

ULTRAMARATHON SUPPORT GUIDE FOR WALKERS



TRAILMED

THRESHOLD/
MORE IS IN YOU™

The adventure ahead

Get ready to lace up those hiking boots and unleash your inner trailblazer! Taking on an ultra is not just an event; it's a thrilling adventure waiting to unfold. Conquering vast landscapes, pushing your limits, and embracing the wild side of endurance.

Your ultra journey isn't going to be easy. Your adventure to the finish line will be full of highs and lows. So, gear up for an exhilarating ride filled with sweat, smiles, and the sweet taste of success. Get ready to redefine your limits and leave ordinary behind - because the extraordinary awaits on the trails!

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TOP TIPS

THE ULTRA SECRET

Walking is no surprise when it comes to taking on an ultra. To be the best ultra challenger 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 is a great way to preserve energy and avoid tired legs.

SOME DAYS, THE BEST TRAINING IS NO TRAINING

Making progress in our training comes from exposing our bodies to a challenging hike 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 EVENT TRACK

Ok, we may not mean this in the literal sense. But, to give yourself the best chance of performing at the event, you should aim to train in environments similar to the event conditions. If the ultra is hilly, expose yourself to lots of ascents and descents. If the ultra is on trails, train on trails. If the event course has lots of technical climbs, get used to challenging climbs. Do everything you can to prepare yourself best for event day.

TOP TIPS

TRAIN THE HARD SESSIONS HARD AND THE EASY SESSIONS EASY

This may sound fairly self explanatory but many athletes 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 training 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... and that's ok. If you have a bad training session, you can use that as an opportunity to learn and develop yourself.

AN ULTRA 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.

A MENTAL GAME

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

TRAINING DIARY

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

When using a training diary, a great start is to record the session focus (recovery, strength, endurance) and how well you think the session 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



PRE RACE FUELLING

After all the training miles, aches, pains, and many hills, it is essential to fuel your body correctly so you can perform your best at the event.

NIGHT BEFORE

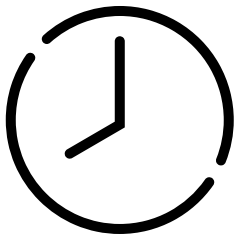
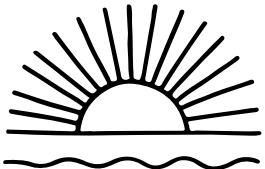
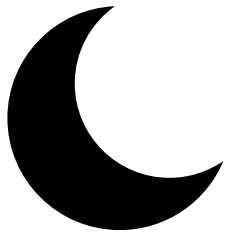
The night before the event, you should aim to consume a high carb meal, with some protein and fat. Try to keep the fibre content of this meal relatively low, especially if you are prone to gastro intestinal issues. A great example is spaghetti bolognese with garlic bread.

MORNING

In the morning of the event, try to consume a high 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 event. A great example is porridge with honey, a chopped banana and peanut butter, maybe a tasty pastry too!

