



1001 RUNNING TIPS

**THE ESSENTIAL
RUNNERS' GUIDE**

robbie britton

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introduction

Good advice doesn't have to be boring. Excellent, but boring advice isn't any use either, if no one reads it.

That's the maxim to keep in mind when jotting down the tips you are about to read (or are considering reading, if you're fortunate enough to be browsing in a wonderful bookshop).

In the hope of preventing this hefty tome from becoming a doorstep or, worse still, a pristine, unopened textbook on your shelf that one hopes to absorb via osmosis, I have jam-packed it full of solid advice and smiles.

If you read, and absorb, all 1,001 tips in this book, then you are guaranteed a new personal best (PB). This could be at any distance or event, but probably not the 800 metres.

A good book is dog-eared and worn. Favourites pages folded down; corners blunted from being carried around in a bag or passed to friends to borrow. My goal is for *1001 Running Tips* to become like this too.

The following pages contain a huge number of snippets of advice that come from my own experiences, both good and bad, as well as the experiences of friends, fellow athletes and coaches. Some of them you might already be familiar with, having learned from your own mistakes or having taken advice from mentors, but some will be new and hopefully will help you on your way. To some, 1,001 tips might sound like a lot, but when it comes to a subject that I'm so passionate about and have spent years and years dedicated to, the advice comes swiftly.

Over a decade ago I started out as an ultra-runner, who did a bit of coaching on the side. Now the tables have turned and I'm an endurance coach, who happens to indulge in a bit of

running and cycling too. That doesn't mean I've lost my competitive edge, or have become resigned to a gradual decline in sporting performance as I move towards the grave, but I have found that the joy I get from helping others towards their own endurance goals is as great, or greater, than the pleasure I get from working towards my own goals.

Running is a simple sport. We choose to make it complicated, but when broken down into its fundamental parts it's just one foot in front of the other. Anyone can move from point A to point B. Be it five kilometres or 100 miles – if your life depended on it and time wasn't an issue, you'd get there.

What I hope these tips will do is make that journey a little bit easier. Good training prepares the body and mind for the challenges ahead; good fuelling makes the miles easier and the right kit can stop your nipples from being chafed into oblivion. So, whether you're just starting out or an experienced veteran of 100-mile racing, there is something in this book for you. I mean, with 1,001 tips, there must be something you've not heard before and, if not, I doff my cap. I've forgotten at least 200 of these since writing them.

As runners we are enamoured with progression. The real, tangible and often objective improvements that might be hard to find in other walks of life. A time or a PB can be oppressive if you can't beat it, but when you do beat it you know it's down to hard work. Or fancy new shoes.

I like to think the reason I was asked to write this book wasn't because of my outrageous running successes (there are plenty of faster, stronger or better runners than I am), and it probably wasn't down to my fantastic sense of humour (although it could be), but down to my willingness to risk failure, chase big dreams and learn from my mistakes.

A textbook might tell you how you are supposed to run, eat or train, but I want you to take the advice in these pages and go and experiment. Try, fail, reflect, learn and try again. Failure is seen as a bad word, but it's an opportunity to learn and hopefully this spirit is shared in the pages ahead.

Failures, lots of them, brought me to where I am today. Big dreams keep me working hard and doing my best to be a good athlete and coach, but even if I do ultimately fail to achieve all of my big goals in life, having a book published was one of them, so that's a win. Having raced from 3,000 metres up to 261 kilometres in one single day, across deserts, over mountain passes and through cities, the failures have come thick and fast, but the successes have kept my head above water too. Hopefully this book is one of the victories; it certainly feels like one.

There are way more than 1,001 ways to improve your running, but here are the best bits of advice I've been given, or learnt through blood, sweat and tears, in the world of running. Now go out for a run and read this book as a cool down.

acknowledgements

Firstly, I'd like to thank some of the brilliant people who have helped me throughout my life: my mum Sharon, my Nana, my wild Auntie Pauline, my wonderful wife Natalie, my Old Man (whose own history of running grew as my career did) and many more who have kept me on the not-so-straight and narrow over the years.

The ultra-running community has always been a special group of people, and I'll be forever grateful to be a part of it.

Thanks to my coach and friend, Tom Craggs. The man seems to know everything. Sophie Grant and Sarah Tunstall were also very generous with their time in answering questions for this tome.

