



HARRIER HOW TO RUN AN ULTRA

Course Recce Tips

Key Takeaways of the recce



Navigation and route finding: You'll never remember the whole route, but try to focus and remember key junctions and triggers for difficult sections.



Race plan: Recceing the route can be really useful to help you form your race plan.



Mental prep: It's incredibly useful to be able to envisage the entire course in your mind and imagine how you'll approach each section and support point.



Time it right: Plan your recces for between 3 weeks to 3 months before race day. Going too early or too late in your training can risk injury or fatigue on race day.

What to do if you can't do a full recce

- Read as many blogs and reports as you can and try to put together a mental picture of the route.
- Look carefully at the route profile and maps to identify the most challenging sections and key milestones of the route. This will help you prepare your navigation strategy.
- If you can't recce the whole route, identify the most difficult sections and aim to cover these. Covering the sections you'll be running in the dark, for example, can give you a confidence boost during the race.
- Search out similar training areas and terrain near to home – it's amazing what you can find locally.
- For longer ultras, run the middle section of the route. As Dan calls it "no man's land"! Practising here can give you a big mental advantage on race day.
- If there are sections through towns then it's worth just going to have a look at these even if you can't run them. City navigation to be some of the most challenging moments of races!