



ULTRA TRAIL AUSTRALIA

22KM

**TRAIL RUNNING
TRAINING PACKAGE**

BY HANNY ALLSTON

2018-19



FIND YOUR FEET

BE WILDER • PLAY WILDER • PERFORM WILDER

Thank you so much for purchasing my UTA22 Training Planner.

The focus of this training planner is to help you to *find your feet*, using your Ultra Trail Australia goal as a foundation for personal growth and wilder adventures. I cannot emphasise strongly enough that **this training plan is a guide**. I hope that you see it as an opportunity to learn the skills of preparing for trail running goals whilst incorporating exercise into a lifestyle. Therefore, I believe it is absolutely essential for you to use this training planner in combination with the extensive knowledge located in my newly released [Trail Running Guidebook](#). This Guidebook explains in detail the theories behind my training resources, and provides insights on a wide range of important topics such as recovery, common injuries, nutrition & hydration, and psychology. All of these topics will be imperative to understand prior to race day!

I have learnt from my own elite running career and ten years of coaching endurance runners, that in order to thrive in your chosen goal it is essential that you are willing to sit firmly in the driver's seat; to listen to your body and fully respect the demands of your personal lifestyle. I call this – **being wilder**. It is essential to ask yourself the question, 'Who am I when I am not running?' If you are struggling to answer this question then there is a strong risk that your running goals will feel unsustainable over the longer term. Next, it is critical that this goal is fun! Make sure that you incorporate the activities, locations, trails and friendships that you love. I dare you to – **play wilder**. Only then will you feel ready to - **perform wilder**.

Find Your Feet Australia, 107 Elizabeth Street, Hobart Tasmania 7000,
www.findyourfeet.com.au

As you will see in this training planner, there are plenty of opportunities to select carefully from a breadth of sessions on offer. This is to ensure that you do not place too many stresses on your body thereby risking injury, illness and disengagement from the goal. Feel free to modify any sessions to ensure that you are getting the rest and recuperation that you require to maintain your enjoyment in the goal and your physical health. After all, we are all unique human beings and our bodies are certainly not machines!

Finally, I have learnt through hard lessons that racing success does not make you a better or more successful person. Rather, the journey to UTA and the 'self' you build along the way are better measures of personal attainment, as is your excitement for the '*what next?*' You are about to start on a successful journey that can lead you into a long-term lifestyle incorporating great health, happiness and wilder adventures.

I am excited! Are you?

SINCERELY,
HANNY ALLSTON



TESTIMONIES

YOUR PROGRAM WAS A MASSIVE HELP. NOT JUST THE 24 WEEKS OF DETAILED WHAT-TO-DO-&-WHEN, BUT THE PRECEDING INFORMATION WAS INVALUABLE TOO.

EVEN THOUGH I'D BEEN FOLLOWING YOUR PLAN AND IT WAS THE CORE OF MY TRAINING THAT I ONLY ADJUSTED TO BETTER FIT IT TO MY LIFESTYLE AND ROUTINE, I KNEW I WAS GOING TO BE PREPARED FOR RACE DAY AND WOULD BE STRONG LINING UP AT THE START, I STILL HAD LOTS OF FEARS AND WAS VERY SCARED TO SAY THAT MY AIM WAS TO FINISH THE 100 WITHIN 18 HOURS. I HAD A GREAT TIME FROM START TO FINISH, WITH A BIG SMILE ON MY FACE, FELT STRONG AND HAPPY AND ONLY HAD A FEW SHORTER SECTIONS WHEN I FELT TIRED OR A BIT DEFLATED. I HAD NO NIGGLES, FINISHED THE EVENT WITHOUT ANY BLISTERS OR CHAFE AND WITH A DREAM TIME OF 16 HOURS AND 41 MINUTES :-) THANK YOU THANK YOU THANK YOU!!!



@KARAMABIE

I HAD TO GO INTO THE 100 WITH A COMPLETELY DIFFERENT 'GAME PLAN' AS I NEVER 'TRAINED' THINKING I WOULD BE DOING IT BY MYSELF ... WITHOUT YOUR PROGRAM AND THE PODCASTS I LISTENED TO, I KNOW IT WOULD HAVE BEEN A LOT HARDER TO GET TO THAT FINISH LINE... SO I JUST WANTED TO SEND YOU A BIG THANK YOU!

