

scottishathletics Off-Track Webinar:

Hill, Mountain & Trail: 'Giving it a Go'

Purpose

To introduce both coaches and athletes (born 2009 and before) to the off-track events of hill, mountain and trail running.

Summary

Presented by Angela Mudge, National Endurance Manager Off-Track and former international mountain & trail runner and current international mountain and trail runner Andy Douglas.

Hill, mountain and trail running abroad is very different from the classic hill race in Scotland. This webinar aims to educate athletes and coaches on the mountain & trail running scene further afield and how good endurance athletes can transition to uphill only races and those athletes who like a more technical challenge can try their hand at trail or up and down races.

Topics include:

- Trail, hill & mountain defined
- Domestic competition
- International competition
- International versus domestic (terrain, courses, navigation)
- Skills required
- Specific training
- Competition year
- International opportunities
- Andy's journey from cross country runner to international mountain runner

When

Wednesday 26th February 2025 @ 7:00pm

How

The webinar can be signed up for via google form: <https://forms.gle/beUZYGbVoWrMd2Zu7>

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