



# MARGARET RIVER

## ULTRA MARATHON TRAINING PACKAGE

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# MARGARET RIVER ULTRA MARATHON MANDATORY & ADVISED GEAR LIST

Based on the official checklist on the Rapid Ascent Website [Here](#).

The following recommendations are a small selection from the extensive range of trail running specific gear and apparel we stock. They all receive the mandatory gear tick of approval from Rapid Ascent and make up our personal favourites to perform wilder with. We are here to support you. We look forward to answering any questions you may have, via [info@findyourfeet.com.au](mailto:info@findyourfeet.com.au), 1300 584 023 or in store at 107 Elizabeth Street Hobart, TAS 7004.

Don't forget to use the code **Plan2PerformWilder** to receive 20% off your orders with us!

CLOTHING	MEN'S	WOMEN'S
Long Sleeve Thermal Top	<a href="#">The North Face Light Crew Thermal</a>	<a href="#">The North Face Light Crew Thermal</a>
	<a href="#">Icebreaker Oasis Long Sleeve</a>	<a href="#">Icebreaker Oasis Long Sleeve</a>
	<a href="#">Patagonia Capilene Lightweight Crew</a>	<a href="#">Patagonia Capilene Lightweight Crew</a>
<a href="#">Waterproof Breathable Jacket with Fully Taped</a>	<a href="#">Salomon Bonatti Jacket</a>	<a href="#">Salomon Lightning Jacket</a>
	<a href="#">The North Face Hyper Air GTX</a>	<a href="#">The North Face Hyper Air GTX</a>
	<a href="#">Patagonia Storm Racer Jacket</a>	<a href="#">Patagonia Storm Racer Jacket</a>
100-weight minimum Long Sleeve Synthetic Fleece Top	<a href="#">The North Face TKA 100 Glacier Quarter Zip</a>	<a href="#">The North Face TKA 100 Glacier Quarter Zip</a>

EQUIPMENT		
<a href="#">Vest Pack</a>	<a href="#">Salomon S/LAB Sense Ultra 8 Set</a> (22km/50km)	<a href="#">Salomon S/LAB Advanced Skin 8 Set</a> (22km/50km)
	<a href="#">Salomon S/LAB Advanced Skin 12 Set</a> (50km/100km)	
<b>Full-Fingered Lightweight Thermal Gloves</b>	<a href="#">Icebreaker Lightweight Oasis Glove Liner</a>	
	<a href="#">Salomon Agile Warm Gloves</a>	
<b>Buff</b>	<a href="#">Buff Merino Wool</a>	
	<a href="#">Buff Original</a>	
	<a href="#">Find Your Feet Necktube</a>	
<a href="#">Headlamp</a>	<a href="#">Petzl Bindi</a>	
	<a href="#">Petzl Nao+ Reactive Headlamp</a>	
	<a href="#">Petzl Reactik+ Reactive</a>	
<b>Small Backup torch</b>	<a href="#">Petzl E-lite</a>	
<b>Whistle</b>	<a href="#">Fox whistle</a>	
<b>Emergency Space Blanket</b>	<a href="#">Sea to Summit Emergency Space Blanket</a>	
<b>Compression Bandage</b>	Best to get at your local pharmacy: - 'heavy weight cotton crepe bandage' or 'heavy cotton elastic bandage' or 'heavy weight elastic support bandage.'	
<a href="#">Lightweight Dry Sack</a>	<a href="#">Sea to Summit Ultra Sil 2L</a>	
	<a href="#">Sea to Summit Ultra Sil 4L</a>	
<b>Waterproof Map Case</b>	<a href="#">Lifeventure DriStore LocTop 3pk (For Maps)</a>	
<b>Water Bottles or Bladder (2L capacity)</b>	<a href="#">Salomon 500mL Speed Soft Flask</a>	
	<a href="#">Salomon 2L Reservoir</a>	

<a href="#">Food Bars/ Portions</a>	Shotz Energy Gels - <a href="#">Individual</a> - <a href="#">Box</a>	
	Shotz Energy Bars - <a href="#">Individual</a> - <a href="#">Box</a>	
Zip-lock Bag for Personal Rubbish	Best to get at your local grocer	
EXTRAS	MEN'S	WOMEN'S
Training & Race Shoes	<a href="#">Our Collection</a>	<a href="#">Our Collection</a>
	<i>Depends on the individual however something light - weight, with well-spaced lugs such as the Salomon S/LAB range, Altra's and La Sportiva's. Call or email us if you have any questions.</i>	
Socks	<a href="#">Find Your Feet Coolmax Socks (Long)</a>	<a href="#">Find Your Feet Coolmax Socks (Long)</a>
	<a href="#">Find Your Feet Coolmax Socks (Short)</a>	<a href="#">Find Your Feet Coolmax Socks (Short)</a>
<a href="#">Hydration</a>	Shotz Electrolyte Tablets - <a href="#">Individual</a> - <a href="#">Box</a>	

