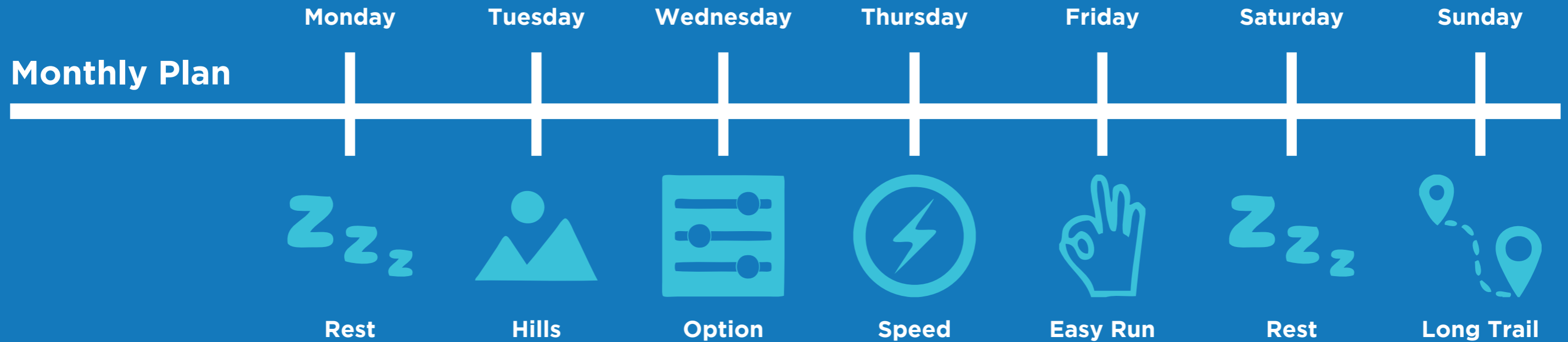


# SYDNEY TRAIL SERIES PROGRAM



### TIPS FROM THE PRO'S

**WHO:** Matty Abel

Elite-level trail-runner and founder of DBA Runners.

#### Be consistent with your training

- By following a structured training plan and sticking to it, will increase your chances of improving your running performances.

#### Focus on the basic's during the week

- Far too many try to get too fancy with their training. Stick to the basics, aerobic running, hill running, tempo work, and your long run.

#### Get course specific

- Sydney Trail Series has a variety of terrain which can catch people out.

We highly recommend getting on the course before the event or adding some trail running into your weekly run.

#### Add in strength work

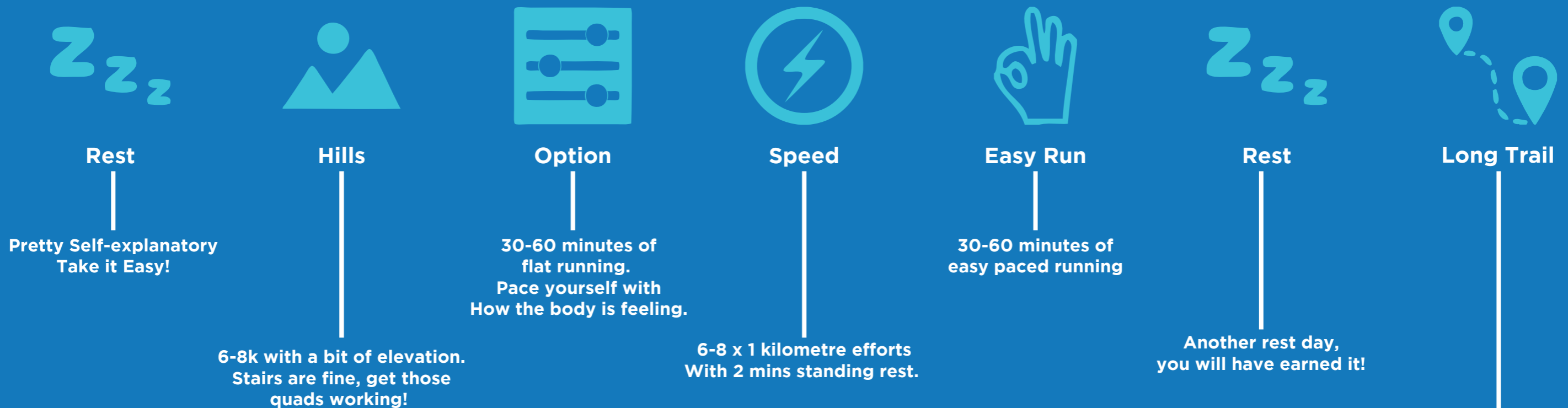
- Trail running is quite demanding and unlike road running it generally has more hills and stairs.

