

GORE-TEX Transalpine Run

Top 10 Tips for a Successful Week



1. Respect your recovery routine and start thinking about the following stage as soon as your current stage is finished. No matter how tired you are at the end of the stage, don't stray from it. Refuel, rehydrate, sit in a cold creek, book a massage or use self-massage tools. Whatever routine you used that was effective in your training, implement race week and stick to it.
2. You're likely going to have stages that question whether you can run the next day or possibly finish the race. Despite how tired you may feel, how 'hard' one day might be or how thrashed you feel when you wake up the next morning, don't start thinking your race is over. The following day might be your best yet! Make a commitment to start the next stage and set a goal to make it to the first aid station. If you still don't feel well or are "too tired" to continue, at least you can drop out knowing you tried your best. Most of the time once you warm up, your outlook will improve and you will be fine.
3. Communicate with your partner throughout the week, particularly pacing. Be careful not to outrun your abilities in an effort to try to keep up with your partner or you may run yourself into the ground. Also, be sure to address any issues as they arise, rather than allowing them to linger and potentially become a bigger issue that necessary.
4. You'll be tired at night before bed, but even more tired when you wake up the next morning, so get all your gear ready the night before.
5. Be aware of the cut off times. Some teams may feel they have legit cut-off concerns based on their pace or fitness and some may need to plan for an unexpected setback that may require more time than expected to finish any particular stage.
6. Focus on the solution, rather than the problem. This will help you get back on track sooner, rather than dwelling or complaining about what isn't working. Address the issue and make a plan to fix it asap.
7. Fuel and hydrate well during each stage and be consistent with the timing and volume of your intake. How you choose to fuel each day will not only serve you in the present moment, but it goes towards your energy for the following stage. Avoid digging a hole or deficit by staying on top of your fuel.
8. Deal with any niggles or aches immediately. Seek the medical crew or outdoor physio team before or after the stage for advice, treatment or taping if necessary.
9. Stay positive. You are going to have challenging moments that may question your ability or even why you're doing this event. Nobody is immune to this and everyone will experience this at some point. You're best to tackle these moments with a positive outlook. P.A.C.E. = Positive attitude changes everything!
10. Lastly, be grateful! Remember – it's a gift to be out there as many people will never have the opportunity to run across the alps and share memories with a partner. Soak up every step, embrace every moment and be grateful for the opportunity to "keep on running."

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 open 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. Rene also writes training plans for novice and experienced runners, which have helped teams successfully finish this event every year. #keeporunning #transalpine2018

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

