

RUNNING YOUR FIRST ULTRA

RACE SPECIFIC IMPROVEMENTS

After your first ultra, there is opportunity to reevaluate your goals, learn from your experience and push for something a little more. Refer to your training plans and review the notes you made to yourself.

How can I improve my training?

Where should I take more recovery?

From which workouts did I benefit the most?

From which workouts did I benefit the least?

Can I include more core strength exercise sessions?

How can I modify my performance on race day to achieve a faster time? Finish a tougher course?

What did I learn about my running from my first ultra?

What will I repeat?

What will I change? (Be specific)

Did I devour potatoes or did a certain gel flavor save the day? Clothing? Gear? Crew?

What are realistic training goals for my next ultra?

Where can I improve efficiency in my preparation?

What should I eliminate?

As you journeyed through this training and racing, did you gain insight?

Did you see your physical limit and move past it?

Did you learn a precious lesson in the process?

How can you apply the lessons learned through your training and in your race experience to your life?