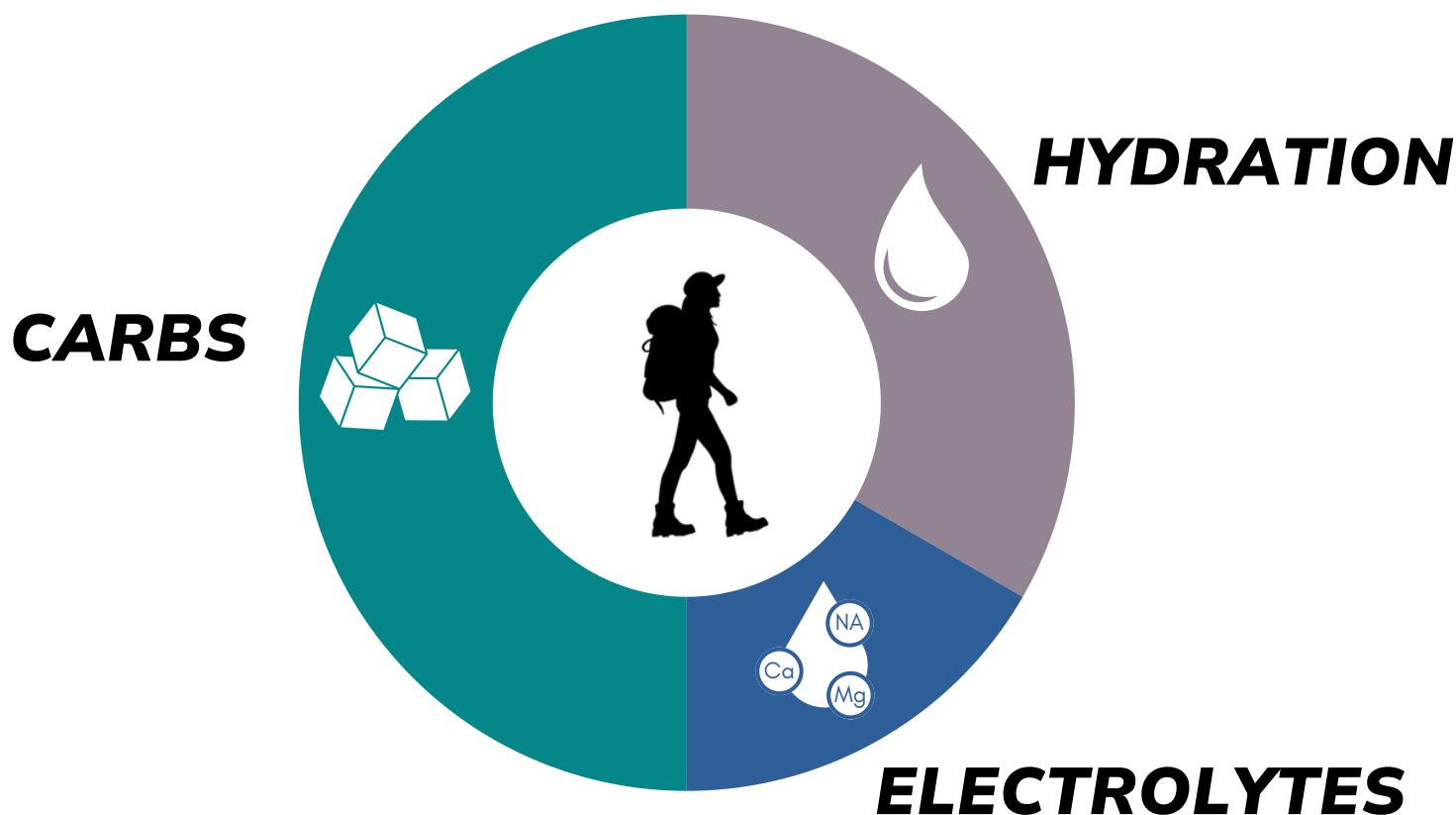
1 HOUR BEFORE THE START LINE

An hour before the start, you can consider consuming a final sugary carbohydrate source. As with any component of your fuelling strategy, you should practice fuelling with caffeine before the event.



RACE FUELLING

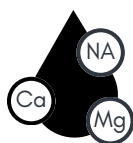
Your training is only part of the Ultra picture. Fuelling could be make or break for your performance when your event comes around.



You'll use a mix of fats and carbohydrates during your ultra, but with limited carbohydrate stores in the body, it's essential to consume carbs as you hike.



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



During exercise, we lose electrolytes (mainly sodium) 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 largely based on exercise intensity. When hiking an ultra, you should aim to hit between 40 g/hour to 60 g/hour of carbs

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 ultra, don't wait! You should keep eating regularly, at least every hour to stay fuelled.



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 but also in many whole foods.



When it comes to the form of carbs, you should adopt a mix-and-match strategy to meet your carb intake targets. A combination of whole foods mixed with some drinks, gels and energy bars should be used to fulfil hourly carb goals.

