

## BLOG #3. The importance of a coach

March

### Accountability and motivation – the role of coaching in my preparation for SCC

Like all of us, I fit a lot into my life and for the most part am able to maintain good balance – family, work, hobby jobs, hobbies – gardening and cooking, and of course running. However, the sheer volume of training required for a runner like me to do a 100km race to my satisfaction means there must be compromises during this period and in order to minimise these compromises, particularly the impact on my family, I engage a coach to ensure my program is the most efficient it can be and that I rest when I need to (I have a tendency to think that more is better and sometimes it isn't).

I first understood the value and enjoyment that comes from a structured and individualised program when I ran my first marathon under the guidance of Alan Owen-Jones, a 2XU run group coach, and while some people are fine doing their own programs or following a generic one off the internet, I find my program needs tweaking when the vagaries of life get in the way.

So now, Shaun Brewster of Brewster's Running sets up my program every four weeks and within that program I run with a 2XU run group where our coach is the fabulous and inspiring Kellie Emmerson.



### Seeking information from a wide range of sources and filtering it effectively

I have spent some time recently with some fabulous runners and coaches in Matt Cooper, Caroline Gavin, Lucy Bartholomew, Caine Warburton and Gretel Fortmann. These coaches offer different insights into various aspects of running: all are inspiring and incredibly motivating.

As the runner, I believe it's my job to then take all that information, try things, and filter for what methods work for me and what doesn't work for me at the present moment; realising that as I develop as a runner some of the things that don't work now may be useful in the future. For me, learning different approaches and ideas keeps running interesting.

### March Training

March training kicked off with an uplifting weekend in Bright with Matt Cooper at the Trailmade autumn camp. It was a feast for the senses with amazing food, fabulous people and inspiring scenery.

Still looking for hills ahead of the Buffalo Skymarathon, I ran up Mt Donna Buang (Warburton) for the first time – stunning views at the top, with the valley below shrouded in mist and the adjacent peaks poking through the clouds. I had forgotten how



leech bites are incredibly itchy for days and days after; next time I will take some salt to ward off the thirsty blood-suckers.

Brewster Beer Run on the Mornington Peninsula was a fun 21k (and 10k) trail event around the Arthur's Seat area. A really enjoyable event with great trails and a fabulous atmosphere that was enhanced by the can of craft beer runners received after crossing the line!

March was concluded with an amazing family camping trip to explore the east coast of Tasmania. I ran some beautiful trails but the travel schedule didn't necessarily allow for all of my planned sessions, mostly since it was a family holiday that by nature means time spent with the family, not soloing off on long runs! What the holiday lacked in running it certainly made up for in relaxation and recovery.

March stats: 261km with 8422 metres of elevation gain. I had hoped to do a little more climbing to build on February's efforts, but work and slight illness in the middle of the month plus the family holiday prevented my lofty training aspirations from being fully realised.

5 months to go!