



# THEEB COACHING NEWSLETTER 1

## TRAIL & ULTRA RUNNING TIPS AND PLANS FROM RnR Sport

With only 11 weeks until the event, please find a series of tips and advice thanks to our official coaches RnR Sport, to help you prepare for the event.

Whether you are a first-time trail runner or veteran off-road ultra-runner, there's hopefully something here to help you better prepare and enjoy THEEB, as well as achieve your best performance.

This newsletter provides tips and generic plans focussed on developing the base fitness and skills to complete, as well as touching on gear, nutrition and more. Next month's newsletter will provide greater depth on equipment for race day, nutrition and additional preparation. A final newsletter in the weeks' prior will focus on your race day strategy.

Just a reminder to all that you should always consult your physician before beginning any exercise or training programme. If you experience any discomfort or pain with these sessions, stop and seek advice. This could include any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea, or shortness of breath. That said please note mild soreness after exercise may be experienced after beginning a new exercise. If the soreness does not improve after 2-3 days seek medical advice.



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## **Trail Running vs. Road Running**

Whether you are doing the 10km, 25km or 50km run at THEEB an important starting point for all participants, especially first-timers, is to take note that trail or off-road running is very different to running on the road.

### **As much as possible go out and train on terrain similar to what you will be racing on;**

- Get used to running in the desert, head to Zeekrit if you can, but if not head just outside Doha (or the city you live in) and you can find various areas with suitable terrain. Just be sure it is land accessible to the public.
- Practice running on;
  - Hard, rocky desert surfaces. Often this is narrow single-track paths and can be surprisingly tough as it is not as soft and forgiving underfoot as you might expect. This is why you will often see ultra-desert athletes running in highly cushioned shoes.
  - Soft sand on the beaches and little dunes, which can tire you out really quickly and utilizes a lot of stability and lateral (side to side movement) muscles that are often not used. As such, you will really want to spend time developing strong core muscles and developing the muscles that support side to side movement. These are muscles most road runners are weak in as they have developed only the muscles needed for forward propulsion and stability.
- Practice running up and down small hills (fortunately there are no big dunes or jebel like hills on course) but with loose or rocky surfaces in Zeekrit you will really benefit from having practice on hills. If you can't get out to Zeekrit why not try the new running track with small hills in Katara, or at the gym try a workout on the stair machine or running the stairs in your work building.
- Additionally, try running at the time of day you will be competing, so you get used to your body being active at this time. A lot of people who only train in the evening really find it difficult to perform in the early morning. It is really beneficial to get used to this. The more you get out and train off road, the more you will get experience, feel confident, tailor your training to address your weaknesses and in turn be ready and confident on race day.





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### **Ultra-Trail Running Isn't That Scary But Should Be Respected.**

In addition to the difference between off-road and road surface running, for those athletes in the 50K race, it might be their first Ultra and often people are either;

- Scared of the step up, and worried they won't be able to accomplish it or...
- Think it's only 8km more, it's not a big deal and as such doesn't need special preparation

The reality is that it is a serious undertaking and longer than a marathon, and with the varying surface can often take 50% or more time to complete what is only 16% longer.

This additional time means you require more endurance and more energy (fuel). You need to be used to being on your feet longer and often utilize additional equipment, as you will need to be able to deal with greater changes in temperature or weather. There is also the possibility you will experience more mental highs and lows, therefore, adequate preparation is key.

With adequate preparation it is totally achievable, and a wonderful experience in the amazing environment of Qatar and Zeekrit.



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## General Training Tips for Trail and Ultra Running

- **Ease Into The trails** – Running off-road is hugely important but if you are new to trail running ease into it. Start by introducing maybe one short off-road run into each week's session and slowly add more. As mentioned, off-road running will work a lot of muscles that are under-developed, and as such you want to allow them to develop and not fatigue at first.
- **Run Easy** – Running comfortably at a low intensity will help prevent injury as you build distance.
- **Run Far** – Long runs are an important part of most training plans as they help condition your body for the physical, and also mental demands of race day and ensure you are ready. When you do these, continually reflect on how you are feeling. Are you moving at pace you can maintain for the rest of the run? Are you drinking and eating enough to fuel yourself to the finish and more?

As you build distance, consider a mix of running and walking. Breaking up the short runs with power walks will help you unload the stress and fatigue that is building up in your body and allow you to easily build volume safely.