CARB FORM

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

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

Croissant
26 g

Bagal
43 g

Cupcake
28 g

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

GUT TRAINING

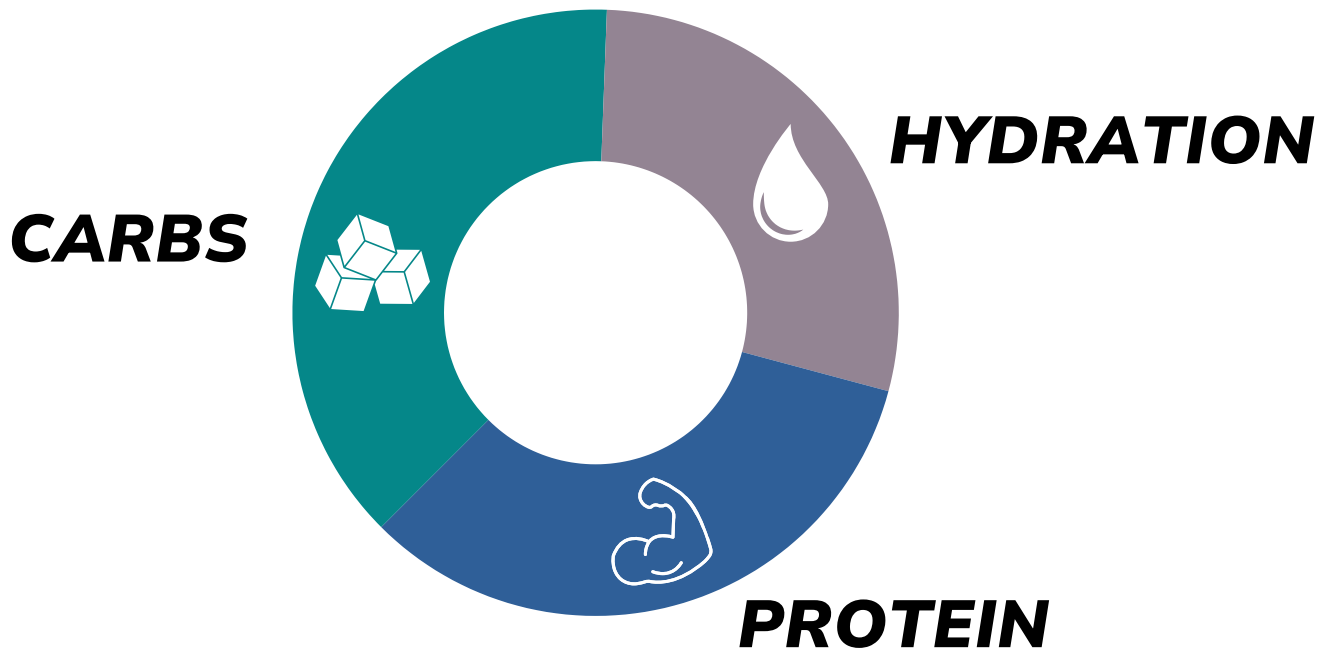
Consuming large amounts of carbohydrate can be a huge problem for many ultra challengers. Gut training can help improve the absorption of carbs during exercise and reduces the gastro intestinal issues experienced by some long distance hikers.

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

Week 1	Week 8	Week 12	Week 14	Event Day (week 16)
20 g/hour	40 g/hour	50 g/hour	60 g/hour	50 g/hour

A gut training plan for an ultra challenger aiming to consume 50 g/hour on event 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 foods drinks, gels, and bars/chews.

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



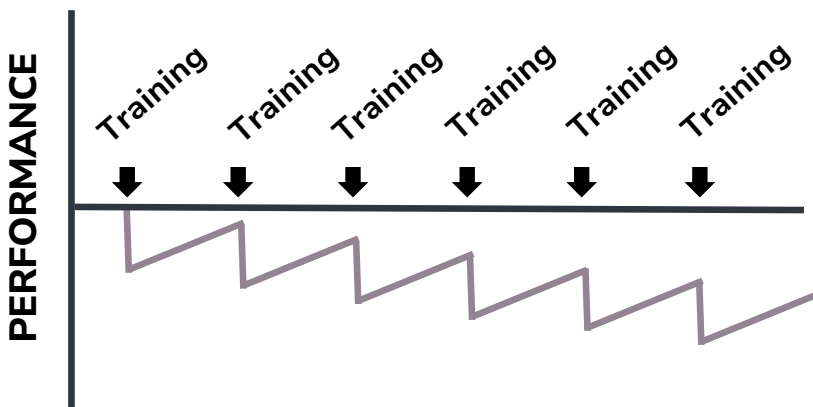
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RECOVERY

