Checklist Mid-Distance Ultras 60-100km

Race Reflection



Name:	RUN AN ULTRA
Event:	
Race Date:	
24-30+ weeks until race day:	Notes:
Base & Build Phase Training	
Identify race goals	
Navigation skills	
Mountain skills	
Recce the course (if possible)	
Practice using compulsory kit	
Seek advice / coaching if needed	
Walking and strength training	
Learn to use poles	
Run a shorter "training race" on similar terrain	
8-12 weeks until race day:	
Peak phase training Mountain running	
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	