

If / Then Strategies For An Ultra Goal



Think about some strategies you may need during your race. Write them down here and study them so you're ready come race-day.

If I start suffering with low blood sugar

Then I will stop (if possible at the next check point), drink a sugary drink, eat a sugary/carbohydrate snack and 5 minutes of rest. I will then focus more on fuelling and hydration going forward

If I feel a niggle / pain or have an injury

Then I will assess the problem, mitigate damage. Could a change of footwear help? Or perhaps walk for a few miles? Could using poles help, or taping?

If I have nausea / sickness or diarrhoea

Then I will take on electrolytes and fuel as best as possible. Potentially self medicate with imodium or similar.

If I get blisters

Then I will deal with any hot spots / soreness upon first noticing - immediately. Potential options are air feet, applying tape or lubricant, and changing socks / shoes.

If I have any issues with my kit

Then I will see if it can be replaced / fixed. Can I get a hold of something I need but don't have (crew / aid stations). If not, accept it and manage without it.

If I have to deal with inclement weather

Then I will react fast to changing weather / poor conditions by wearing waterproofs or warm layers or cooling off if heat issues. React before necessary, adapt pace if needed. Assess safety and own well being continually.

If I get lost

Then I will retrace steps back to the last trail markings if possible. Use gps or a map to locate position. Relax and get back on route. Once on route avoid pushing hard to make up for lost time, let it go.

Now, list some of your own:

If: _____

Then I will take this action: _____

If: _____

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