



HARRIER
HOW TO
RUN AN ULTRA
Be Ready

Ronnie's Ultra Prep Checklist

- Focus on your running. Your fitness level is your greatest asset.
- If possible, recce the route - if you can't, let it go.
- Train on similar terrain, if possible. If not possible do what you can to be as conditioned as possible with what you have.
- Have the GPX of the route on your phone/watch. Know how to use it.
- Know the aid station distances (have a print out).
- Have a draft / flexible pacing plan (know the cut-offs).
- Make your footwear choice(s) a month before the event so you avoid panic buying the week of the event.
- Know the event itinerary and rules.
- Try all race kit out in training.
- Get any coaching / training you need.
- Run long with full kit in your pack before race day.
- Practice a few head torch runs.
- Have a draft nutrition fuelling strategy - Practise this in training.
- Have a draft fluid / electrolyte strategy - Practise this in training.
- If you have a crew make sure they are well briefed on your goals and race rules.
- Pick your crew and pacer(s) wisely - make sure you understand one another.
- If you fall out with your support let it go and run, you can sort it out at the finish line.
- Have a mini first aid kit - including an anti-chafing stick (Glide) and your meds.
- Remember: Nothing new on race day.
- Trust your training.
- Believe in yourself - that counts for more than what anyone else thinks about you.
- Remember your "why".
- Enjoy the challenge!