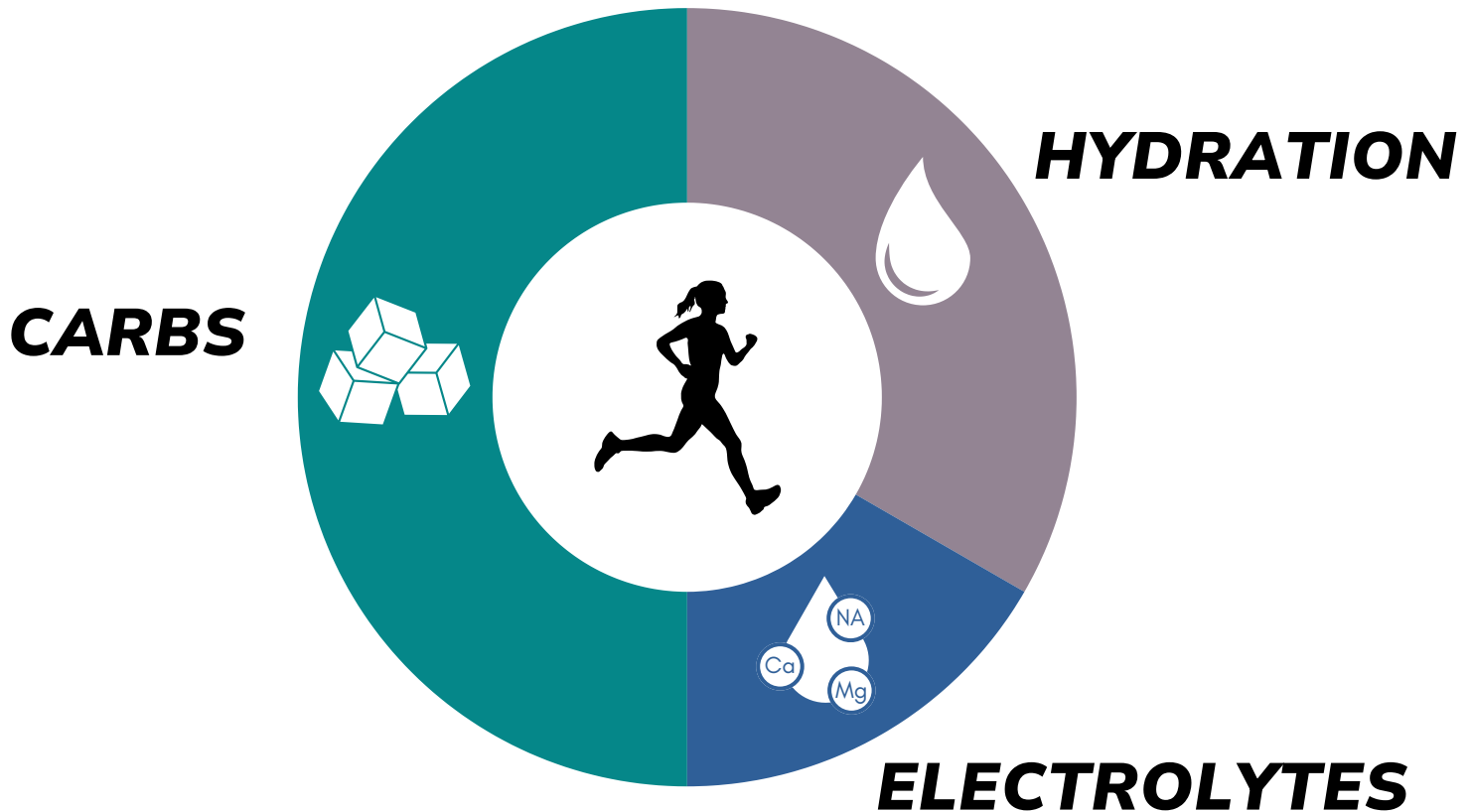
1 HOUR PRE RACE



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 FUELLING

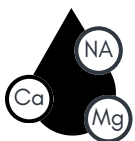
Your training is only part of the Ultra picture. Fuelling could be make or break for your performance when race day comes around.



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 every 15-20 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, bars and chews.



When it comes to the form of carbs, 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.

CARB FORM

With a race day carb target in mind it's now a question of "what does that look like on race day?". Here are some suggestions of different carb sources and how many grams of carbs they contain per serving, to help you reach your race day carb target.