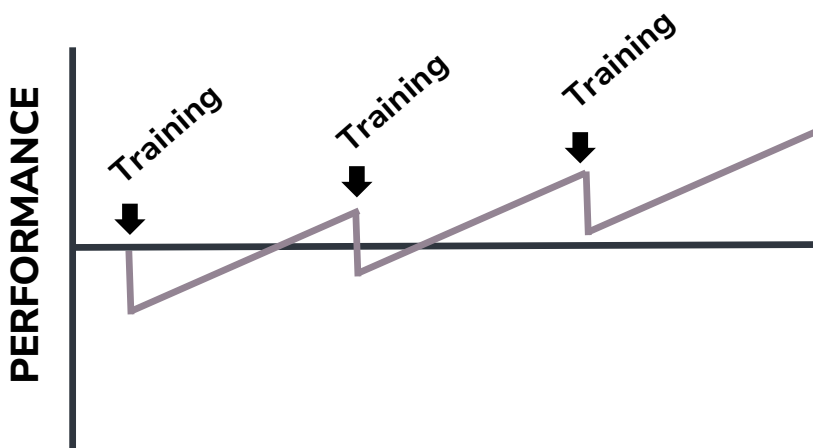
Recovery is often a largely neglected element of any training, especially for new ultra challengers.

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.

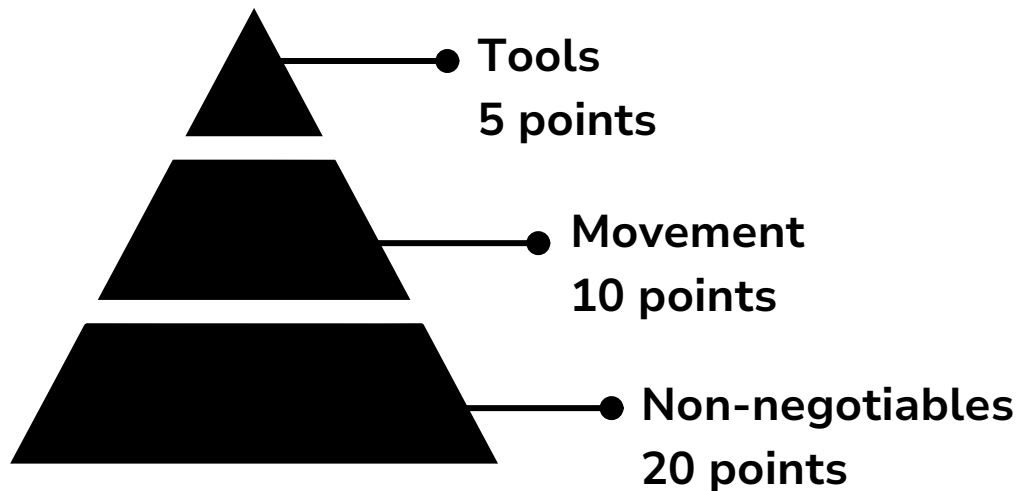


An example of how insufficient recovery (overtraining) can lead to decreased performance.



