

scottishathletics Off Track Webinar:**Transitioning from Marathon to Ultramarathon: 'Minding the Gap'****Purpose**

To introduce both athletes and coaches to off-track events beyond the marathon, concentrating on 100km.

Summary

Lewis Walker UKA Coach to multiple GB and Scotland Internationalists (in distances ranging from 800m to 100km and beyond) and Dougie Selman UK 100K Champion & 3rd fastest all-time Scot.

You will hear first hand personal experience of the keys to transitioning to Ultra-running with training volumes, progressions, tapering, together with the mind-set preparation needed to survive 'the pain cave'. All done whilst holding down a full-time job!

Plus the coaching, planning, research and support required to successfully navigate the potential hurdles on the way.

Topics include:

- Gap Analysis & Goal Setting
- Training Intensities and Volume
- Strength Training
- Thermo-Regulation/Heat Training
- Fluids & Prescription
- Injury/Illness Prevention
- Crew Education
- In-Race Changing Factors
- Nutrition and Digestion
- Pacing Strategies
- Mental Strategies
- Dealing with Pain
- Dealing with Fatigue

When

Wednesday 15th January 2025 @ 7:00pm

How

The webinar can be signed up for via google form: <https://forms.gle/AuUH63kWwFADMm8j9>

For more information email angela.mudge@scottishathletics.org.uk