Checklist Shorter Distance Ultras up to 60km



Name:	
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Event:

Race Date:

24-30+ weeks until race day:

Base & Build phase training



Identify race goals

Recce the course (if possible)

Practice using compulsory kit

Seek advice / coaching if needed

Walking and strength training

Learn to use poles (if needed)

Run a shorter "training race" on similar terrain

8-12 weeks until race day:

Peak phase training

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Reflect on build up events and training

Practice hydration/fuelling strategy



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

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