Thanks also to Kirsty Reade, who for years has helped find a suitable place for my style of writing and humour, and to all those at Vertebrate Publishing who gave me the chance to fulfil a lifelong ambition of putting words into an actual book.

Lastly, thanks to the people who took the lovely pictures, especially the ones that include me.

feedback and updates

If you have any feedback or questions regarding this book, or if something has once again shifted with the sands of time, let me know at robert.britton@live.com

Constructive criticism is always welcome too. Our knowledge is always evolving, both as individuals and within our sport as a whole, but hopefully most of these tips will hold their value for a few years.

My website is www.robberbritton.co.uk

There are plenty of articles and extra advice out there, mainly on www.fastrunning.com

Social media is just [@ultrabritton](https://twitter.com/ultrabritton)



Try to take your eyes off the path occasionally to look at the view; if you're lucky it will be as stunning as this one. Here, Laura Hill is descending towards Stob Bàn in the Mamores.
© Keri Wallace, *Girls on Hills* - www.girlsonhills.com





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BASICS (1-72)

'Think long term, then work backwards from there. If you want to run a marathon then find interim goals along the way that you can work towards — celebrate these goals and signpost your progress.'



Jon Drever not smiling and therefore running slowly around Usk Reservoir in Wales. © John Coefield

BASICS (1-72)

THE RULES (1-11)

1. Whatever pace you run and whatever surface you run on, if you want to call yourself a runner then that's all that matters. Unless you're just walking, then you're a walker and that's okay too.
2. Training always counts, even if it's not on Strava. Unless it should be a rest day.
3. Be bold, start cold. You might be a little chilly going out of the door in shorts, but if you wear too much then you'll be dripping with sweat in no time and looking for somewhere to stash your jacket to collect on the way back.
4. Miles with a friend are always easier miles, no matter how hard you're working. It's scientifically correct as well, as our own perception of effort is changed when we run with someone else. Be wary if your training partner is a 'half-stepper' and always insists on running half a step in front of you, whatever your pace is.
5. The best kit is the kit that you already own. No amount of compression socks, carbon-plated shoes or designer caps will take the place of good, consistent hard work.
6. 'Racing is life. Everything before or after is just waiting.' Steve McQueen said this about motorcycles; it goes against my own ideas around finding fulfilment from your own training and adventures, but it sounds cool. However, if you like racing that much, you're getting something right.
7. Go to your local parkrun, whatever pace you run or walk. It's full of great people and, although it's not a race, you can race. That makes sense, right?
8. Join a club – they are the bedrock of endurance running. You'll find people to share miles with, learn from, race with and against; you'll also gain support and feel part of a community.
9. Smile – you'll run faster. It works for Eliud Kipchoge, but it may not be the only factor in his rather impressive marathon career.

10. Longer isn't always better. You might get more kudos for finishing a 100-miler, but reaching your true potential over a shorter distance can be just as satisfying.

11. Running is fun. If it stops being fun for more than one hill session, then step back and think about why. If you're not enjoying the training, the racing or even the community, then maybe you need to nap more.

STARTING OUT (12-36)

12. Depending on your level of fitness when you begin, the 'couch to 5K' programmes available online can be a good place to start. Starting out with a run and walk strategy will allow you to progress over time and then your body might be ready for more advanced plans.

13. When starting out, it's more about consistently going out for a run than attempting any fancy sessions, plans or gimmicks. Start by trying to get your running up to 30 minutes without stopping.

14. If you can already run for 20 or 30 minutes without stopping then the next step is consistency. Doing this three or four times per week, without negative impact or injury, should be the next simple goal. You could also try to extend the time of a single run per week to up to one hour.

BASICS (1-72)

15. At this point there are plenty of usable training plans, from multiple online sources (including *Runner's World*) or even in more advanced training books, that you can follow; just remember that none are made specifically for you.

16. Even if you do have a 'personalised training plan' that someone has made for you, your training and needs are very dynamic. What might be right for you one day can be a bad idea the week after, and you could even be progressing faster than the plan has allowed for.

17. View any training plan with a critical eye and don't be afraid to change and adapt it. Tired? Then move that interval session. Feeling good and want to add an extra rep in? Then think about its value and the impact it might have on the following days, but don't be afraid to experiment.

