

TWB
RUNNING

Pilot Mountain to Hanging Rock Training with TWB Running



A Little Bit About TWB Running

We are a group of coaches with runners of all sorts spread out across the globe. Our athletes train for everything from short races on the track to 200+ milers.

CALEB MASLAND

Founded the team over 10 years ago
Coached runners for Leadville, UTMB,
Badwater, Marathon Des Sables, Tahoe 200,
Tuna 200, etc
Competitive masters runner, winner of 9
marathons and multiple 50ks

JOHNNY CRAIN

Joined the coaching staff in 2017
Former college coach
Multiple time NCAA Champion
Multiple time Trials Qualifier
Recently coached runner up at US 50k Road
Champs

We are all passionate about helping our clients get the most out of their training and racing and we are all still competing as athletes while coaching.



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What We've Provided for PM2HR

We built 4 training plans for the race that are 20 weeks in length and customized for distance/level. All plans feature "long long" runs and some double-long weeks.

BEGINNER

50K

Built for first-time 50k runners with long runs building to 25 miles

ADVANCED

50K

Built for a course/distance PR with long runs up to 27 miles

BEGINNER

50M

Built for first-time 50-mile runners with long runs up to 30 miles

ADVANCED

50M

Built for a course/distance PR with long runs up to 32 miles



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We Can Also Do Full-Service Coaching!

If you feel like you need a full time coach, we can help. Think of it like the customized training plan plus 1-1 guidance from your coach as you train. This option also allows for adjustments throughout the training cycle whereas the PM2HR plans are set from the start.



**Weekly
Plan
Updates**

**Face Time
with a
Coach**

**Team
Gear and
Core**



Ultra Training Tips - Train Your Gut

Some people like to call ultras "eating contests while moving." The longer you're out there, the more it will become critical to make sure you can consume and process calories and fluids.

1 Eat Before You Run

2 Eat a Variety of Calories on the Run

3 Train for 200-250 Calories Per Hr.

4 Don't Forget Electrolytes



PM2HR Tips - Prepare for the Hills

This course's main challenge is the long descents and long climbs. Make sure you get your quads ready to resist fatigue and perform late in the race.

1 Include Leg
Strength/Plyos

2 Do Some Long
Runs on Tired
Legs

3 Practice Downhill
Running

4 Practice Power
Hiking Uphill



PM2HR Q&A

Here are a handful of questions submitted by your peers for this clinic beforehand:

1 Building mileage/pace during summer heat

2 How to train for the elevation in a flatter area

3 1-3 "can't miss" workouts to prepare for the 50k

4 How many miles to train per week

5 Suggestions for downhill training in a flatter area



PM2HR CLINIC # 1 | MAY 31

PM2HR Q&A | Team Wicked Bonk Proof

1. Building mileage/pace during summer heat
 - a. Allow for extra time to train in the heat, as it takes more energy
 - b. Allow your pace to be slower vs in cooler months
 - c. Take in enough fluids and calories
 - d. Be smart about planning your long runs/training
 - e. It's important to be on your feet for the training
2. How to train for the elevation in a flatter area
 - a. The treadmill can be a useful tool - utilize the incline (& decline if available)
 - b. Be creative: find a parking garage, bridge
 - c. Lifting, plyometrics, core strength, & hip strength training will go a long way in training
 - d. Use the Stairmaster: idea - could finish the last 15 minutes of a scheduled run on a Stairmaster to simulate tired legs
3. 1-3 'can't miss' workouts to prepare for the 50k (answers are for 50K & 50 miler)
 - a. The long run is essential
 - b. It's ok to have shorter runs during the week (if your schedule doesn't allow for longer miles during the week)
 - c. Can break up long runs - for example Saturday's long run - can break up the miles in the morning and evening
 - d. Be prepared to go uphill & downhill - get your body used to running with incline & decline with hill repeats
4. How many miles to train per work
 - a. This varies person-to-person
 - b. Have a good bit of general mileage in your legs - run as many days a week that is comfortable for your body
 - c. Quality over quantity when it comes to weekly mileage
5. Suggestions for downhill training in a flatter area
 - a. See the answer to question #2



