

GORE-TEX Transalpine Run Training

9 weeks to go!

There is no doubt that training for a race like the Gore-Tex Transalpine Run is a daunting task. It takes a tremendous amount of dedication, patience and perseverance. All of the things that you will no doubt draw from help you finish come race day.

If you're following the on-line training plan(s), you would have noticed a slight shift in the program in May. Some of the "cross-training" hours started to transition into more run-specific training and the back to back runs have increased in duration.

It's important, however, to remember that the online training plans are a guideline only. Your individual prep will determine who needs more time to cross train and/or to build into the longer back to back runs.

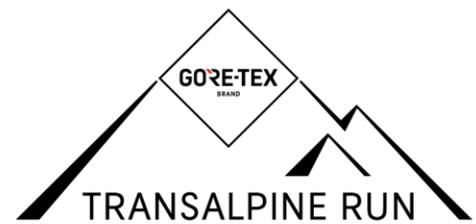
Either way, by now you should be starting to create some habits within your training that will set the tone for your upcoming race week in the alps. The following is a breakdown of training areas and suggestions for where you should be (or soon approaching) in terms of your training.

Recovery Routine - As your mileage increases, so does the amount of stress you're placing on your body. Getting into a habit of rolling, stretching, cold water soaks etc., becomes just as important as getting out to run itself. In some instances, making the decision to skip a run and give more attention to aches, niggles and tight areas is the right one.

- Tip 1: start a regular recovery routine and perform it after your weekend back to back runs (at the least) like they are stages at the Transalpine Run. The idea behind this, is to create a routine and form habits you know will work for you when you get to the race.
- Tip 2: by now you should know what your body needs to acquire optimal recovery post runs and you should be consistent with this leading into the race. Replenishing your body with carbohydrates and protein is key. Ideally this is as soon as possible (within the first 30-60min after each exercise session). Be sure to include 30-60 grams of high quality complex carbs and aim for a 3:1 carb/protein ratio.

Mandatory Gear - Be sure you're doing some adventure runs that requires you to place all of the mandatory gear required into your pack. Your shoulders, back and body (in general) needs time to adapt to the weight of you pack. Not to mention, each morning Plan B staff will check to ensure you have the required gear or they deny your start.

Poles - If you plan on using poles during the Transalpine Run, (which I highly recommend) then you will want to practice using them before race day. Efficiency improves the more you use them, as do your arms adapt. You'll need time to practice as you may be using your poles for 4-10hrs per day.



- Tip 1: start with using them on your longest run of the week and gradually add in another day every week until you're using them on 3-4 runs per week.
- Tip 2: be careful not to cross your poles out in-front of you, as this is the most common tripping hazard when using poles.

Setbacks - Training for Transalpine Run will no doubt come with its share of ups and downs. There will be times when you will need to take a break for family commitments, work responsibilities and/or any potential injuries that may try to sideline you.

If sidelined with an injury, it is important to remember that you can't just pick up where you left off if you have been off for more than 2-3 weeks. Building back may take time, however you're much better off arriving at the race slightly under-trained and rested, then over trained and injured.

Terrain – please read my first training accompaniment [HERE](#) that reviews the variety of terrain needed to properly prepare for a race like the Transalpine Run and be sure you keep mixing it up heading into race day!

Rene Unser is a 7-time GORE-TEX Transalpine Run participant and has finished hand in hand with her partners, finished solo, DNF'd, has won stages and finished 3rd overall in the team women's category. Throughout all these experiences, she has learned so much about herself, partner racing and stage racing and is working with Plan B to share monthly stories and insights that will help others make the most out of their 2018 journey across the alps. Thanks for reading!

DREI LÄNDER, ZWEI LÄUFER, EINE WOCHE - DER TRAUM!
THREE COUNTRIES, TWO RUNNERS, ONE WEEK - THE DREAM!