18. Be wary of how much you increase training at this early stage. The majority of issues for beginners (and experienced runners) come from doing too much too soon. Build up gradually; allow your muscles and tendons to grow stronger and more accustomed to what you're asking from them.

19. If you do experience an injury early on, then don't be dismayed. Really, it's 'welcome to the club', as the vast majority of runners experience injury each year. This doesn't mean we just accept it as a given, but you're not alone. Don't give up yet. (See **Injury** (tips 475–506).)

20. The vast majority of your training should be what is referred to as 'easy running'. It's at the lower end of your aerobic ability, but is actually really important for your progression. You're building up your cardiovascular system, muscle capacity and endurance.

21. The biggest mistake a lot of runners make is overcooking the easy running. Professor Stephen Seiler's research suggests that this is the greatest difference between recreational and sub-elite runners. Easy running should be the bulk of your training. To safely manage more volume and to keep consistent you must make sure that your easy runs and days are actually easy.

22. Each run should have a purpose, but these aren't written in stone like the Ten Commandments. There might be a physiological reason for each session, but psychological factors matter too and sometimes a run can just be for letting off steam or having some fun. As long as you have a purpose for it, it can be of value to you, but remember that purpose as you're going along. If it is a recovery run, then keep that in mind so you ensure you're getting what you need that day.

23. There are several fancy ways to measure your effort level, from heart rate (HR) to blood lactate measurements, but the most effective tool for any runner is their own perception, otherwise referred to as 'rate of perceived exertion'.

24. Any magical watch or HR monitor can start registering that your heart is going to explode when you're simply jogging down to the shops, so it's important to learn how to gauge your own effort. Technology can be handy for measuring, analysing and interpreting your running, but it shouldn't dictate what you do.

25. An often-quoted golden rule for a runner wanting to progress is 'don't add more than 10 per cent additional volume each week', but remember we're all different. If you're only running for 30 minutes in total each week, then 40 minutes the week after is a 33 per cent increase, but you could just be changing two 15-minute runs into two 20-minute runs. This is a sensible progression, despite breaking the 'golden rule'.

26. When it comes to intensity and volume, try to increase one at a time. If you're building up your volume, then keep it simple and don't add additional faster running in too often as well. In simple terms, trying to run faster and longer at the same time can overstress the body.

27. Don't get carried away with progression either. We all get attached to the feeling of improvement, it's one of the joys of running regularly, but having down time and rest days, even recovery weeks, is the time you grow stronger and needs your focus too.

28. When starting out, it might be worth working with a two- or three-week cycle of progression, recovery and consolidation. We all think it's the hard sessions and increased mileage that brings home the bacon (or vegan alternative), but they're nothing without the sleep, recovery and easy running to allow the adaptations to sink in.

29. Now we're getting rolling, it's worth nipping the love of 'mileage' in the bud too. It's much more effective to think of training in terms of time than distance. Firstly, not all miles are created equal, with hills, mud, cobbles, headwinds and rain not only changing how long it takes to run different miles, but also the same mile on a different day.

30. Even running your normal loop in the dark is going to change how long each mile takes, and potentially change the impact that run has on your training.

31. Thinking in terms of distance is one dimensional, especially when we consider it takes many of us a different amount of time to run the same distance. If a beginner takes 30 minutes to run 5K and an experienced runner takes 15 minutes, should they be treating a 5K run in the same way? No, as it's twice as much training for the less experienced

runner to go the same distance. If you think of your weekly training solely in terms of distance you can end up doing more training than is sensible for your level. Think of it in terms of time, still progressing as you improve, then you might make bigger leaps as you get faster, but it'll also take into account a whole host of other factors too.

32. Think not only of the time you are running, but also the time between those runs as well. Recovery time is important, especially if you start to run with more intensity. If you run one evening and then in the morning the next day, expect to feel the run from the night before and change your run accordingly. Holding off until the evening will provide 24 hours of recovery instead of 12, for example.

33. In the early stages, make sure you're enjoying yourself. The rush of endorphins comes quick and easy early doors – that glowing feeling of accomplishment for the first continuous run, a new PB on your home loop or feeling fitter and stronger, but a good, old-fashioned measure of whether you're pushing too much, too early is a big smile. If you're dreading the runs, grimacing your way through them and crying into a cup of tea afterwards, maybe ease back a little. Running should be fun, at least most of the time.