GELS



Precision Fuel and Hydration Gel

30 g



High5 Energy Gel

23 g

DRINKS



Precision Fuel and Hydration Drink Mix

30 g



High5 Energy Drink

44 g

CHEWS



Precision Fuel 30 Chew

30 g



High5 Energy Gummies

21 g

BARS



Clif Bar

40 g



Styrkr BAR50 Energy Bar

50 g

WHOLE FOODS

Banana
23 g

Jam Sandwich
28 g

Cookie
25 g

Jam Doughnut
25 g

Haribo
35 g per
50 g

Mars Bar
38 g

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.

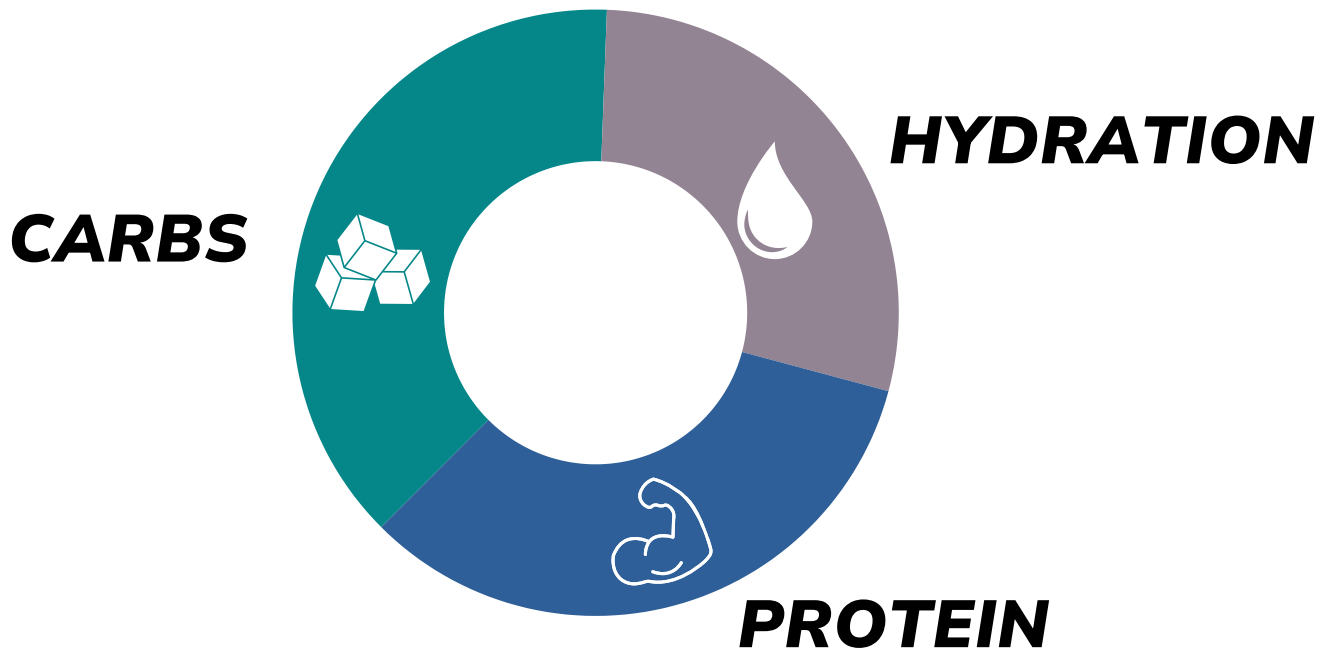
- Aim to gut train at least once per week during your longer runs
- Start gut training around 12-16 weeks before race day
- Gradually increase the amount of carbs you consume during your long runs each week
- Build up to consuming more carbs than you plan consume to on race day
- Make adjustments to 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.

3 PS OF FUELLING

PRACTICE

Practice makes perfect... well, sort of. Practicing your fuelling strategy throughout the training program allows for you to make adjustments to what you fuel with and when you fuel. Following a gut training plan allows your body to adapt to consuming high amounts of carbohydrates every hour during exercise.

PREPARATION

*“By failing to prepare, you are preparing to fail.”
-Benjamin Franklin*

You are going to need lots of fuel to get you through your ultra. Be organised with your fuelling strategy. Always consider how your nutrition and hydration strategies are going to work together. You should have a clear idea of where your carbs are coming from across your drinks, gels, chews and foods.

PATIENCE

No one nails their fuelling strategy on the first try. Throughout your training, you'll make changes to your fuelling strategy - not every change will help but some may work wonders.... so stick with it! Focus on finding a strategy which works for you.

