



Reactions to The Trail Running Guidebook

Darryl Griffiths, author & founder, Shotz Sports Nutrition Australia: For every action there is a positive and/or negative reaction. This certainly rings true with Hanny’s philosophy of life and running. Hanny covers all areas of mind and body, with a sound understanding that we are all unique and there is no ‘one size fits all’. This book is the go-to for any level of runner from beginner to elite.

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Darryl Griffiths

Hannah Clark, elite Australian lightweight rower turned distance runner: I came to Hanny years ago with a simple request – to help me to train for a trail marathon in the Swiss Alps. I had no idea that out of this would come not just a fantastic athletic experience, but the beginning of a relationship that would truly change my life. At the time, on paper I was a successful athlete, having represented my country on the international stage. The reality, however, was an individual who was over-worked, over-stressed, and broken. Years of following punishing, prescriptive training plans meant that I had lost my athletic intuition, my joy in movement, and even my sense of self.

Hanny’s training philosophy is worlds away from the accepted performance paradigm. Punishment is not the only way to achieve success. In fact, Hanny’s methods will enable you to see that through finding

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your sense of play and wonder, you can achieve greater things than you ever thought possible. This is the training philosophy for the real person – where the

stress of work, family and general life is actually accounted for. Whatever your version of ‘success’ is – whether that be elite performance or simply to get moving in the mountains – Hanny will help you to achieve just that.

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Hannah Clark

I hope you will find, as I did, that the positive impact of playing, performing and being ‘wilder’ will extend far beyond just athletic performance.

Hanny has truly helped me to find my feet – in sport, and in life. So set your sights on your next adventure, feel your toes start to tingle with excitement and anticipation, and head off in the direction of your goal. I think that out there on the trails you’ll find your feet – and even more.

Kellie Gibson, mother & businesswoman: I chose Hanny’s training planner in the lead up to the 2018 Ultra-Trail Australia 22 km. For me, it was the obvious choice in my return to longer racing after a period of burnout and recurring injuries. This was due to a combination of overtraining and life stressors.

Initially I had chosen the program to allow me to get through the training and event in one piece, but was blown away by the performance gains I made along





the way. This meant shifting the goal posts and my expectations on what I could achieve on race day.

I thoroughly enjoyed following the Wave Training and always looked forward to the next session. The well-balanced approach of the structure allowed me to gain confidence throughout my training while providing adequate recovery and adaptation time between key sessions. This ensured I hit the start line feeling prepared, fresh, fit and confident, which is something I had failed to achieve for a very long time!

Hanny's training program and this guidebook really exceeded my expectations. The guidebook was an excellent go-to for problem solving my challenges as they came up in training, such as nutrition and fuelling. I would recommend this program and guidebook to anyone preparing for a trail event who is wanting a well-balanced approach that is achievable in terms of volume while still making performance gains. Hanny's program offers something for everyone and can be easily adapted to runners of all levels, lifestyles and goals. My confidence and motivation has continued to soar post the 22 km event! This is the best investment I have made in my running in a very long time.

'I had chosen the program to allow me to get through the training and event in one piece, but was blown away by the performance gains I made along the way.' Kellie Gibson

Bonnie Davies, athlete & shift-working nurse: Recently I competed in my first trail marathon in South Africa.

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Apart from the occasional fun trot on the trails or short cross-country events, I really am largely committed to road running. Prior to the event I sought

'Hanny's words ... were worth their weight in gold – or silver, as I came in second female and sixth overall!'

Bonnie Davies

the advice and assistance of Hanny. Hanny provided valuable advice and also a copy of *The Trail Running Guidebook*. This book was my bible! I read and absorbed it, making notes. I took it with me, cramming the night before the event. I ran the event with Hanny's words fresh in my mind and they were worth their weight in gold – or silver, as I came in second female and sixth overall! Thank you Hanny.



Erika Brann, athlete & working mother: Some people have the ability to make you believe you can conquer the world. Hanny is one of those people. Whether it is a short conversation, a mentoring session, or even reading her blog, you come away thinking, 'Yes, I can! When can I start?' Not only has Hanny helped me to achieve my running goals, more importantly she has given me the confidence to believe and trust in my own ability. She has empowered me to make smarter training decisions for myself and to realise that I am in the driver's seat. I have found the Wave Training Theory

'Some people have the ability to make you believe you can conquer the world. Hanny is one of those people.'