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## Ultra Marathon Overview



Week no.	Training Focus	Recommended Gear	Advice
1	Aerobic - Moderate	Use the code 'Plan2PerformWildier' for 20% off at <a href="#">Find Your Feet</a>	Ease into training, don't be afraid to walk if you need to, and make sure you investigate the best vest pack, trail shoes and socks for you.
2	Aerobic - Hard		I believe weak glutes are common causes of most lower limb injuries. Try to prioritise core & gluteal strength routines in training. I aim for 10-15mins of strength & activation before my hard training days.
3	Recovery + Mission 1	<ul style="list-style-type: none"> <li>Vest Pack</li> <li>Trail Shoes</li> <li>Trail Socks</li> <li>Dry Bags</li> </ul>	Try your vest pack & trail shoes on your mission. Pack your phone & gear inside dry bags to protect them. Also begin to consider your nutrition strategy and practice this too.
4	Aerobic - Moderate		Achilles, plantar fasciitis & ITB issues are common amongst runners. Consider a musculoskeletal screening by a physio & starting a basic strength & activation routine.
5	Aerobic - Hard		As we continue to increase volume, try not to compromise the quality of training. Keep in mind that the sessions should feel tough, but comfortable.
6	Recovery + Mission 2		As training increases recovery becomes even more important. Review your sleep & nutrition habits. Start to incorporate some variation in terrain such as soft sand.
7	Aerobic - Moderate	<ul style="list-style-type: none"> <li>Rain Jacket</li> <li>Blister Prevention</li> <li>Nutrition &amp; Hydration</li> <li>Space Blanket</li> </ul>	Understanding your sweat rate can really help understand how much volume and thus nutrition & hydration your stomach can tolerate on race day.
8	Aerobic - Hard		Check in with your training and review your progress. Sometimes when you take a step back you realise just how far you have already come!
9	Recovery + Mission 3		Consider initiating massages on a 2-3 week frequency into your training to prevent injury. Do not forget to check back in with The Trail Running Guidebook for support.
10	Trail Specific - Moderate		Sweat rates change under different temperatures & humidities. Consider repeating your sweat rate test under different conditions to last time. Ensure you are getting experience on soft sand terrain.
11	Trail Specific - Hard		Try practicing some of the tips and tricks we have discussed in the Mastering Hills Podcast. Hills are about efficiency! The biggest secret comes back to small steps and a high cadence.
12	Recovery + Mission 4	<ul style="list-style-type: none"> <li>Head Torch</li> <li>Backup Head Torch</li> <li>Buff</li> </ul>	Ensure that you are constantly monitoring your nutrition & hydration successes. This mission is critical for practicing a consistent & replicable strategy. Don't forget to trial your breakfast too!
13	Trail Specific - Moderate		Begin to relax and feel confident, enjoying the knowledge that you are nearly there! Most of the week should be spent focusing 100% on recovery.
14	Trail Specific - Hard + Mission 5		I like to get my head around race day long before it comes around. Start preparing your race day strategies, especially how you can optimise your mental strength.
15	Sharpening		Ensure that you have all your nutrition, hydration and mandatory gear requirements ready. Start easing back the training. Avoid ramping up your speed too fast to avoid injury.
16	Taper + Race Day	<ul style="list-style-type: none"> <li>Thermal Top</li> <li>Nutrition &amp; Hydration</li> <li>Bandage</li> </ul>	Chill out. You cannot get any fitter or faster. So rest, recoup and enjoy relaxing before the adventures ahead.
25	REST!		Avoid trying to plan your next race or huge adventures this week. You will be filled with adrenalin but also tired, this could be a deadly combination. Plan smart, rest hard!
26	RELAX		Start gently easing yourself into enjoyable active recovery. You should still be aiming for weeks of active recovery before you start considering the 'what next?'

WEEK 1	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Moderate Week	Aerobic: Moderate							
<a href="#">Read: The Trail Running Guidebook by Harry Allston</a>	Mon	Easy	Active recovery activities such as easy jogging or cross training.		0:45	Rest			
<a href="#">Podcast Episode #19 Base Training</a>	Tue	Moderate	Easy jog to stretch out the legs.		0:45	Easy			
	Wed	Hard	Tempo Run: Warm up then attempt 2x10min 'comfortably uncomfortable' effort tempo. Run #1 over rolling hills then #2 on flatter terrain that is soft, i.e. grass. Take 5min jog recovery between each. Finish with a short c'down.		1:00	Easy	Strength training: focus on core and running muscles. Aim to complete this session immediately prior to your Tempo Run.		0:20
	Thu	Easy/Rest	Recovery day. Choose from total rest, passive or active recovery activities.			Rest			
	Fri	Moderate	Easy run but aim to include 5x1min stronger runs (at approx. 10km effort) followed by 1min jog recovery between each effort. This will help you feel lighter and more efficient.		0:50	Easy	Strength training: focus on core and running muscles. Aim to complete this immediately session prior to your run session.		0:20
	Sat	Hard	Long Run: add some hills and trails in if you can. Run this at a comfortable talking pace... enjoy! Run for up to 1hr45mins today.		1:30	Easy/Rest	Passive or active recovery session, such as light swimming, stretching, yoga or wading in salt water.		
	Sun	Rest				Rest			
<a href="#">If you need assistance, please feel free to contact me for a Performance Consultation</a>	Comments or Considerations?		Welcome to the 'wave training way' and I hope this week gives you a gentle introduction into this methodology. As this is only a 16-week planner and your goal is to run an ultra-marathon, I am assuming that you have already developed some base fitness and running specificity. This week's long run is 90--mins, and I am hoping that this feels comfortable for you. If not, it may be important to consider your preparation more individually. Feel free to reach out to me for a Performance Consultation.				Weekly Totals:		5.3



