

# GEISINGER

## SPORTS MEDICINE

### Trail Racing 101

Trail races can be a change of pace for the everyday road runner or a challenge for a novice runner that enjoys everything that nature has to offer. One must be warn, trail races involve more total-body fitness, trail tactics and knowledge of the terrain you're likely to encounter. Here are some tips to consider before heading to the trail.

- Consider buying a pair of trail shoes. Trail shoes offer a heavier tread pattern and provide good lateral support and ankle stability and yet they still are light weight
- Trail running will present different types of terrain from mud to sand to rocky surfaces. Expect steep up and down hill paths, sharp corners and perhaps a stream to cross.
- Cross training is a must. Lifting weights (squats, hamstring curls, quad extension, lungs, etc.) and cycling (stationary or mountain biking) will help add strength and power to your hips, knee and ankle joints, making those hills easier to climb.
- Practice endurance running. Spend the majority of long runs on the trail. If the upcoming race is shorter than 10 K, plan on a run around 60 minutes. If longer than 10 K, work up to a 90 minute run.
- Speed work or trail speed can be accomplished with fartlek workouts lasting 30-45 minutes. This is a playful workout involving sprinting up hills or sprinting from tree to tree. There are no rules for fartlek training, just hard work.

Source: Runner's World

What does the Geisinger Humdinger have to offer? Unpredictable weather. The inaugural year had snow and ice, year two gave us a cool pleasant day. As for terrain, expect snow, ice, and plenty of mud. The trail is unforgiving and is not the ideal trail event for the first time trail runner – but if you're up for a challenge, why not give it a try? With over 2000 ft of elevation to climb, you will experience steep up hill climbing as well as steep down hill running. It's a great event to kick start your 2009 road and trail running season.

For more information on this and other training plans, please visit

[www.geisingersportsmed.com](http://www.geisingersportsmed.com)

or call toll free to speak with one of our medical professionals

866-414-4988

## Trail Running Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 1	rest	trail	cross	trail	rest	cross	trail
		run	training	run		training	run
		20 mins		30 mins		core ex	20 mins

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 2	rest	trail	cross	trail	rest	cross	trail
		run	training	run		training	run
		30min		30 mins		core ex	30 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 3	rest	fartlek	cross	trail	rest	cross	long run
		trail	training	run		training	trail
		20min		30 mins		core ex	40 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 4	rest	fartlek	cross	trail	rest	cross	long run
		trail	training	run		training	trail
		20min		40 mins		core ex	50 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 5	rest	fartlek	cross	trail	rest	cross	long run
		trail	training	run		training	trail
		20min		40 mins		core ex	60 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 6	rest	fartlek	cross	trail	rest	cross	long run
		trail	training	run		training	trail
		20min		40 mins		core ex	70 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 7	rest	fartlek	cross	trail	rest	cross	long run
		trail	training	run		training	trail
		20min		40 mins		core ex	80 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 8	rest	fartlek	cross	trail	rest	cross	long run
		trail	training	run		training	trail
		20min		40 mins		core ex	90 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 9	rest	fartlek trail	cross training	trail run	rest	cross training	long run trail
		20min		40 mins		core ex	60 mins
		core ex					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 10	rest	fartlek trail	cross training	trail run	rest	cross training	Race Day
		20min		40 mins		core ex	
		core ex					