Erika Brann





easy to follow and manipulate into my busy life. And I long for those Mission weeks! Her nutrition advice has helped me summit volcanoes, mountains and many ultra-running events. I really have come to realise that running well is so much more than just a spreadsheet. I believe that with the help of all Hanny's resources, including the podcasts tours and this guidebook, she has helped me to nurture my true self.

Dr Chris Hayes, Pain Medicine Specialist:

Hanny Allston has a passion for the planet's wilder places and helping people to access them in relative safety. She has the gift of making her experience as an elite athlete understandable to the recre-

'She has the gift of making her experience as an elite athlete understandable to the recreational trail runner.'

Dr Chris Hayes

ational trail runner. Endurance trail running will always involve discomfort, but applying the distilled wisdom of this guidebook will undoubtedly minimise the pain.







In loving memory of Max and Jackie,
who inspired me to learn and love
the art of running.







Foreword

HANNY ALLSTON HAS BEEN MY MENTOR, FRIEND AND go-to girl for all things running since I attended one of her running camps in February 2015. Through her positive guidance, in a few years I have gone from being a novice runner thrilled to finish a 50 km, to competing in an international 175 km mountain race, the 2017 Ultra-Trail du Mont-Blanc, where I finished 23rd female.

Following Hanny's training principles for every race has allowed me to stand on start lines feeling confident that I have covered all the bases. More importantly, it has let me manage injuries so I can race to my full potential.

Hanny's Wave Training Theory allows the body time to recover from hard sessions, limiting the risk of injury. It also promotes a natural ebb and flow of intensity so that I'm mentally eager on the hard weeks, knowing recovery is just around the corner. But by far the best thing about the training structure is Mission Day! These are the times I go to the mountains with friends and remember that trail running is SO MUCH FUN!

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When it comes to racing, I've faced sizeable nutrition & hydration challenges. If you are someone who has stood on the side of the trail puking, you will appreciate how vital these sections of *The Trail Running Guidebook* are going to be!

Hanny's 'big picture' approach makes her a great educator. From her own athletic experience and professional background, she understands the importance of weaving together physical training, recovery, mental state, nutrition & hydration, gear requirements and injury management.

Wherever you are in your running journey, let this guidebook inspire you to grab your shoes and go!

Brook Martin

From recreational athlete to elite international trail runner

23rd Female, Ultra-Trail du Mont-Blanc 100 mile 2017

6th Female, Ultra-Trail Cape Town 100 km 2017

6th Female, Ultra-Trail Australia 100 km 2018





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1. Perform Wilder

IN MY MOST ELITE RACING YEARS, SUCCESS WAS ABOUT times, results, performances. Not any more! Today my very personal definition of success is: **a willingness to reach the edge of discomfort and be willing to play there.**

What is your definition?

The Find Your Feet *Trail Running Guidebook* is a summary of my personal coaching methodologies with a focus on sustainable, long-term health and training successes. My focus is on helping you to ‘find your feet’. I am interested in *you*. Embarking on wild adventures or entering races is about starting on a journey that will require patience and, hopefully, a very, very long-term approach.

I hope that the success of your own performances and aspiration is measured by: the health and adventures you have along the way; the spontaneity you create within the training structures you apply; and the ‘*What next?*’ you ask yourself in the weeks after your chosen goal. Notice how my measure of success is not the finishing time or crossing of the finish line of a race?

1. Perform Wilder—1





I have learnt through hard lessons that racing success does not make you a better or more successful person. Rather, the journey and the ‘self’ you build along the way are better measures of personal attainment. Make whatever goal you set yourself a transition into a life of playful adventure, done in a way that will be sustainable until a day that is a long, long way into the future!

Be Wilder, Play Wilder and Perform Wilder

My coaching and personal philosophy has arisen from years of coaching a wide array of recreational athletes, as well as my own experiences performing among elite athletes across a breadth of sports, from swimming to orienteering, marathon running to ultra-distance trail racing.