- **Trail Running Takes Longer** – Remember that when you go off road your running pace will be slower as the terrain, additional muscular demands, surface and greater distance will slow you down. Don't try to push yourself by going at the same speed as normal, but keep it within yourself.
- **Run With The Trail Not Against It** – With varying surfaces, terrain (hills, flats, steep descents, etc.) you will start to learn when you can push and when sometimes going easy on soft or steep terrain helps keep your legs fresher for flat or hard surfaces and when you can push. Like playing an instrument trail running takes practice until you get into the rhythm of it.
- **Cross-train for the trail and ultra** – As already mentioned you're going to probably start working muscles you've ignored, and in turn new areas of the body will get tight. Incorporating core training and other activities such as swimming, cycling, yoga and stretching. This will be key to help you develop the strength, endurance and flexibility required.



- **Rest for Success** – A common error amongst athletes is to want to train all the time, believing more equals better! The reality is that this is a recipe for disaster. The body needs time to both recover from sessions but also adapt to the new strength, endurance, flexibility etc. you have developed so you can use it going forward. Rest and active recovery (light swimming or spinning) are keys to success.

### **Equipment Tips**

For THEEB you will require some specific equipment, and in the next coaching newsletter we will give you some equipment recommendations from a coach's perspective in terms of clothing, socks, and more.

As a starting point, you will really need to find a good pair of running shoes suitable for your running style, body type and more. These shoes should have cushioning that will help mediate the hard-rocky desert with grip and are able to deal with both rocky and loose surfaces.

If you are not already a seasoned runner and don't already have a pair of comfortable shoes, the best way to find a suitable pair of shoes is to head to one of the specialist centers or running shoe stores in Doha. These should have on offer gait analysis systems to help ensure you get shoes that are right for your running style and body type.

Also, you will require for the 25/50km events (and recommended for 10K as well) a hydration pack with at least 1-liter drink capacity or running backpack with at least 1-liter capacity.

You want to test your pack long before the event and be sure it is comfortable. Just because your friend says a model is comfortable don't assume it is, body shapes and sizes vary and can massively affect comfort.

Also, as you will want to be self-sufficient between aid stations in the race or when training carry your phone, money, food and maybe even a rain jacket, make sure the pockets have enough room and are easy to access.

*More advice will come in the next newsletter.*



### **Nutrition Tips**

In coming coaching newsletters, we will provide some tips and information to help you plan your nutritional strategy on race day.

That said, with respect to your upcoming training, it is important to remember that as you train your nutrition and hydration will be key to ensure your success. RnR Sport work with OTE Sports Nutrition who have produced this very helpful beginners guide to Sports Nutrition and we would recommend you have a good read.

<https://www.otesports.co.uk/blog/beginners-guide-to-sports-nutrition/>

### **What follows now is two training plans for both the 50/25km events and the 10km event**

These beginner plans are aimed at providing a base to help you succeed in reaching the finish line in your first event. They will also hopefully provide good insights even for the most seasoned athletes. Though they are aimed at first time athletes, they still involve a lot of time on feet and kilometres of running. For the 25/50km events please ensure that you are already capable of the first week's training before proceeding and if not maybe consider a distance change for safety.

This is the first of a series of coaching newsletters with more tips on physical preparation; nutrition; equipment; and mental preparation. If there are any other areas which you would like addressed, message the team at THEEB and Pierre and I, will do our best to help.

***Ryan Sosna-Bowd***  
***RnR Sport***



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## 10+1 Week Training Plan for 50km/25km (Both)

If your current fitness would not allow you to easily accomplish the first week of this plan, you may want to consider the feasibility of the distance you have signed up for, you may need to consider dropping down to a shorter distance.

See glossary for further explanation of terms in training plan.

	SUNDAY	MONDAY (ROAD OR TRAIL FOR HILLY RUNS – INTERVAL RUNS ON ROAD)	TUESDAY	WEDNESDAY (ROAD OR TRAIL RUNS)	THURSDAY	FRIDAY (IDEALLY ON TRAILS FOR THESE RUNS) **	SATURDAY
<b>WEEK 1</b> (SEPT 29 <sup>TH</sup> )	Rest	10km Interval Run 6km Interval Run	1-hour Core	10km Easy Run 5 km Easy Run	Rest*	18km Steady Run 10km Steady Run (Run 4-4.5km and Walk 0.5-1km Repeat)	1-hour Core & 30 min gym bike/spinning
<b>WEEK 2</b> (OCT 6 <sup>TH</sup> )	Rest/Stretch***	1-hour Hilly Run 30-minute Hilly Run	1-hour Core	15km Easy Run 7km Easy Run	Rest*	28km Steady Run 12km Steady Run (Run 4-4.5km and Walk 0.5-1km Repeat)	1-hour Core & 30 min gym bike/spinning