34. It's not just smiling, listen to your body as a whole. I keep harping on about individuality and there are plenty of common mistakes, but you know your body best and if something hurts, then maybe ease back a little. If you need to, get a professional opinion from a physiotherapist or go for a sports massage. Be wary of Dr Google. They'll suggest your legs are going to fall off.

RACING (555-719)



Don't have fancy hills to practise on? Go and find some stairs to practise those fast feet on. © Tim Lloyd

HOW TO RUN AN ULTRA (654-689)

654. I'll start by quoting the great US ultra-runner Ann Trason: 'ultra-marathons are just an eating and drinking competition with a little bit of running thrown in'. Keep that in mind throughout this section and your ultra-marathon.

655. If you do get into ultra-running, then build up gradually. Each race becomes part of your experience and learning for the next step. Your 50K is a long run for your 50-miler, which helps you with your first 100K. A handful of 50-milers or 100K races will build you up to your first 100-miler.

656. It's not just the 10- to 16-week block of training before your ultra that counts, it's the months and years before that too.

657. The fastest way to the finish of an ultra is not always about moving quickly forward. Chew on that one for a bit.

658. The longer the ultra-marathon is, the less it becomes about physical fitness, and the greater role other factors play. Your fitness signifies your potential, not your performance.

659. Some, but not all, of these key areas of ultra-running are: fitness, specificity (aligning your training with the demands of the event you're preparing for), mental toughness, fuelling, pacing, downhill running, using hiking poles, kit choice, sense of humour and the ability to prevent chafing.

660. If you'd struggle to laugh at yourself when you fall over in a large cowpat or if you cramp up when you climb over a stile, then think long and hard about entering an ultra-marathon.

661. When dealing with road-based ultras, it's very much about the distance itself, whereas for trail and mountain ultras you need to take into account the elevation and technicality of the trail. Doing a 50K on road is 50K, but 50K on rocky trails with 3,000 metres of elevation might take you twice as long and actually be the equivalent of a flatter 80K or an 100K for you.

662. Do your research before you race. Be it simply the race website, the elevation profile, last year's results and pictures or even reading people's blogs or looking for videos.

663. Have a plan A, B and C and continue as far as you can down the alphabet. You need adaptability for ultra-running, and even a perfect day involves some stuff going wrong sometimes. Be prepared for as many situations as you can, then you'll be better prepared for the unexpected too.

664. Expect the ups and downs. Ultra-running can be a rollercoaster ride, from race to race, hour to hour or even kilometre to kilometre. If you accept that the low times will come, then you can remind yourself that the good times always come back too, even if only brought on by a finish line. It can't keep getting worse.

665. Troubleshoot low moods with logical causes. Nine times out of ten it'll be down to low energy, dehydration, overheating, poor pacing or worrying too much about things you can't control, like other runners. Deal with the things you can impact, put a smile on your face and accept that some people will have better days (or are simply better runners on the day) and you can only focus on doing your best.

666. They say you should 'beware the chair', but for some a quick sit down to sort out everything can have a very positive impact. Know yourself; and if you're likely to sit in a chair and never get out again, then don't. I once saw a man sit in a folding chair halfway through a 100-miler, get his finger caught and lose the tip of it. The result was a DNF and a hospital visit. Beware of that chair in particular.

667. Deal with problems before they become disasters. Ignore a hot spot and it'll become a blister and before you know it your foot has melted together with your shoe and you have to wear it for the rest of your life.

668. Sore nipples affect us all, so don't ignore them either. If you're a female runner, make sure you've got a sports bra that you know can do the distance without chafing. Chaps, you can wear a sports bra if you like (some have handy extra pockets too), but a secure plaster or tape will do the job too. A second of pain to remove tape post-race is better than a lifetime without nipples. Or 50 kilometres of running with two red lines running down your top and scaring all the kids.

669. At checkpoints, be quick, but don't rush. If you need a few extra seconds to take another sandwich or wait for a hot drink, then think of it as time invested in the next section of the race, rather than time wasted.

670. Always say please and thank you at checkpoints, and smile, even if you feel like absolute trash. If racing abroad, learn what please and thank you are in the local language. The smile you get back will lighten the load on your feet.

