Checklist Longer Distance Ultras over 100km (or Technical Terrain)



Name:	
Event:	
Race Date:	
24-30+ weeks until race day:	Notes:
Base & Build phase training	
Identify race goals	
Practice on technical terrain	
Night running	
Refine navigation skills	
Recce the course (if possible)	
Walking and strength training	
Seek advice / coaching if needed	
8-12 weeks until race day:	
Peak phase training	
Continue technical terrain practice	
Practice using compulsory kit	
Practice hydration / fuelling strategy	
Mental preparation	
Decision planning	
Book race travel & accommodation	
2-3 weeks until race day:	
Taper phase training	
Race Plan	
Drop Bag Plan	
Identify "Rules of Failure"	
Post-race	
Race Reflection	