PM2HR CLINIC #1 | MAY 31

PM2HR Q&A | Trivium Racing

1. Has there been any changes to the course route this year?
 - a. A small section of 'Section 3 and 2 map' may have a little bit more trail that previously
 - b. 'Section 14 & 13' could be back on the trail, but depends on a few variables
 - c. Courses are updated & online ([50 Mile](#) & [50K](#))
2. Since this is my first time running this race, what should I expect?
 - a. Road sections & trail sections
 - b. [50 Mile](#) = 3 large climbs
 - c. The steepest climb is up at Hanging Rock
 - d. [50K](#) = rolling hills
 - e. Always look at the elevation change on the maps
 - f. There are some big downhills on the course
3. What condition are the trails in? Are trail shoes recommended?
 - a. This course is right along a mountain chain - so if it rains, the creek crossings can get high & the trails can get a little sloppy
 - b. The Trivium team does work on getting the trails cleaned up as much as possible leading up to the race
 - c. Use trail shoes – these are more aggressive trails than the Greensboro Trail System
 - d. 50 Miler participants - might be a good idea to have another pair of trail shoes in your drop bag (should you want to change shoes)
 - e. On the trails are over mark the course (Athlete Guide shows the markers & what to expect)
 - f. Participants will get a lot of updates in the weeks leading up to the race - stay tuned to your email & social media
4. How many stations with food will there be? How early should we get to the start line? How many restroom stops will there be on the trail?
 - a. The aid station chart is in the [Athlete Guide](#) - Click the link in the aid station chart to be directed to the specific aid station location
 - i. Additional information: Fuel, parking, & such is in the Aid Station Chart - plus Trivium is working on adding the specific Tailwind
5. Schedule? What to expect on the course?
 - a. Check out the Race Schedule in the [Athlete Guide](#)
 - b. [Event Schedule](#)
 - c. Take note of the shuttle bus times & where they depart
6. What happens if you cannot finish? What if you cannot finish within 12 hours?
 - a. There are hard cut-offs
 - b. 50 Miler 14 hr
 - c. 50K average 23:15/min miles
 - d. Cannot finish? Have a family member pick you up or Trivium will have staff driving around and get you to the finish line



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Pilot Mountain to Hanging Rock Virtual Clinic #2

TAPER TANTRUMS!



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The Taper is almost here. Some people love it,
some people hate it.

First Race of This Distance? Taper should be ~3
weeks.

More Experienced? 12-16 days might work.



TAPER NO ZONE

1

**DON'T Try to Cram
Fitness**

3

**DON'T Do New or
Untested Things**

2

**DON'T Change Your
Weekly Routine**

4

**DON'T Do Someone
Else's Taper**



TAPER PRAISE HANDS

1

Reduce total training volume while maintaining intensity ratios

2

Use extra time for race logistics prep, strategy, visualization, rest!

3

Maintain ancillary work until 72-120 hours pre-race; massage/bodywork OK until ~48 hours pre-race

4

Increase carbohydrate proportion of diet to 70-80% for 3-4 days pre-race



CALORIE CRAZE

- **EAT BREAKFAST! Go with what you trust**
- **15-20 mins pre-race for system priming**
- **200-250 calories per hour while racing**
- **Don't take a lot more than training**
- **Vary sources (including solids) for improved absorption**
- **Fluid is necessary for digestion; have available and drink to thirst WITH ELECTROLYTES**
- **Alternative fuels? Anything easily digestible that agrees with YOUR gut**



OTHER RANDO RECS

Shoes

- Trail shoes but not super aggressive
- You'll encounter a mix of terrain, some water, etc
- **NOTHING NEW ON RACE DAY!**

Pacing/Effort Management

- Conservative effort early to respect climbs
- Power Hiking up and down hill is smart in 1st half
- Keep the 40/60 rule of thumb for ultras over 6 hours or so



PM2HR
Virtual Clinic #2
Wednesday, August 30 | 7:00 PM EST

AGENDA

Introductions

- Team Wicked Bonk Proof
- Rich & Mel

TWBP Presentation

Taper

- Incorporate taper into your training
- Don't try to cram any fitness to your taper – now is not the time
- Don't change your weekly routine – stick to your weekly schedule. Ex: if you were running 5 days of week – keep a similar structure & decrease the volume
- Don't do new or untested things – stick to what you have trained with during your training cycle
- Don't do someone else's taper – Ex: influencer on social media's taper is not your taper

Good Taper

- Reduce training volume while maintaining intensity ratios – same basic ratios, but reducing volume across the board
- Extra time – use that time for your planning for race day (make it productive)
- Maintain ancillary work – 72-120 hours before the race
- Increase your carbohydrates – to about 70-80% of your calories, add in a little more than you normally would. Ex: race day is Saturday – start carb loading T/W/Th

Calorie Craze

- DO eat breakfast! This needs to be topped off before an intense activity such as an ultra
 - Make sure to eat fluids
- About 15-20 mins before you start, take in some carbohydrates
 - Could be a gel
 - But need about 200-250 calories
- Stick with what has been working for your training – but don't over take during your race
- 50 Miler
 - Take various sources of calories, especially some solids
 - This will help your system stay calm & absorb your intake
- DRINK when you feel thirsty
- Simple carbohydrates can be absorbed faster

