

NO STRESS!

You **CAN** be ready for the **G2G**

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The hardest part is now done. You've signed up and set the goal. There are seven months to go until the actual race start, **PLENTY** of time to prepare and wrap your head around the event and set a game plan to ensure that you arrive at the start line, ready for the adventure that awaits you.

Let's think **BIG PICTURE** and put your mind to ease.

Firstly, only a few people who attend these high mileage stage races are actually there to compete and win. Most runners sign up for the experience, the adventure and to challenge themselves. Rest assured that you will be in the company of many other like-minded people who are there as first timers, just wanting to complete each stage and enjoy the evening camp atmosphere. You can be as competitive or not as you want. People attend these races for so many reasons so think about why **YOU** are taking on the challenge?

There is time to train, well ...over half a year in fact! Stage racing is not about who is the fastest nor does it matter what your marathon time is! Being successful and completing each stage of the race is simply about being able to move forward. The focal point should be "steady." You just need to keep moving forward at a consistent pace and hence, your months of training leading up to this should reflect this. Most athletes will use a walk/run combination. Learning how to take fluids and consume calories is critical. Work on your strength, posture and stabilizer muscles for carrying a heavy backpack each day as you run. Understand how to take care of your feet and determine the best strategy for keeping them healthy out there. These are skills that can be taught and mastered and once again, you have time! We will be addressing these points in the months ahead.

At this time of year, many people are living in winter climates where the trails may not even be clear yet. Not too worry. Here is how I suggest you spend the next 3 months in preparation:

Cross training – this can include a mix of sports that you like and have access too. Just because your favorite trails are covered in snow, doesn't mean you can't start to strengthen your aerobic engine and kick start your training. Snowshoeing, hiking, nordic skiing, ski touring and cycling are all great winter activities. Hit some spin classes at your local gym, get on a strength program to work on muscular imbalances and develop power. Spend your weekends out with friends moving at a talking pace.

Think about the summer months (June – August) and see if there are other races/ultra's that you'd like to use as training for the G2G. Having small goals along

the way will help keep your training on track and motivation high. Choose events that look like a good time and will allow you to put your training into practice. Ultra races ranging from 50km's to 100milers are a great way to get time on your feet and log some serious hours.

Plan some Spring and Summer weekends that will involve 3+ days of back to back training. These might be hike and run weekends where you spend 3-6hrs on your feet each day. Once again, don't focus on moving at a fast pace but rather just continuous movement. When planned with friends, you will have a good time and forget that it's actually a training weekend. I'm going to write more on this topic in the weeks ahead.

Talk to a coach about your goals and put a plan into place that fits your lifestyle and the time you have available to train. A good coach will challenge your strengths and develop your weaknesses. I've worked with many athletes who have never done much ultra running and we've had them toe the line of a stage race. With a good plan in place, completing a multi-day event is VERY do-able. Don't wait until 2 months before the G2G to decide how and if you are ready. Other coaches such as Matt Hart and myself specialize in endurance training systems for exactly these types of races. You will not only complete the G2G but you will enjoy the process along the way. Consider attending a training camp as well so that you can have face to face time with a coach and learn everything there is about ultra running.

Remember....lots of time to prepare! Make a plan and put it into action!