

Em's SCC Rookie Blog – July Update

We're getting closer – eek!

We have arrived at the pointy end of training. Questions I ask myself, am I ready? Have I done enough thus far?

Suddenly its August, 6 weeks to go, it's going to be a big 4 weeks for me. My son is turning 18 during August, also a time for reflection, he's getting his licence. These things are a huge milestone. The days are filled with other things more important than me figuring how to stuff in a 5-hour run!

Now this may or may not have been a smart thing to do, but I did it. I went on a holiday for 10 days in July. Destination Vietnam, where long runs were not impossible but just not possible for me, I had every intention to at least clock a 5km on Strava maps, didn't happen. I did however fuel myself well, with Bahn Mi, Pho and Beer, not to mention croissants for breakfast!

I think the break did me well, I had a few (not so great, but better than none) massages, I rested and enjoyed some much-needed family time, escaped the cold for a bit. Holidays are over and now let the last few weeks of training begin! Time for an arse kicking.

The SCC training leg 3 was a great morning out. My team mates and I set off from Melbourne super early and also picked up another mate along the side of the freeway along the way. It was a stunning sky that morning. How lucky us early birds are to catch the beautiful sunrises. Just stunning. Actually, the best part of these dreary winter days is the amazing winter sunrises.

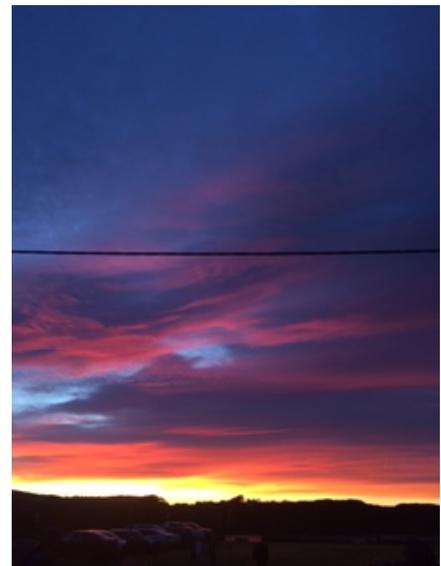
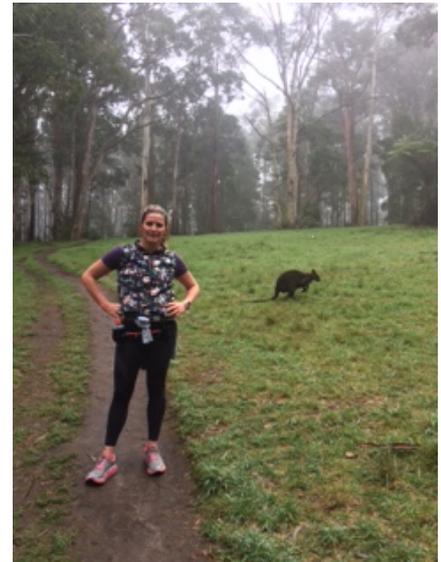
Leg 3 will be very hard after 50km. Some great tips were shared by David Eadie, The Running Man and this one from Kellie Emerson, which I love and now try to replicate. "Hike the shit out of the hills". Thanks Kellie. I will! Another wise tip from David was DO NOT SIT DOWN at checkpoint 5? (after leg 3) Noted. My teammate Jody and I definitely will not sit here... we are going to grab what we need and get the hell out of there. I'm planning on needing lots of cheering at this point. Maybe a kiss from G.

At this stage in the game we are hitting around the 5hr long runs. I'm using these runs as a dress rehearsal for the 100k. My coach UC, gave me good tips from the beginning. To train with my full pack, to get used to it, every long I wear mine, I know where my chafe spots are, same with shoes and socks. Socks can make or break a run.

Some great tips from Sam Maffet on packing our kit was great. I've actually packed my rain jacket into a Ziploc bag now, so much more compact! I'm a mother of 4, how did I not think of this??

Other great tips and advice that I think are great –

- All long training runs should be run on the trails and slow them down
- Train your ass off. You can't wing this stuff. Train for every aspect, the hiking, fuelling, under the bridge crawl, the shoe change.



- You might not feel hungry, but you need to eat, get the calories in even if you don't feel like it. Have a selection, sweet, salty. I her plain chips are a good go to... crunchy, salty, carby, fatty.
- Nerves are good.

The mental side of ultra-running is creeping in. The questions I ask myself during the long slog, the feelings that creep in. I'm finding that I acknowledge them and move on. The inner voice and the challenge to out run it is serving me well. I know when I'm in my zone I hardly recognise myself. It's a version of me that I really like, the version of me that only appears when I'm working hard and the only time she appears seems to be somewhere after 30km. This could be my secret ingredient to finishing my 100km feeling well and strong.



I will definitely be trying to find that girl that I become once my motor gets going. I'm feeling confident. I'm chipping away every day to complete this goal. And I am still feeling incredibly lucky that I am able to do this crazy stuff. We live in a beautiful country where we can walk out the door and inhale fresh air. I think my trip to Vietnam did confirm that.

On that note. Happy running. Keep chipping away. Nearly there