RACING (555-719)

671. Volunteering at races yourself is not only a wonderful experience as part of the ultra-running community, but you'll learn from it too. At the early checkpoints you'll see mistakes to avoid making, like charging through and dropping all your jelly babies because you're rushing. In the middle you'll see the difference between those who rushed and those with big smiles and at later checkpoints you'll learn lessons from everyone on how to cope.

672. Watch those striving to beat the cut-offs. The ones who have to give it everything on race day just to make it before the little hand meets the big hand at midnight. They will fill your heart with inspiration and teach you as many lessons as those at the front.

673. If you're allowed a drop bag at the halfway point then make sure it's nice and visible and put your name and number on. It'll help you or the checkpoint staff spot it.

674. Plan what you might need and add a couple of extras, just in case things aren't going to plan (remember they probably won't be, but that's okay). Fresh socks take time to put on, but can make it feel like you're running on fluffy clouds for a while.

675. If you're running into the night, even if it's warm, it's worth changing into a dry top and/or crop top. The sweat from the day can soak your clothing and it'll cool you down a lot quicker at night. Add in the fact that you might be going a bit slower, so producing less heat, and it can mean trouble. A fresh top has been proven to have a psychological boost too – watch any professional football or rugby team and they generally have fresh kit for the second half for precisely this reason.

676. Plan for disaster and always have enough to scrape through without your drop bag, just in case it doesn't make it. The same goes for your support crew. Anything could happen, or they can just nod off, so have an emergency energy gel or two tucked away so you make it to the next meeting point.

677. Don't get caught in the trap of thinking you're nearly there. At 80 kilometres of a 100K you're 80 per cent done in terms of distance, but if you've slowed down then that last 20 kilometres can take you 30 per cent of your total time if you're not careful.

678. Keep eating until the end. Even in the last 20 or 30 minutes you can hit the wall, as you've been on a knife-edge for hours. Then you take a wrong turn or have underestimated the distance left and it becomes a bit of a mission.

679. If you're racing on trails and your watch says 100 miles and you can't see the finish, don't just sit on the floor and certainly don't angrily (or passive aggressively) tell the race director that it was 101.5 miles according to your watch. You won't be the first, nor the last, and they've probably been awake for over 24 hours trying to put out thousands of different, tiny fires that allowed you to run those miles as safely as possible. Just count those extra miles as 'free miles' as you only paid for 100.

680. In a point-to-point race, remember that every step brings you closer to the finish line. The harder it gets, the more you need to focus on that. Keep moving and you will get there. Keep eating and you might even enjoy some of it.

681. No matter how much you swear you'll never do it again, you will sign up for another race. Normally within a matter of days. Sometimes hours.

682. Your mind treats ultra-marathons like torture. It copes by storing the pain and suffering in the short-term memory, but will store the elation of finishing in the long-term bank and ultimately that's all you'll really remember when looking back with your rose-tinted glasses.

683. If you've got the ultra-running bug, but can't afford to go running big races in the Alps every week, then check out the LDWA. The Long Distance Walkers Association is a wonderful organisation run by volunteers and they have a brilliant community and a whole range of back-to-basics events that don't cost an arm and a leg. Check whether running is allowed for the event beforehand, as some are for walkers only, be respectful of walkers on the day and think of yourself as an ambassador for the rest of us runners too.

684. LDWA navigation is often by written route description, so it's good navigation practice, and over the years I've had some cracking home-made cakes at the checkpoints. Just try to figure out what 'LT at PSB, X field and AH for 300m thru old Gt' means!

685. Don't dismiss walking long distances as part of your training either. When it comes to an ultra, even the front runners will do some walking and hiking along the route, so it's best to include some in your training too.

686. If you're looking to build your experience of time on your feet or just to try out a longer night-time adventure, then a decent length walk will allow you to practise navigating, fuelling and moving at night, without the load on the muscles that an equivalent time or distance running would bring.

687. When you do walk, walk with purpose. A solid walk can often be just as fast as a slow run, especially if you've got your head up, are driving your arms back and you're on a mission. A slow saunter doesn't really help anyone though.

688. A wise man once told me that if you think you should be doing something, chances are you should. This goes for running easier, eating more, stopping to sort out a blister, checking your map or route, smiling more, stopping for a pee and a whole host of other things.

689. If you do need a wee and you're holding it off to save time, remember that you're likely to avoid drinking in this time too and you might end up dehydrated. If water is just gushing straight through you, it could be to do with your electrolyte balance as well.