Adding in some strength work one to two times a week will increase your running economy and decrease the chances of you becoming injured.”

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

# SYDNEY TRAIL SERIES PROGRAM

What do these mean?



**TIPS FROM THE PRO'S**

**WHO:** Majell Backhausen  
Elite trail-runner & running coach

“Training for trail running is more than just logging mile after mile, you got to enjoy and challenge yourself, to improve and keep motivated. So get a training partner or head to a group running session. This way you will benefit by meeting new friends, pushing harder than you do solo and have a good laugh!”

[www.thelongrun.com.au](http://www.thelongrun.com.au)

**Sydney Trail Series - Manly Dam**

- 22 Jan 2017 -
- 19 Feb 2017 -
- 19 March 2017 -

[www.sydneytrailseries.com.au](http://www.sydneytrailseries.com.au)

## WHAT TO WEAR - THE NORTH FACE ULTRA ENDURANCE

You'll tear up the trails (not your shoes) with the lightweight protection of this versatile trail running shoe that delivers a stable ride and unparalleled traction.  
 Weight: 255grams (womens), 313grams (mens)  
 Heel-toe Pitch: 8mm

KEY  
FEATURES

LIGHTWEIGHT



BREATHABLE



AVAILABLE AT ALL  
PACE ATHLETIC STORES

## Monthly Program (repeat weekly for the month)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January	Rest	30 Mins Hills	30 Mins Flat	6x 1k efforts, 2 min standing rest	30 Mins Easy	Rest	Sydney Trail Series 22nd Jan
February	Rest	40 Mins Hills	40 Mins Flat	6x 1.5k efforts, 2 min standing rest	40 Mins Easy	Rest	Sydney Trail Series 19 Feb
March	Rest	50 Mins Hills	60 Mins Flat	8x 1.5k efforts, 2 min standing rest	60 Mins Easy	Rest	Sydney Trail Series 19 March

= Pace free Run Club days - see [www.paceathletic.com](http://www.paceathletic.com) for details



## TIPS FROM THE PRO'S

WHO: Mark Green

Elite-Runner, Physio and Coach

“To get better on trails you need to get better at running up hills. Start increasing your vert and tell yourself at the bottom of every climb “I love hills”. One day you’ll have tricked yourself into believing it!”

[www.thebodymechanic.com.au](http://www.thebodymechanic.com.au)

### Did you know?

**On average, running on trail  
Burns 10% more calories than  
the pavement or the treadmill!**



### You'll need some energy!

Tailwind's potent energy and electrolytes are all you need to go all day. No juggling gels, pills, or chews—just pour, shake, and go.

Most drinks require you to supplement calories and don't contain anywhere near the electrolytes needed to replace what you sweat out. Tailwind's fuel can meet your complete calorie needs, and sipping it regularly gives you steady energy all day. Tailwind also has a full complement of electrolytes that mimic the composition and proportions of sweat, so you don't have to take separate electrolyte pills to make up for what's not in your drink.



Start to finish nutrition

AVAILABLE AT ALL  
PACE ATHLETIC STORES

## Who is Pace Athletic?

We are a group of athletic footwear & accessories experts with the vision of helping you crush your goals.

Let us be your new training partner  
[www.paceathletic.com](http://www.paceathletic.com)



Comprehensive  
Range of Trail  
Running shoes  
& accessories



Special deals  
& prices for  
STS participants



Shop Online  
Or instore



Don't know  
where to start?  
Ask us - we can help!



### TIPS FROM THE PRO'S

WHO: Scotty Hawker  
Elite-Runner and coach

“Make sure that long run sessions are terrain and elevation profile ‘specific.’ Check out the course details and profiles from the race website and gradually build to shorter but similar runs in training.

[www.mile27.com.au](http://www.mile27.com.au)



TIPS FROM THE PRO'S  
WHO: Brendan Davies  
Elite-Runner and coach

“The most important thing to do before a hard run like a race is to warm up properly. A good 3km jog followed by some dynamic stretching will ensure your heart and lungs are primed, muscles activated and joints nice and supple. Finish your routine as close to the starting time as possible and it will ensure a smooth race effort transition not to mention that it will decrease the risk of an injury.”  
[www.upcoaching.com.au](http://www.upcoaching.com.au)

## Thanks for being a part of something epic!

At Pace Athletic, we've got a personal attachment to the Sydney Trail Series. We've been sponsors, supporters and participants ever since the inception of the event - years ago! If you need any info, advice, or want to get involved - look for the guys & girls in the Pace Tee's at the next Sydney Trail Series event.

From everyone at Pace Athletic - have fun!

[www.paceathletic.com](http://www.paceathletic.com) - 02 9960 7986 - [info@paceathletic.com](mailto:info@paceathletic.com)