I believe that performance occurs when there is a union of an individual’s sense of self, their ability to find joy in the pursuit, and the consistency of their preparation, knowledge, and experiences. It is a pinnacle, the tip of your athletic pathway at a given moment in time. It requires you to be ready to be there: mentally, physically, but also emotionally. For you to reach this pinnacle in the first place, you must have done the work and then have been willing to put it all out on the line on the day. This requires an absolute love of what you do, but also an incredible strength of belief in who you are. Let me explain.





Be Wilder

Firstly, I believe the pathway to performance and mastery requires a fundamental belief in who I am as a person. *'Who is Hanny when she is not an athlete or out running?'*

It is vital to be able to answer this question for yourself, and to understand the values by which you stand – to know how to hold yourself strong should injury manifest or setbacks hit.

I didn't recognise this until I turned 30. One day I woke up and thought, 'I'm not sure I know who Hanny is.' I identified myself as a runner but the scary thought was: 'What happens if I can no longer run?' This set me on a journey to understanding the real Hanny, to identifying her values, fears, strengths, weaknesses and opportunities. Nearing the end of this process, I have found a deeper sense of resilience, self-empowerment, and a confidence in myself that I didn't know I had. In other words, I found my feet. I call this depth of understanding 'Being Wilder'.



Play Wilder

I hope that you have picked up this book because you are also looking to find more joy from this sport of trail running that you have come to love. It is vital that a desire to have fun is at the heart of the decisions you make and the actions you take. Therefore, once you know who you are and what makes you 'you', then it is time to

1. *Perform Wilder*—3





honestly begin to identify what you love. Take away the influence of others, and try not to let FOMO (Fear of Missing Out) guide your decisions. What do you love? If one of your answers does not involve trail running then use a little caution. A love of running wilder on the trails is vital to longevity in the sport and to optimising your abilities.

I call this playfulness and understanding of what makes you tick 'Playing Wilder'.



Perform Wilder

If you know how to Be Wilder and to Play Wilder, only then are you ready to truly perform at your greatest ability. It is vital to arm yourself with knowledge, skills and self-awareness of your uniqueness as an athlete. This depth of understanding will come not only from your ability to read widely, ask questions and learn from others, but also from your ability to get your hands dirty and learn from your own experiences. There is no better place to learn than from failures! When you finally stand on the start line of your chosen grand adventure you will be self-empowered, ready to play hard, and willing to strive for success. That is, you will be ready to 'Perform Wilder'!

The three secrets to success

Three key elements will provide confidence in your abilities, especially at races or on wild adventures:





1. **Knowledge:** How well you know the course you wish to run and what you are in for.
2. **Nutrition and hydration:** How well you understand and have practised your fuelling strategies for your chosen goal, including problem solving when things get tough.
3. **Consistency in training:** How successfully you executed consistent days and weeks of training to create a long, coherent period of preparation.

The common approaches

I have found that when adult athletes are underperforming, they often fall into one of three categories.

1. One-hit wonders

The athletes who grab at their moments of spare time, rushing out the door for a run. They move by feel and 'shoulds'. Their training may be hard or easy, depending on the amount of time they have available. Large or fast bouts of exercise can be followed by numerous rest days until the next session can be squeezed in.

- **Error:** Inconsistent training loads place sudden bouts of shock and stress on the body. These athletes find it hard to produce consistent performances and often experience soft-tissue injuries.

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2. Runners

The athletes who love to run but prefer to ‘just run’. Training is often at an even intensity – neither hard nor easy.

- **Error:** Leads to frequently running in the ‘plod zone’, limiting their potential, come race day. These athletes can feel frustrated when race performance does not match their training volumes.

3. Harder is better

These athletes push for rapid strength and speed improvements. Most sessions are conducted at higher intensities or larger volumes, with minimal thought given to rest or recovery periods unless injury niggles suggest otherwise. Gym sessions are tough, swims are tough, and runs are long and tough.

- **Error:** Insufficient planned recovery makes this training strategy unsustainable over a longer period of time. These athletes frequently experience niggles.

If the key to excellent preparation is the consistency of your training, then any of these errors can limit you from reaching your true potential when it comes time to excel.