YOUR TRAINING PLANS HAVE HELPED ME IN A 50KM, 3 X UTA100 AND ONE HOUNSLOW WITH IMPROVEMENTS EACH YEAR... THANK YOU...



I FOLLOWED YOUR UTA50 TRAINING PLAN AND IT WAS THE BEST TRAINING GUIDE THAT I HAVE EVER FOLLOWED. IT COMBINED LOGIC AND SENSE WITH A PHILOSOPHY ON RUNNING THAT WAS REFRESHING IN RECOGNISING THE GOALS & PASSION OF MERE MORTALS.

ALTHOUGH WE HAVEN'T MET, YOUR TRAINING PLAN, GUIDE AND PODCAST GOT ME TO THE START LINE OF MY FIRST ULTRA HEALTHY AND HAPPY. I HAD NO EXPECTATIONS HAVING NOT DONE A RUN OF THIS DISTANCE OR IN TERRAIN LIKE IT BEFORE. I CAN SAY I ACTUALLY ENJOYED THIS RACE. SO AGAIN, THANKS COACH!

THANK YOU SO MUCH! IT WAS WELL LAID OUT, EASY TO FOLLOW, ACHIEVABLE WITH A MISSION ONLY EVERY THREE WEEKS, TIME ALLOWED FOR RECOVERY. I HAD NO IDEA WHERE TO START WHEN I PUSHED THE ENTER BUTTON, AND I LOVED EVERY MINUTE OF MY UTA50 EXPERIENCE. AGAIN, THANK YOU.

YOU INSPIRED ME TO CHALLENGE MYSELF AND SAFELY TEST MY LIMITS AND I AM FOREVER GRATEFUL FOR YOUR EARLY GUIDANCE.

TRAINING IDEAS

Use this guide to help you to personalise your training planner. Feel free to substitute any of the training sessions outlined in this program with your own activities. For example, if I have suggested jogging on an Easy Day, you may like to swap this for swimming if this is something that you really enjoy? For more detailed information on this concept, please refer to my [Trail Running Guidebook](#). You may also need to arrange an additional [Performance Consultation](#) with me.

REST DAYS	EASY DAYS	MODERATE DAYS	HARD DAYS
No Formal Planned Training	Low volume, low intensity days that best prepare your body to train	Low intensity, volume or 'time-in-the-legs' days.	High intensity or high volume training days
EXAMPLE SESSIONS			
Allied Health sessions ie. Massage	Jogging	Two easy runs in one day	Long Runs - should still be run at a 'talking pace'
Gentle walking	Walking	One longer run (up to 75% of your weekend long run)	Hill Interval Sessions - longer reps
Gardening or house activities	Easy cross-training	Strength Training - harder sessions	Hilly Loops - hills run hard
Beach or pool activities	Yoga/Pilates	Cross-training - not too hard though	Hill Time-trials
	Active transport (ie. cycle commuting)		Fartlek training - longer reps, less recovery
	Kids sports activities		Time-trials
	Social sports activities		Races
WHAT ELSE DO YOU ENJOY?			
REST DAYS	EASY DAYS	MODERATE DAYS	HARD DAYS

