



# General Trail Running Tips and Advice

*As recommended by David Eadie & Nikki Wynd*

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- Train smarter not harder and have some structure to your program
- Follow an 'easy / hard' approach to your program.
- Always include a longer run in your weeks training
- Train at the running pace relative to your fitness and ability level, over time this will improve naturally
- Run a pace relative to the type of session your doing and again at your fitness and ability level
- Do not worry what other are doing in training, train to your needs and fitness level
- Wear Appropriate Shoes for the Terrain. Supportive flexible shoes with good grip
- Know the Course – Do your best to have an understanding where you're running by looking at maps beforehand, visualising it beforehand. Know what course marking you will be required to follow
- Give yourself enough room to see the trail in front of you. You need to anticipate where that next rock, or stick or root may be waiting to get you, so don't run right on some one's shoulder
- Look well ahead (3 to 5 metres) of where you're going, don't always be focused on the ground 2 foot in front of you
- Leave your Ipod in the car and listen to the sounds of the trail, it has its own a beautiful song. Besides that you want to hear other runners coming up behind you
- Don't take unnecessary risks, slow down for obstacles and don't be distracted by the scenery
- When going downhill run within your limits but run with 'flow' i.e rhythm and at a sensible pace
- When going uphill (walking or running) have good tall posture, look up the trail not just down at your feet, this opens up your chest and lungs so you can breath more
- Power walking hills can be an effective way to cover a lot of ground and rest and recover at the same time
- Don't wear anything new on race day – Make sure you have trialled all your gear
- Hydration and Nutrition – Ensure you drink and eat (gels etc.) during the event
- Pace yourself, start easy build into the event or you could pay for it later
- Know the distance between each aid station and what will be available – we recommend writing a little summary down and taking it with you.
- Leave the trail as you found it, don't leave your gels wrappers, plastic bags, banana peels or anything else on the trails