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<b>WEEK 3</b> (OCT 13 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>1-hour Hard Run with at least 10 – 500m hill reps</b> <b>40-minute Hard Run with at least 6 – 500m hill reps</b>	<b>1-hour Core</b>	<b>15km Easy Run</b> <b>7km Easy Run</b>	<b>Rest*</b>	<b>33km Steady Run</b> <b>16km Steady Run</b> (Run 4-4.5km and Walk 0.5-1km Repeat)	<b>1-hour Core &amp; 30 min gym bike/spinning</b>
<b>WEEK 4</b> (OCT 20 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>10km Interval Run</b> <b>6km Interval Run</b>	<b>1-hour Core</b>	<b>10km Easy Run</b> <b>5km Easy Run</b>	<b>Rest</b>	<b>12km Steady Run (non-stop)</b> <b>8km Steady Run (non-stop)</b>	<b>1-hour Core &amp; 30 min gym bike/spinning</b>  <b>Sport Massage Recommended</b>
<b>WEEK 5</b> (OCT 27 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>1-hour Hilly Run</b> <b>30-minute Hilly Run</b>	<b>1-hour Core</b>	<b>15km Easy Run</b> <b>7km Easy Run</b>	<b>Rest*</b>	<b>37.5km Steady Run (non-stop)</b> <b>15km Steady Run (non-stop)</b>	<b>1-hour Core &amp; 30 min gym bike/spinning</b> <b>1 hour Core &amp; 30 min gym bike/spinning</b>
<b>WEEK 6</b> (NOV 3 <sup>RD</sup> )	<b>Rest/Stretch***</b>	<b>1-hour Hard Run with at least 10 – 500m hill reps</b>	<b>1-hour Core</b>	<b>5km Easy Run</b> <b>3km Easy Run</b>	<b>10km Easy Morning Run</b> <b>5km Easy Morning Run</b>	<b>40km Steady Run</b> <b>18m Steady Run</b>	<b>1-hour Core &amp; 30 min gym bike/spinning</b>



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		<b>40-minute Hard Run with at least 6 – 500m hill reps</b>				(Run 4-4.5km and Walk 0.5-1km Repeat)	
<b>WEEK 7</b> (NOV 10 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>12km Interval Run</b> <b>8km Interval Run</b>	<b>1-hour Core</b>	<b>10km Easy Run</b> <b>5km Easy Run</b>	<b>Rest*</b>	<b>45km Steady Run</b> <b>22km Steady Run</b> (Run 4-4.5km and Walk 0.5-1km Repeat)	<b>1-hour Core &amp; 30 min gym bike/spinning</b>
<b>WEEK 8</b> (NOV 17 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>1-hour Hilly Run</b> <b>30-minute Hilly Run</b>	<b>1-hour Core</b>	<b>15km Easy Run</b> <b>7km Easy Run</b>	<b>Rest</b>	<b>18km Steady Run (non-stop)</b> <b>8 km Steady Run (non-stop)</b>	<b>1-hour Core &amp; 30 min gym bike/spinning</b>  <b>Sport Massage Recommended</b>
<b>WEEK 9</b> (NOV 24 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>1-hour Hard Run with at least 10 – 500m hill reps</b> <b>40-minute Hard Run with at least 6 – 500m hill reps</b>	<b>1-hour Core</b>	<b>15km Easy Run</b> <b>7km Easy Run</b>	<b>Rest*</b>	<b>35km Steady Run (non-stop)</b> <b>22km Steady Run (non-stop)</b>	<b>1-hour Core &amp; 30 min gym bike/spinning</b>



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<b>WEEK 10</b> (DEC 1 <sup>ST</sup> )	<b>Rest/Stretch***</b>	<b>10km Interval Run</b> <b>6km Interval Run</b>	<b>1-hour Core</b>	<b>15km Easy Run</b> <b>7km Easy Run</b>	<b>Rest</b>	<b>15km Steady Run (non-stop)</b> <b>10km Steady Run (non-stop)</b>	<b>1-hour Core &amp; 30 min gym bike/spinning</b>  <b>Sport Massage Recommended</b>
<b>WEEK 10+1 RACE WEEK</b> (DEC 8 <sup>TH</sup> )	<b>Rest/Stretch***</b>	<b>10km/5km Easy Run with 30 seconds hard running in middle of every km</b>	<b>Rest</b>	<b>5km Easy Run</b> <b>3km Easy Run</b>	<b>Rest</b>	<b>5km/3km Easy Run</b>	<b>Race Day Dec 14th</b>