RECOVERY



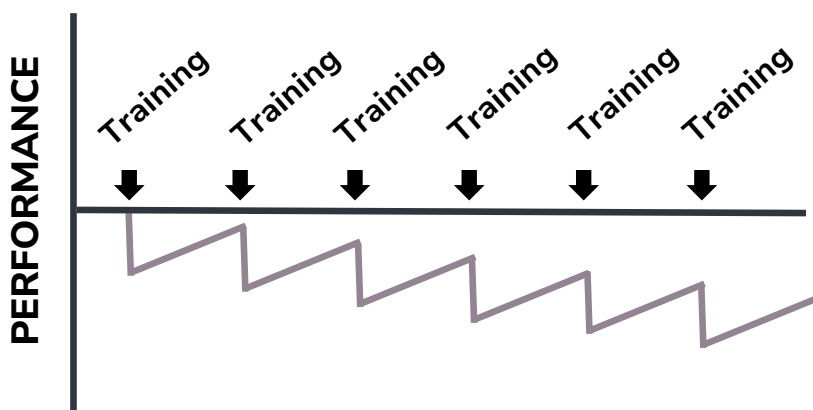
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RECOVERY

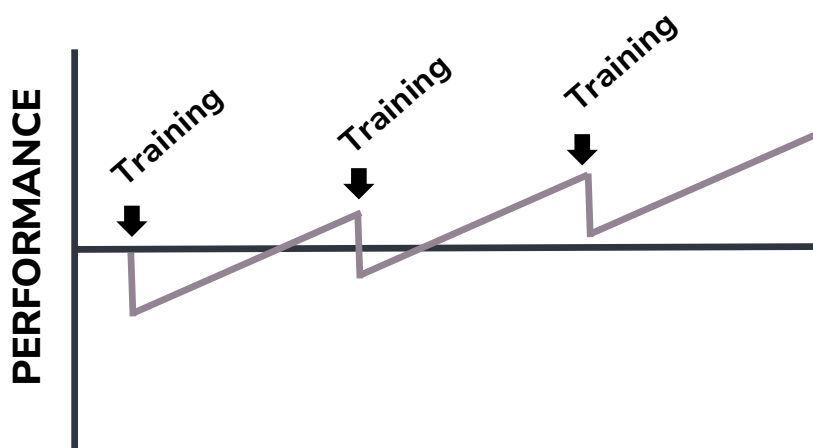
Recovery is often a largely neglected element of any training, especially for new runners.

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! Many programs include 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 training.

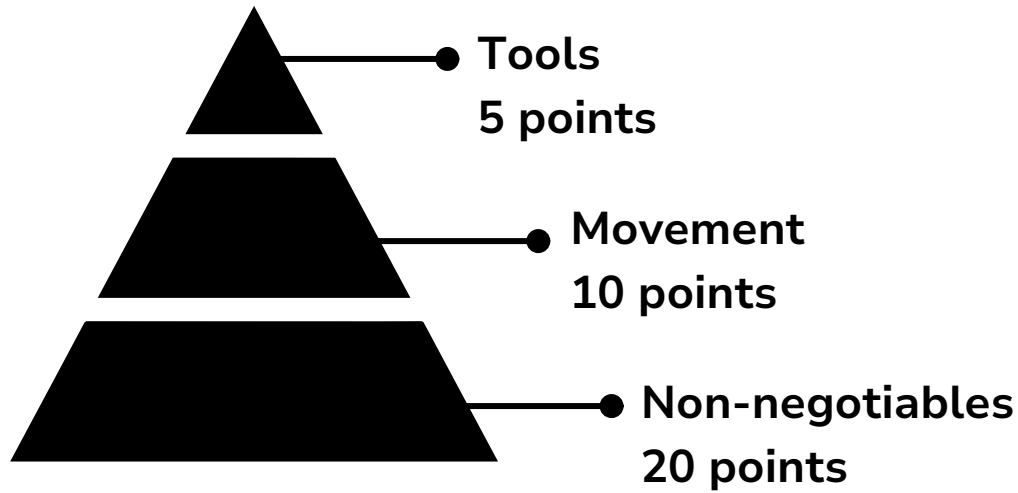


An example of how insufficient recovery (overtraining) can lead to decreased performance.



How appropriate 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	30 minute nap	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

