



Ultra Marathon Starter Resource

The 13 Valleys Ultra-marathons take place every year in the Lake District. The 180km race is their flagship event and includes over 7000m of elevation.



Injury **Fatigue**

Mindset **Nutrition**

Aerobic endurance **Dehydration**

Equipment **Muscular endurance**

Navigation **Energy**

Focus

Using the key words to help, discuss the challenges that runners will face over an ultra marathon and strategies to overcome this challenges. This includes their preparation and recovery as well as during the race.