

## scottishathletics Off-Track Webinar

### **Trail Running**

#### **Purpose**

To introduce both athletes and coaches to trail running with a Scottish flavour!

#### **Summary**

This webinar will elaborate on the key components that are needed for exceptional performance and how to develop them from 'newbie to seasoned international'.

You will leave with all the tools you need to build your own training programme.

#### **Topics include:**

What makes Trail Running Unique? My 7 Key Coaching Principles:

Athlete Profiling Model: identifying key strengths and vulnerabilities around which to build a training programme.

The Training Menu: a toolkit encompassing the full range of training sessions (with example sessions).

Phasing Your Year: From General to Specific to Taper Preparation. How to sequence progression to peak performance. What sessions to use when.

Integrating Supplementary Training: Cycling, Elliptical, S&C.

Fuelling: For Training and Racing.

Heat Training: The Poor Man's Altitude!

Peak Performance Psychology: The Performance Space Model - Training your mind to get through the pain cave.

Case Study Highlights from 2 programmes.

What World-Class Coaches Actually Do: 2025 Research establishing 5 Core Coaching Behaviours with practical implications for trail athletes.

Q&A session with coach and athletes.

#### **Who**

Lewis Walker is a UKA Coach to multiple GB and Scotland Internationalists ranging from track to ultra to trail. Lewis coached Naomi Lang to bronze medal at the World Mountain and Trail Running Championships, Canfranc 2025 and Alastair Graves to his first GB vest in the Long Trail event.

#### **When**

Wednesday 29<sup>th</sup> January 2025 @ 7:00pm

#### **How**

The webinar can be signed up for via google form: <https://forms.gle/eLqXefc4aZSRhByK6>.

For more information email [angela.mudge@scottishathletics.org.uk](mailto:angela.mudge@scottishathletics.org.uk)