

Ultimate Guide to Trail Running

by Adam Chase & Nancy Hobbs (2001)

Take short strides & be light on your feet [quiet]. Do not bend forward at your waist. Walk up hills to give your body a rest. Train for hills by doing hill repeats. Use mental magnets to draw you to a specific point. Body weight should be centered over the knees with each foot striking on the ball rather than the heel. Look ahead, but be aware of trip hazards. Run with a sense of command & relax. Try to keep your feet dry to help prevent blisters. Lift knees higher when running in a difficult area [rocks]. If you run at a fast clip & want to avoid falling then expect to miss some scenery.

The higher the altitude, the less amount of oxygen is carried in our bloodstream. But after we acclimate, the body produces more red blood cells & hemoglobin to transport more oxygen. Lower heart rates indicate improved fitness, but higher heart rates may indicate overtraining. Perform just below max oxygen consumption [VO2 max] & proper training will raise lactate threshold [70-90% of max heart rate]. Most ultra DNFs [did not finish] are due to improper pacing or failure to stay hydrated & fuelled. Do not go out too fast. Keep moving forward. Break ultras into small manageable sections.

Strengthen your stabilizing muscles & improve balance. Those training for a 100k or 100 mi. seldom train with long runs more than 8 hrs. A runner training 3-4 days/week [30-40 miles] with intervals, tempo, hills & distance runs [& rest days] will see progress. Do weight training & stretch exercises. Try to soak in cold water after a long run. Be off the peak by noon to avoid thunder storms. Avoid running alone in the wilderness.

Use trail running shoes that breathe with synthetic or wool socks [not cotton]. Do not put them in the washer or dryer. Consume enough carbs or the body will consume muscle. Salt helps restore a body after a 'bonk'. Drink 8 oz every 20-min during running & don't forget to take electrolytes. Post race rehydrate & take a 1:4 ratio of protein:carbs for recovery [chocolate milk is good].

Quotes: "Life is either a daring adventure or nothing." (Helen Keller)

Note: 1g of carbs or protein = 4 calories & 1g of fat = 9 calories.