## Checklist Mid-Distance Ultras 60-100km

Name: $\qquad$
Event: $\qquad$
Race Date: $\qquad$

## 24-30+ weeks until race day:

## Notes:

## Base \& Build Phase Training

$\square$ Identify race goals
$\square$ Navigation skills
$\square$ Mountain skills
$\square$ Recce the course (if possible)

$\square$
Practice using compulsory kit

$\square$
Seek advice / coaching if needed
$\square$ Walking and strength training
$\square$ Learn to use poles

$\square$
Run a shorter "training race" on
similar terrain

## 8-12 weeks until race day:

Peak phase training
$\square$ Mountain running
$\square$ Practice hydration/fuelling strategy
$\square$ Mental Preparation
$\square$ Decision planning
$\square$ Book race travel \& accommodation

## 2-3 weeks until race day:

Taper phase training

$\square$
Race Plan

$\square$
Drop Bag Plan
$\square$ Identify "Rules of Failure"

## Post-race

$\square$

