

How-To: Run an Ultramarathon!

Short version:

Eat more food and run slower.

Long version:

Ultrarunning is often mistaken to be for ‘elite’ athletes. However, nothing could be further from the truth! Ultrarunning is for anyone who enjoys being outside and feeling their body move; that’s it.

1) Base-building:

This is a phase of time where you condition your body to get used to running/jogging/walking. Anywhere between 3-6 miles a day, 4-6 days a week. Don’t rush yourself during this time—allow 6-12 weeks of just ‘base building’ with appropriate recovery and you’ll be shocked at the changes! Eventually, your ‘base’ miles will grow, but don’t worry about that right now.

2) ‘Periodization’:

Periodization is a fancy term for breaking your training into parts or cycles. A training cycle could be: 1. Base 2. Intensification & Recovery 3. Taper. ‘Tapering’ is de-loading your mileage to rest before a big run or race. As your bodies goes through numerous training cycles, you will notice it getting stronger.

3) Diet and Nutrition:

At first diet and nutrition may not seem to matter once you start adding miles, but they absolutely do! Don’t let your running turn into an excuse for not eating well and taking care of yourself. Consider foods that are not processed, plant-based and/or anti-inflammatory. Also, unless you are running to lose weight, consider adding extra portions or more healthy snacks throughout your day.

4) ‘The Long Run’: the long run can be a run, jog or hike on the weekends, or when you have time. Incorporating these regularly into your lifestyle is what is going to bridge you from a short or middle distance runner to long distance. Can you run a half-marathon after six months of building a base? What about 15 miles on some state park trails at a leisurely pace? It doesn’t have to be complicated or a grind if you choose somewhere beautiful to run. Getting used

to 'long runs' of varying lengths 1/2/3/4 times a month will condition your body and change your pain threshold to withstand the demands of the ultramarathon distance.

Good luck and see you on the trails!