UTA 22KM

Overview



Week No.	Training Focus	Mandatory Gear Suggestions	Advice
1	Aerobic Training - Moderate	View the Mandatory Gear Checklist and 20% OFF Discount Code at Find Your Feet	Investigate the best vest pack & trail shoes for your race day needs. Consider your 'sock status' too.
2	Aerobic Training - Hard	<ul style="list-style-type: none"> Vest Pack Space Blanket Trail Shoes Trail Socks Dry Bags 	Ease into training gently. Don't forget to practice walking in training. Where possible add walk into your daily routines ie. taking stairs at work.
3	Mission - 1hr20mins		Try your vest pack & trail shoes on your mission. Pack your phone & gear inside dry bags to protect them.
4	Aerobic Training - Moderate		Last year achilles, plantar fasciitis & ITB issues were common amongst UTA runners. Consider a musculoskeletal screening by a physio & starting a basic strength & activation routine.
5	Aerobic Training - 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 and 1 longer gym session each week.
6	Mission - 1hr40min	<ul style="list-style-type: none"> Rain Jacket Nutrition & Hydration Blister Prevention 	As training increases recovery becomes even more important. Review your sleep & nutrition habits.
7	Aerobic Training - Moderate		Understanding your sweat rate can really help understand how much volume and thus nutrition & hydration your stomach can tolerate on race day.
8	Aerobic Training - 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	Mission - 2hrs	<ul style="list-style-type: none"> Head Torch Backup Head Torch Buff 	February is the most common month for injuries. Consider initiating massages on a 2-3 week frequency into your training to prevent injury.
10	Aerobic Training - Moderate		Sweat rates change under different temperatures & humidities. Consider repeating your sweat rate test under different conditions to last time.
11	Aerobic Training - 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	Mission - 2hrs15min		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	Hills - Moderate		Check in with your progress on the hills. Now that your strength is growing, consider adding stairs and more downhills into your training where possible.
14	Hills - Hard	<ul style="list-style-type: none"> Thermal Top Nutrition & Hydration Compass Bandage 	Now would be a good time to gather the rest of your mandatory gear together. Consider how you can prepare for either wet or hot conditions too.
15	Mission - 2hrs45min		Practice, practice, practice. Complete this mission as if it were race day - from nutrition to gear. Don't forget to also practice your hiking skills.
16	Hills - Moderate		Notice how we have slowed the learning. Take some time out to relax and play this month. After all, we do this for fun.
17	Hills - Hard		I would strongly recommend booking a massage before the upcoming long mission. We don't want to take any risks!
18	Mission - 3hrs30min (longest)	<ul style="list-style-type: none"> Check Trail Shoes Check Socks 	Practice, practice, practice. Complete this mission as if it were race day - from nutrition to gear. Don't forget to also practice your mental focus & hiking skills.
19	Hills - Moderate		Review the success of your longest mission. Is there anything you would change? How did your gear perform.
20	Hills - Hard		Check the status of your shoes & socks. Do they have enough life in them for race day? Have they performed optimally? You still have time to wear in new ones if they are becoming tired.
21	Mission - 2hrs Race Simulation		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.
22	Sharpening	<ul style="list-style-type: none"> Check Nutrition & Hydration Checkpoint Bags Ziplock Bags 	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.
23	Sharpening		Increase the quantity and quality of your sleep & nutrition. Many athletes reported getting sick at this time last year. Don't join them!
24	Taper = UTA 22 Race Day		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						
Podcast Episode #17 Psychological Foundations of Performance	Mon	Rest				Rest			
	Tue	Easy	Active recovery activities such as easy walking or crosstraining		0:30	Easy	Optional active recovery activities such as easy recovery walk or cross-training		0:15
	Wed	Moderate	Easy trail jog/run at talking pace		0:30	Rest			
	Thu	Hard	Aerobic run on gentle rolling hills		0:40	Easy	Strength training: focus on core and running muscles		0:20
	Fri	Rest				Rest			
	Sat	Moderate	Long walk or cross-training at a talking effort		1:00	Rest			
	Sun	Hard	Longer Run: add some hills and trails in if you can. Run this at a talking pace		0:45	Rest	Optional passive recovery activities		
Comments or Considerations?		We suggest that you begin on this plan following a period of walking and gentle jogging to build up your fitness. If you are not yet able to comfortably back up runs and feel comfortable throughout a day following training then you would be best to begin on the planner in January. In this instance, for the month of December gently jog 3-4 days per week and include 1-2 cross-training and strength sessions.					Weekly Totals: 4:00		
NOTES:									

WEEK 2	DAY	KEY SESSION				OPTIONAL EXTRA TRAINING			
		Intensity	Activity	Distance	Duration	Intensity	Activity	Distance	Duration
	Hard Week		Aerobic: Hard						
	Mon	Rest				Rest			
	Tue	Easy	Active recovery activities such as easy walking or crosstraining		0:30	Easy	Optional active recovery activities such as easy recovery walk or cross-training		0:15
	Wed	Moderate	Easy trail jog/run at talking pace		0:30	Rest			
	Thu	Hard	Aerobic run on gentle rolling hills - try to run the hills a little stronger than the flats		0:40	Easy	Strength training: focus on core and running muscles		0:20
	Fri	Rest				Rest			
	Sat	Moderate	Alternate: 15min walk/15min jog for up to 75mins		1:15	Rest			
	Sun	Hard	Longer Run: add some hills and trails in if you can. Run this at a talking pace		0:45	Rest			
Comments or Considerations?		If week 1 of the plan went comfortably then this week we up the volume a little. The focus of the week is the Thursday Tempo Run and the Sunday Long Run. The Tempo run should feel 'comfortably-uncomfortably' whilst the long run just completed at a talking pace.					Weekly Totals:		4:15
NOTES:									