

- Races I've done
- Training plan
- Nutrition
- Crew
- Tips and tricks



# Races

- Jan 2020 – Country to Capital (43 miles)
- May 2021 – Country to Capital (43 miles)
- July 2021 – Race to the Stone (100km)
- Jan 2022 – Country to Capital (43 miles)
- April 2022 – Rose of Shires (53 miles)
- May 2022 – Thames Path (100 miles)
- May 2022 – Shires and Spires (35 miles)
- Oct 2022 – Thames Trot (48 miles)
- Nov 2022 – Wendover Woods (50 miles) - DNF
- Dec 2022 – UTMB Kosciuszko Australia (100km)
- Jan 2023 – Country to Capital (43 miles)
- Mar 2023 – Hundred Hills (50km)
- April 2023 - South Downs Way (50 miles)
- May 2023 - North Downs Way (50 miles)
- July 2023 - Wendover Woods (50 miles)







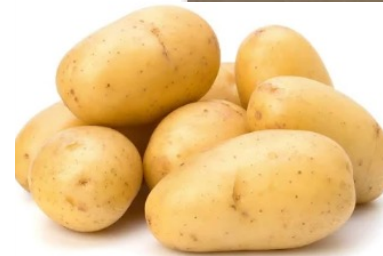
# Training plan

- Tailor to target race
- Think about race strategy
- 15:5 approach
- Strength/ yoga
- Run on consecutive days – running on tired legs (Saturday + Sunday; Friday night run)
- Train in every weather – no guarantee for race day
- Night runs
- Find as many training buddies as you can
- Cut off times

100 mile TRAINING PLAN								
Week	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10	10 - 16 Jan	Rest Day	4	8	6	Rest Day	12	18
11	17 - 23 Jan	Rest Day	4	8	6	Rest Day	20	12
12	24 - 30 Jan	Rest Day	4	6	6	Rest Day	10	8
13	31 - 06 Feb	Rest Day	4	19	6		22	13
14	07 - 13 Feb	Rest Day	4	10	6	Rest Day	24	13
15	14 - 20 Feb	Rest Day	4	10	6	Rest Day	10	8
16	21 - 27 Feb	Rest Day	4	8	6	Rest Day	24	15
17	28 - 06 Mar	Rest Day	4	12	6	Rest Day	26	15
18	07 - 13 Mar	Rest Day	4	12	6	Rest Day	28	15
19	14 - 20 Mar	Rest Day	4	12	6	Rest Day	10	8
20	21 - 27 Mar	Rest Day	4	8	6	Rest Day	30	20
21	28 - 03 Apr	Rest Day	4	15	6	Rest Day	10	8
22	04 - 10 Apr	Rest Day	4	8	6	Rest Day	54 miles	10
23	11 - 17 Apr	Rest Day	4	10	6	Rest Day	3	Rest Day
24	18 - 24 Apr	26.2	Rest Day	Rest Day	6	Rest Day	10	10
25	25 - 01 May	Rest Day	4	5	5	Rest Day	10	10
26	02 - 08 May	5	3	2	Rest Day	Rest Day	RACE DAY 100	Still Running

# Nutrition

- Salt tablets/ electrolytes
- Water
- Not just gels
- Real food: potatoes, sandwiches, flap jack
- Eat more than you think you need
- Caffeine
- The power of a cup of coke at an aid station
- Tailwind/ Maurten powder
- Plan your nutrition and stick to it as long as possible
- try everything during training –  
nothing new on race day



# Crew

- YES YES YES!!!
- Access to nutrition and spare clothes
- More flexible
- Keeps you going/ motivated



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# Tips and tricks

**NOTHING  
NEW ON  
RACE DAY!**

- Nothing new on race day (clothes, food)
- Trust your training
- There will be a bad stretch – it will pass (pain cave)
- **Things will go wrong – prepare for it!**
- Very short toenails
- Good socks
- Get a good headtorch
- Bag drop: tape, anti chafe, spare clothes, baby wipes, toothbrush, food, coke (overpack)
- Train with mandatory kit/ vest fully loaded
- Don't underestimate recovery/ sleep/ food intake
- If your feet don't hurt, don't touch them
- Get an Ultra friend/ Ultra therapist 
- Race strategy
- Write down cut off times
- Tape/ lube everything
- PACER
- CREW





**Sophie Power**



**Courtney Dauwalter**



**Allie Bailey**



**Camille Herron**



**Emelie Forsberg**

**Carla Molinaro**



Pain is temporary...  
Searchable race  
results last forever!

