



# HARRIER HOW TO RUN AN ULTRA

## Walking Training Tips



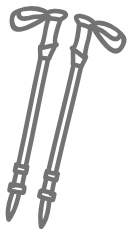
Mimic your race plan: If you plan to walk the hills in the race, walk the hills when you're training.



Combine walking training with your course recces. Walking your recces allows you to pay more attention to the course and puts less stress on the body.



Walk your commute! If you have a flat, easy route, add some weight to your backpack to increase your effort.



Walking is also the perfect time to get in some pole practice!



Leave your Strava pride at the door. OK, so walking doesn't count towards your weekly mileage. But it will still benefit you greatly come race day.