\*Full Rest or go for an easy bike ride or swim for 30-45 minutes

\*\* Ease into the long off-road runs if not experienced running trails and do these wearing your hydration pack/backpack to get used to weight and ensure you have sufficient fluids for each session

\*\*\*Rest day with a focus on flexibility. You should be stretching every day but maybe on Sunday consider going to stretch class or a low intensity yoga session to focus on flexibility and mobility

**General Notes**

- Ensure you have sufficient fluids and nutrition with you for your sessions
- Take a charged phone and emergency contact details with you on your run or walk/run



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- Ideally train with a group or friend and make sure someone knows where you are going and when to expect you back
- If you feel unwell before the session think about whether it makes sense to proceed or rest and change session to another day.
- If during the session you don't feel well, stop, evaluate and if you don't start to recover/feel better with some rest, seek medical attention immediately.
- Pre and post session take some time to stretch. Here is a video with some basic pre-workout dynamic stretches you might find useful <http://www.youtube.com/watch?v=-g2c6aVktqM>
- To help maintain flexibility we would recommend consider going to a gentle stretch class or getting a qualified sport massage

These training plans are generic, and designed to only provide educational and informative help, to assist you in thinking about and planning your own preparation. Listen to your body and do not push yourself beyond your own limits.

Each person's health, fitness, and nutritional success depends on his or her sporting background, past training and knowledge, experience, commitment, and motivation. If you are uncertain of how to apply the information or carry-out your own preparation, please consult a sport professional to assist.

50K or 25K training involves the potential of physical injury. In using this training plan, you agree that you do so at your own risk and are voluntarily carrying out these activities and assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.



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## 10+1 Week Training Plan for Beginner 10km Trail Run

See glossary for further explanation of terms in training plan.

	SUNDAY	MONDAY (ROAD OR TRAIL FOR HILLY RUNS – INTERVAL RUN)	TUESDAY	WEDNESDAY (ROAD OR TRAIL RUNS)	THURSDAY	FRIDAY (IDEALLY ON TRAILS FOR THESE RUNS AND WEARING YOUR HYDRATION PACK/BACKPACK)	SATURDAY
<b>WEEK 1</b> (SEPT 29 <sup>TH</sup> )	Rest/Stretch	20-minute Walk/Run	30-minute Core	20-minute Walk/Run	Rest*	3km Walk/Run	30-minute & 30 min gym bike/spinning
<b>WEEK 2</b> (OCT 6 <sup>TH</sup> )	Rest/Stretch**	20-minute Walk/Run	30-minute Core	20-minute Walk/Run	Rest*	3km Easy Run	30-minute & 30 min gym bike/spinning
<b>WEEK 3</b> (OCT 13 <sup>TH</sup> )	Rest/Stretch**	30-minute Walk/Run	30-minute Core	20-minute Walk/Run	Rest*	5km Steady Run	30-minute & 30 min gym bike/spinning
<b>WEEK 4</b> (OCT 20 <sup>TH</sup> )	Rest/Stretch**	20-minute Walk/Run	30-minute Core	20-minute Walk/Run	Rest*	3km Easy Run	Rest  Sport Massage Recommended
<b>WEEK 5</b> (OCT 27 <sup>TH</sup> )	Rest/Stretch**	30-minute Hilly Walk/Run	30-minute Core	20-minute Walk/Run	Rest*	5km Steady Run	30-minute & 30 min gym bike/spinning



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<b>WEEK 6</b> (NOV 3 <sup>RD</sup> )	Rest/Stretch**	30-minute Hilly Walk/Run	30-minute Core	30-minute Walk/Run	Rest*	7km Steady Run (Run 3km and Walk 0.5km Repeat)	30-minute & 30 min gym bike/spinning
<b>WEEK 7</b> (NOV 10 <sup>TH</sup> )	Rest/Stretch**	30-minute Hilly Walk/Run	30-minute Core	30-minute Walk/Run	Rest*	8km Steady Run (Run 3.5km and walk 0.5km Repeat)	30-minute & 30 min gym bike/spinning
<b>WEEK 8</b> (NOV 17 <sup>TH</sup> )	Rest/Stretch**	40-minute Hilly Walk/Run	30-minute Core	30-minute Walk/Run	Rest*	7km Steady Run (Run 3km and Walk 0.5km Repeat)	REST  Sport Massage Recommended
<b>WEEK 9</b> (NOV 24 <sup>TH</sup> )	Rest/Stretch**	30-minute Hilly Walk/Run	30-minute Core	30-minute Walk/Run	Rest*	9km Steady Run (Run 2.5km and Walk 0.5km Repeat)	30-minute & 30 min gym bike/spinning
<b>WEEK 10</b> (DEC 1 <sup>ST</sup> )	Rest/Stretch**	30-minute Hilly Walk/Run	30-minute Core	20-minute Easy Run	Rest*	5km Steady Run	1-hour Core & 30 min gym bike/spinning Sport Massage Recommended
<b>WEEK 10+1</b> <b>RACE WEEK</b> (DEC 8 <sup>TH</sup> )	Rest/Stretch**	20-minute Walk/Run	Rest	20-minute Walk/Run	Rest	10-minute Walk/Run	Race Day Dec 14th