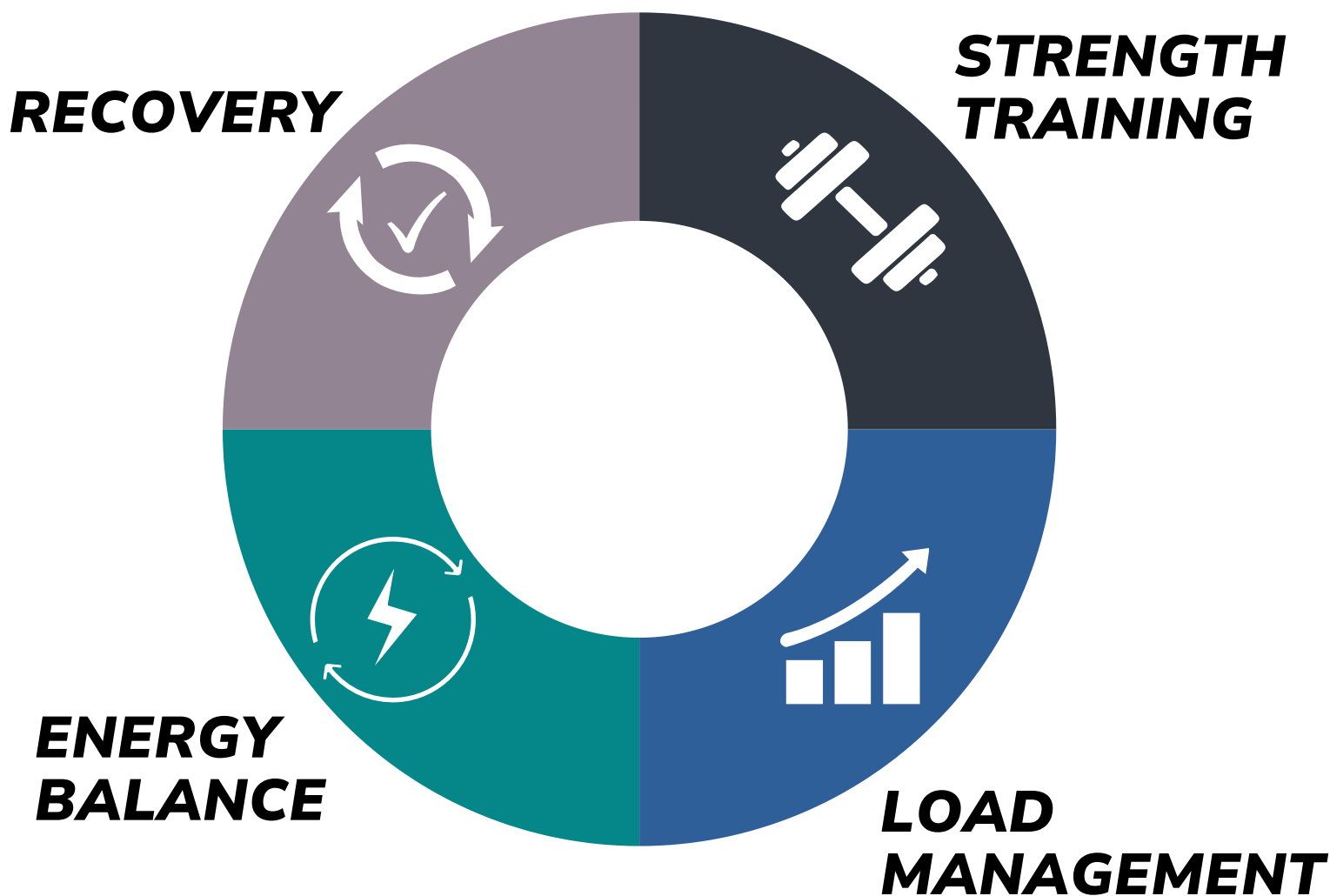
INJURY PREVENTION



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INJURY PREVENTION

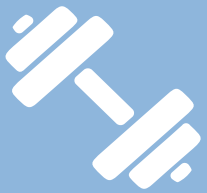
For most athletes in the world, the largest threat to their success is injury. Unfortunately, ultra running is no different. Unexpected challenges of injury or illness can easily disrupt even the best training plans. When it comes to injury prevention, there are 4 key components: recovery, strength training,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



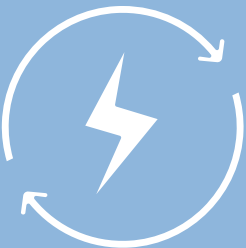
INJURY PREVENTION



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 JOURNEY AHEAD

At first, this may feel slightly overwhelming. Over the course of your training plan, you're going to learn a lot about yourself. It's time to drop the ego and be ready for what's to come.

At times you will fall short but there will be moments when you achieve things beyond what you thought you could. Embrace every high and every low.

Believe in yourself and never lose track of where you started. The thing which will keep you motivated is remembering WHY you took on this challenge in the first place.

REACH THE NEXT LEVEL

At TrailMed, we work with athletes to help them achieve their best when it matters. We offer world-class physiology and nutritional support, with the athlete at the centre of everything we do.

FITNESS TESTING



SWEAT TESTING

TRAINING PROGRAMS



NUTRITIONAL SUPPORT

FIND OUT MORE

Find out more about how we can help you achieve your goals!

Use **THRESHOLD10** at checkout to get 10% off TrailMed services and products!

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