

WOMEN'S TRAIL RUNNING FESTIVAL

PREPARATION

Background Material

Don't be that runner

<https://youtu.be/nGojEyYBmwc>

Trail Running Instructional Video and Script

<http://youtu.be/2tAy-46CuOg>

Learn how to run in 8min

<https://youtu.be/OSHVYYPwgyw>

Motivational

<https://www.youtube.com/watch?v=KqLvaPT6pxA>

WHAT TO BRING

- Clothing for warm and cold weather or rain
- Towel
- Extra clothing, shoes
- Water
- Smiles

SCHEDULE & CURRICULUM

- Shoes, Equipment and Clothing
- Warm-up from parking lot to biathlon range loop on roads (assess skills and fitness)
- Selection of groups

Basic running @ parking lot. Run back and forth emphasising:

- Heal-knee lift
- Legs make circle (spinning)
- Mid foot forefoot strike
- Controlled arm swing
- A,B,Cs
- Side Cross-overs and cross backs
- Skipping
- Galloping

Errors to watch for: *smearing foot heal toe, too much ground time, overstride, understride, no arms, arms side to side or twisting, jamming toes, swinging legs and shuffling, too high off ground, too low to ground.*

Up Hill running @ xc race course

- Posture
- Breathing
- Use Arms

Errors: Forgotten arms, flopped over like wet mattress, tiny wee steps, no leg extension.

Downhill Running @ xc race course

- Stride Length
- Heal lift
- Air time
- Controlled Arms
- Posture (lead downhill, look ahead)

Errors: *Leaning back, Stutter stepping, breaking, stuck to ground*

Single Track @ xc race course

- Picking a line (as water would flow)
- Ignore irrelevant obstacles
- Attack other obstacles (go through mud)
- Anticipate and setup for turns
- Keep momentum and tempo
- Pre-jumping

Errors: *stepping on everything, looking down, flailing arms, hesitating on obstacles*

CLOSING @ Chalet at specific time

LOCATIONS