24-HOUR RUNNING (690–708)

690. A world unto itself – 24-hour running is my own favourite form of self-flagellation and discovery. Want to really learn what you're made of? Try running around in a small circle for 24 hours just to see how far you can go.

691. It breaks ultra-running down into its simplest parts. Just running and eating. The average pace of a good 24-hour distance never seems that impressive, until you're 18 hours in and struggling to think of a good reason to take that next step.

RACING (555-719)

692. It isn't just about big distances though, anyone can get involved in 24-hour running, and plenty do. It's about going as far as you can in one day; completing even one 24-hour event will change your perspective on a whole lot of different things.

693. Whereas set-distance races mean every step is a step closer to the finish, in a timed event, such as a 48- or 24-hour, it doesn't matter if you're sprinting or sitting on the floor in a puddle of your own tears, you're still getting to the finish line at the same rate. You really must motivate yourself to keep trying your best and for that reason alone it breaks some of the best. There simply is no respite from the push forward.

694. Look forward to changing direction. During a 24-hour race it's important to keep things positive and a chance to see everyone's faces for half a lap and smile at everyone is not to be missed.

695. Get yourself a support crew. If you're serious about running your best 24-hour race then a crew can really make a big difference.

696. It might seem like a lot to ask someone to stand on the side of a 400-metre track handing you biscuits for a full day, but it can also be an opportunity for a friend or family member to really get involved with your sport and they could really enjoy the experience. Ask your Mum or Dad and they might jump at the chance.

697. It could be that no one can commit to the full race, but two or three people could do shifts and cover the full event for you. If this is the case, make sure there is a chance for everyone to chat beforehand, online or in the pub. You can buy the drinks as a pre-race thank you.

698. Plan your nutrition and put it in a sensible format so that your crew can easily see what's in it and with enough information to adapt if they need to. If you have an hourly target for grams of carbohydrates then work out how much is in the myriad of food options you have and make a list, so it's easier for crew to do the maths each hour and make sure you're on target.

699. Have an hourly minimum target for your carbohydrates, but a maximum target for your pace. Going too fast at the start, or not eating enough, both leave you in trouble at hours 12 to 16.

700. Work with your crew on a technique for handing over food and drink. If you're slowing down and speeding up again repeatedly it can have an impact on your muscular fatigue. Make things easier by using little cups or containers to pass over a handful of small items, instead of just throwing them all over the place.

701. Feel free to pace like Yiannis Kouros, Aleksandr Sorokin or Camille Herron (faster from the start) but remember that, for the majority of people, a more evenly paced race is a better idea. If you like to suffer then maybe it'll work for you. You need a good reason to keep going when it all goes to pot though, a really good reason.

702. Starting more conservatively works well for a number of reasons: eating and keeping in some sort of energy balance is easier, you're less likely to trash your legs and when everyone slows in the second half and you slow down less, you'll get the psychological boost of passing all those people who are imploding.



You can run in any weather – skin is waterproof – but make sure you’ve got a jumper waiting for you at the summit finish. © Robbie Britton

703. If you start sensibly and still have a horrible race, it isn’t because you started too slowly. It’s more likely something else you’re getting wrong. Unless you are called Aleksandr Sorokin, in which case I apologise for ever suggesting you should pace differently as you are now a world record holder.

704. Don’t give up on the first try. Or the second and third. There’s no getting away from the fact that 24-hour running is really, really hard, but when you get it right it is something special. I might be biased given it’s my jam, but there’s something very special about it.

705. When training for 24-hour events, you don’t need to just run loads of long, slow kilometres. My best results, and those of the people I coach as well, have come from consistency, variation and a good taper.

706. A good, long run in the build-up could be a 100K or 100-miler in the spring with the 24-hour race in the autumn; don’t feel like you have to do any mega distances in the traditional 12- to 16-week build-up for your race.

707. If you can come out the other side of a five- or six-hour training run without feeling in bits the next week (good pacing, kit, fuelling and hydration can help), then it can be a useful run in the build-up, but it’ll be the biggest single outing I’d advise, otherwise you might still be recovering come race day.

708. Your potential on the start line will come from a combination of your fitness and other factors (rested at the start, fuelling during the race, pacing, and so on) so try to include all of these in your build-up and don’t just focus on doing all the running while only eating olives.