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 at night, before bed time >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

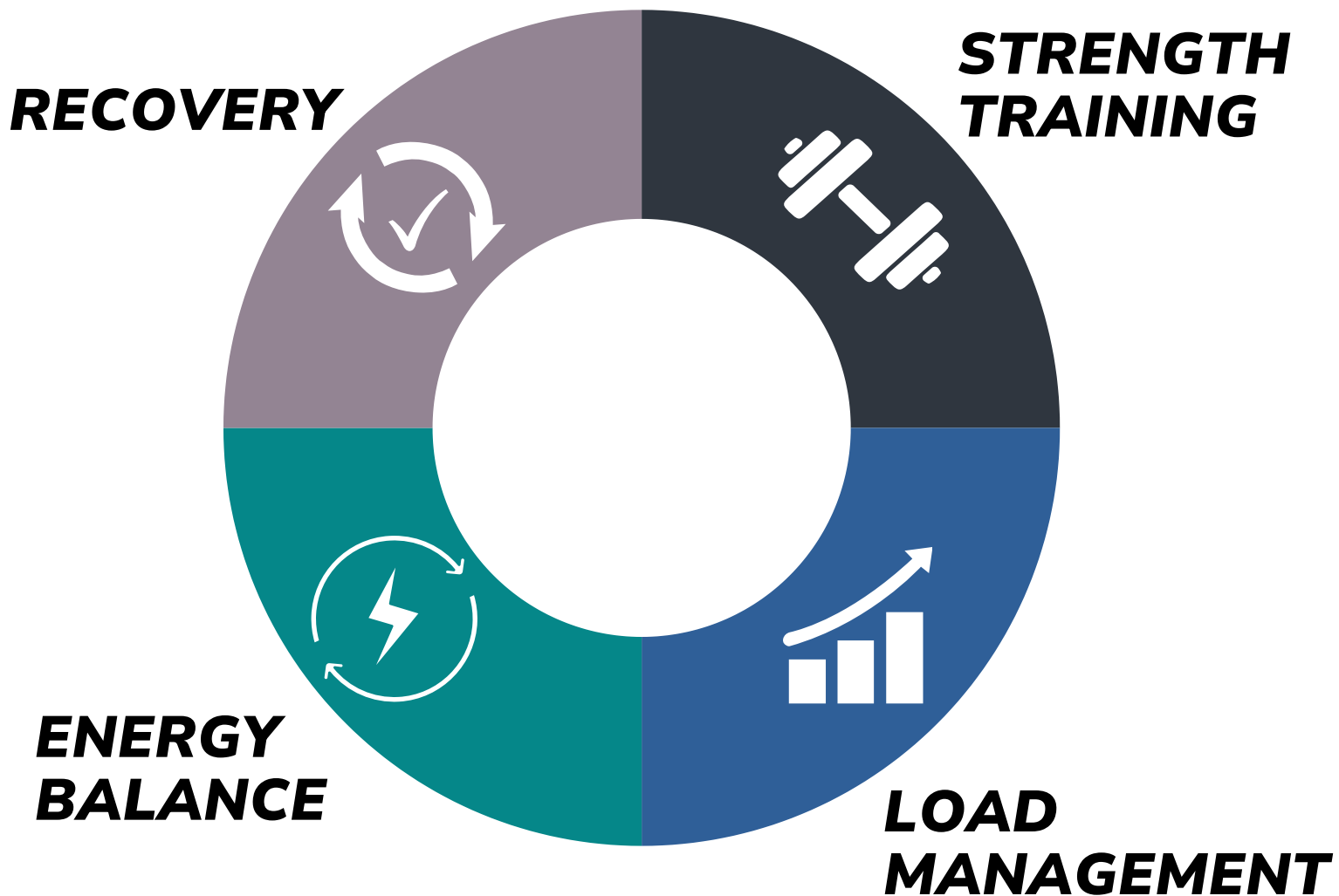
INJURY PREVENTION



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INJURY PREVENTION

For most athletes in the world, the largest threat to their success is injury. Unfortunately, taking on an ultra 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.



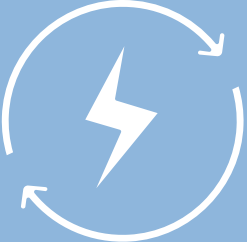
INJURY PREVENTION



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 has been overlooked when taking on an ultra. Strength training twice a week will help improve your endurance, 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 training is no session 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 challenge may feel slightly overwhelming. Over the course of your training plan, you're going to learn a lot about yourself. It's time to get 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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