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**\*Full Rest or go for an easy bike ride or swim 30 minutes**

**\*\*Rest day with a focus on flexibility. You should be stretching every day but maybe on Sunday consider going to stretch class or a low intensity yoga session to focus on flexibility and mobility**

### ***General Notes***

- Ensure you have sufficient fluids and nutrition with you for your sessions
- Take a charged phone and emergency contact details with you on your run or walk/run
- Ideally train with a group or friend and make sure someone knows where you are going and when to expect you back
- If you feel unwell before the session think about whether it makes sense to proceed or rest and change session to another day.
- If during the session you don't feel well, stop, evaluate and if you don't start to recover/feel better with some rest, seek medical attention immediately.
- Pre and post session take some time to stretch. Here is a video with some basic pre-workout dynamic stretches you might find useful <http://www.youtube.com/watch?v=-g2c6aVktgM>
- To help maintain flexibility we would recommend consider going to a gentle stretch class or getting a qualified sport massage

These training plans are generic, and designed to only provide educational and informative help, to assist you in thinking about and planning your own preparation. Listen to your body and do not push yourself beyond your own limits.

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10K training involves the potential of physical injury. In using this training plan, you agree that you do so at your own risk and are voluntarily carrying out these activities, and assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.



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## Glossary of Terms

- **Easy (Recovery)** - Easy efforts are exactly that, easy. You should be maintaining good technique during the activity (running with form not jogging). These sessions are about active recovery. They are designed to help you improve mobility and maintaining consistency that will help your body make the adaptations you are working on. Typically, these are heart rate zones 1 and 2 efforts. At this intensity you will be able to hold full conversations.
- **Steady (Race pace)** - Steady is a pace that you can consistently hold for the entire effort. You should be able to talk comfortably when needed, but not hold a constant conversation. You are focused, and it is a proper effort, but you are not pushing so hard that you wouldn't be able to maintain the same steady effort immediately again in an interval session or the next day for a long steady effort. Zone wise this will typically be heart rate zones 2 (upper end of range) and 3.
- **Hard** - Hard is the maximum effort that you can maintain consistently and aerobically for the duration of the activity. At the end of the activity (distance or time), you should feel like you could not have maintained the effort for another distance or time unit aerobically. At this level of intensity, you probably can only get out short sentences or words. This is the athlete in the race zone. Typically, this is heart rate zones 4 (upper end of range) and 5a.
- **Very Hard (Sprint/Hill/Anaerobic effort)** – This is close to/your anaerobic pace, this is an effort that you cannot maintain for more than 2-minute. At this pace you will not be able to talk, and during these efforts you will may feel 'the burn'. This is heart rate zone 5b/c.
- **Interval Run** - Intervals are designed to help you build your speed, and an activity often ignored in distance training plans, but one that will serve you well on hills or tough sections. Carry them out as follows;
  - **1<sup>st</sup> Km** – Easy Run
  - **All other Kms, run to this pattern:**
  - 400m Hard Run
  - 400m Very Hard Run
  - 200m Easy Run/Walk
  - Repeat
  - **Last Km** – Easy Run







- **Hilly Run** – Long steady run in a hilly location where you are going up and down gradual hills the majority of the time. This could be using the hills at Katara or in Zeekrit or other suitable locations.
- **Hard Run with Hill Reps:** Hard run where the majority of the run is on flat terrain. During the run, at regular intervals, run up (and then) down a steep hill that is approximately 500m in length (not height ☺). This again could be done at Katara or Zeekrit.
- **Core** – 1-hour core workout. If you have not done core before head to your local gym or do with a personal trainer. You can also do cross-fit or functional fitness but only go to gyms that do full inductions. This warning is because some cross-fit instructors do not effectively customise sessions to individual athletes abilities, and if they have not taught you to do exercises properly and within your own ability it often leads to injury.
- **Walk/Run** – This is a combination of power walking and easy running. The ratio or amount of time you spend walking versus running will change as your fitness improves.