WEEK 2	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Hard Week								
	Mon	Easy	Active recovery activities such as easy jogging or cross training		0:45	Rest			
Podcast: Episode #25 Hill Training & Running Technique	Tue	Moderate	Mid-week longer run at talking pace. Can be on trail or can be run somewhere close to home. Suggest adding grass or small amounts of sand running if you can.		1:15	Easy			
Wed	Hard		Tempo Run: 10min warm up; then attempt 10min/8min/6min build efforts, beginning at a 'comfortably uncomfortable' effort then increasing to a hard effort by the end of each repetition. Take 5min jog recovery between each. Finish with a short c'down		1:00	Moderate	Strength training: focus on core and running muscles. Aim to complete this session immediately prior to your run session		0:30
Thu	Easy/Rest		Recovery day. Choose from total rest, passive or active recovery activities.			Rest			
Fri	Moderate		Easy run but aim to include 10x30sec strong-paced efforts (at approx. 5km effort) followed by 30sec jog recovery between each. We call these 'strides' and they help your technique & efficiency.		0:45	Easy	Strength training: focus on core and running muscles. Aim to complete this session immediately prior to your run session.		0:20
Sat	Hard		Long Run: run this at a comfortable talking pace but include plenty of hills, soft grass, trails and even some sand if you can.		2:00	Easy/Rest	Passive or active recovery session, such as light swimming, stretching, yoga or wading in salt water.		
	Sun	Rest				Rest			
	Comments or Considerations?		This week will be the first Hard Week of training. The main focus of this week is to gradually build into the Tempo Run session on Wednesday. I suggest doing some strength work for your core, including abdominals, glutes & lower limb muscles immediately prior to this session. This turns on your running muscles, helping you to gain more efficiency in the session. Saturday is a long run. 2hrs will become a fairly standard long run duration for your moderate & hard weeks. Do not be tempted to go longer than this as we are trying to save the longest sessions for your Missions (the first of which is next week!).				Weekly Totals:		6:35

WEEK 3	DAY	KEY SESSION					OPTIONAL EXTRA TRAINING					
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration			
	Recovery/Mission	Easy/Mission 1										
	Mon	Easy	Walk or jog for recovery today. Remember, this week is about getting our mind and body ready for the mission!		0:40	Rest						
Podcast Episode #28 Mission + Adventure Psychology	Tue	Moderate	Easy run but aim to include 6x30sec strides with 30sec jog recovery between each.		0:45	Easy	Strength training: focus on core and running muscles.		0:30			
	Wed	Easy	Active Recovery: choose from an easy jog, swim or walk.		0:30	Rest						
	Thu	Rest				Rest						
Podcast Episode #21 Sports Nutrition & Hydration	Fri	Easy	Easy run but aim to include 6x30sec strides with 30sec jog recovery between each.		0:30	Easy	Strength training: focus on core and running muscles. We are aiming to awaken those running muscles before tomorrow.		0:20			
	Sat	Mission	Welcome to your first Mission! Aim to run relaxed and over varying terrains (i.e., sand, grass, hills) for up to 80% of the duration. Walk frequently to reduce risk of injury and likely simulate race day. Take note of any mind games that your brain plays with you.		4:00	Rest	Active or passive recovery session, such as easy walk, stretch, swim or wade in salt water.		0:30			
	Sun	Rest	Optional passive recovery activities			Rest						
	Comments or Considerations?		Welcome to your first Mission week! This aim of the first part of the week is to recover before your weekend's mission. Try to ask yourself every day, 'what do I need to do today to ensure I am feeling even better tomorrow?' In the mission, try to run relaxed and over varying terrains (i.e., sand, grass, hills) for up to 80% of the duration, walking relatively frequently to reduce risk of injury and likely simulate race day. Utilize your sports nutrition to ensure that you are not fading badly towards the end. After all, missions are about building confidence in your preparations.						Weekly Totals: 7.45			