

Training for Autumn Leaves

By Fritz Pieper
RRCA Certified Coach

Hydration – vs. – dehydration.....	1
Food	1
Cold Weather Tips	2
Post Event Do's and Don't	2

Hydration – vs. – dehydration

Autumn Leaves occurs in the late fall, and temperatures are usually in the 30's and 40's. You may think you will not sweat as much and de-hydration will not be any issue at my event. This is not the case.

So, here are a few pointers.

1. There are two aid stations on a five mile loop. So every 20 to 30 minutes, you are at one of these aid stations – drink something even if you don't think you need it. If you get thirsty, it is too late.
2. Carry your own water bottle. I have 8 oz Dixie cups of water and Gator Aid and that is not enough for the typical runner. Having your own bottle allows you to drink more and when you actually want it on the course.
3. How much should you drink? Simple. On your next 10+ mile training run, weigh yourself, naked, prior to heading out. Then when you come back do the same. There will be a weight loss. Measure it and convert it to ounces; for example - let's say 32 ounces. Now add the amount of fluids you drank on your run to your measured weight. Let's say I drank 24 ounces. My total ounces would be 56. This is the amount of fluid I need to consume the next time I run that distance under similar weather conditions. The amount of fluid you are losing may surprise you.

Food

An Ultra is different than a regular marathon or shorter distances. Besides the distance, the most important factors are your total calorie needs and the time you are actually out there on the course. Both of these are different for every person at the event. A typical person burns around 8 calories per minute at an 8-9 minute pace. So for every hour you are using about 480+ calories. That is ½ a Whopper every hour! If you run a 6 hour 50k, that is three whoppers for the whole event.

So here are some tips.

1. Plan on eating something at each aid station. I provide “snack” foods, try them.

2. Drink Carbohydrate drinks, like Coke and Gator Aid, as long as you can
3. Have your own food available. If you train with special foods, you should bring them to the event. This is a loop course and you will be running by your car each lap. Keep food in your car or at the main aid station for your eating convenience.

Try:

- a. Cottage Cheese
- b. Yogurt
- c. Your favorite sandwich
- d. Cheese
- e. Protein drinks like ensure

Cold Weather Tips

1. Wear warm head covering. Most body heat is lost through the head.
2. Wear layer clothing. Layers allow warm air to be trapped near your skin, but still allow for wicking of perspiration.
3. Drink plenty of fluids. Proper fluids will help ward off dehydration and exhaustion, which can lead to hypothermia.
4. Protect your hands and feet. Wear gloves and a good pair of socks.
5. Warm up properly prior to the race, and then start at a comfortable pace.
6. Use Chap Stick, Vaseline on you lips, nose and ears.
7. Use lotion on your whole body to seal dry skin cracks. Dry skin does not seal in warmth.
8. Change into dry cloths as soon as possible after running.

Post Event Do's and Don't

1. Drink plenty of fluids and eat sensibly both before and after.
2. Ice any sore spots and take ibuprofen as necessary.
3. Don't hang out with sick people prior to the event. You do not want to catch what they have.
4. Ease back into running over a two to four week period.