Pre-Submitted Questions for the coaches

1. Trail shoes or spikes recommended or allowed? What is the frequency of sustenance recommended?
 - a. Trail shoes are recommended – but not super aggressive
 - b. There are some water crossings. May get wet & muddy
 - c. Want to try a new pair of shoes? Start breaking them in now so you know how they feel way before race day
2. Percentage of road / trails? General makeup of trails - super technical? What if limited training on trails is available? Where are the biggest climbs?
 - a. Do some power hiking so that you save your legs
 - i. The course has some big climbs
 - b. Be smart managing your effort
 - c. Keep the 40/60 rule

- i. 40% of time will be in first half
 - ii. 60% of the time is the back half of the race
- 3. What are some good alternatives to gels/GU for energy while out on the trails?
 - a. Vitargo – similar to UCANN (mixable in bottles) – Caleb of Wicked Bonk Proof uses that
 - b. If processed stuff doesn't agree with you: look at all the packages of the products (ingredients) and change up your fuel source
 - i. Like maltodextrin may not agree with your stomach vs someone else
 - ii. Try to rule out what doesn't work for you
 - c. Try some PB&J sandwiches, gummy bears, and the like (figs, dates)
 - d. Ex: 50 Miler – the more you can vary with what you take in during your time out on the race course, the better!

TRIVIUM | Rich Presentation

Race directors on race day = 4

Plus other race help

Markings

- Usually overmark the course | [Athlete Guide](#) shows what the markers look like and when to look out for them

Rich will go through the athlete guide in depth a week out from race day at the pre-race meeting

Pilot Mountain/Hanging Rock – has maps too

Start times | [Event Schedule](#)

- Make sure you type in the correct location for the race start
- Check the [Athlete Guide](#) too
- Review the maps that will give specific details (elevation gain/loss)

Early starts

- We do not normally do this because of limited time of when we can get set up early

Shuttle Schedule

- Review the schedule in the [Athlete Guide](#) to understand where you have to be & when
- Plus departure times

Know course cut off times

- This is for the safety of everyone on the course

Pre-submitted Questions for Rich

1. How is cell reception in the mountains? 1) in case we fall and need to call our car 2) for navigation purposes in car between aid stations.
 - a. Cell reception is good overall | Text messages typically come through good
 - b. Pilot Mountain on east side = good reception | south side = not the best reception
 - c. Hanging Rock is good overall, but there is some dead spots
 - d. Athletes look out for other athletes + crew will be going out on courses to check on participants
2. What is a rough trail/road ratio between leaving PM and entering HR?
 - a. STA is all on private land
 - b. 2/3 on trail (1/3 on the road)
3. Can I have my friend support run with me for a few miles or will this be considered banditing.
 - a. The race allows support to run starting at Mile 0 through the end of the race
 - b. We ask that they do not take a lot of food at the aid stations (carry their own – so there is enough for participants)
4. How many participants are signed up for this race?

- a. There are over 400 participants signed up at the time of the Clinic #2 Meeting
 - i. 213 = 50k
 - ii. 78 = 50 mile relay
 - iii. 121 = 50 mile
5. In Hanging Rock, Does the 50k route go up Magnolia Springs Trail then onto Wolf Den to the parking lot and so on. Or does it the route stay on Moores Wall Loop Trail and pass by the shelter and head towards the parking lot? The Strava map shows the course heading up magnolia springs, while the pdf document shows staying lower and going by the shelter and not hitting wolf den.
 - a. Go up Magnolia Springs – this has been updated
 - b. Skipping Moores wall
6. In past races, have many people used poles? Do you know if they found them helpful?
 - a. About 20% use poles
7. Do we have any training runs scheduled at the race site yet? I do not get on FB much so if you posted any I haven't seen them. Thx
 - a. Sunday, September 10 | 9:00 AM
 - i. The preview run will start at the Mountain Trail Stables located at 1630 Merridon Drive, Pinnacle, North Carolina 27043
 - b. There may be another training run
8. 1. Is there an all-trails official route, if so can the link be made available = No
 - a. 2. Just verifying, will there be shuttles from the finish line festival to the Stokes Co Government parking lot? = Yes
9. How technical is the course and how does it vary (i.e., more technical in the back half)? Is the use of poles recommended or even allowed? Is it recommended/needed to have a water filter to keep hydration on check in between aid stations (specially for slower runners)?
 - a. There is some technical for the 50 Milers going up, but not much going down
 - b. Technical Torres Den is technical
 - c. Magnolia Springs is not very technical
 - d. Moores Wall has stairs – not very technical, but tough
 - e. A few spots in the waterfall section that are a little technical because of the creek crossing
10. Race morning logistics
 - a. Check the [Event Schedule](#)
11. What will the rest stations look like? What food/drinks/etc will be available?
 - a. Basically a place to check in & get your nutrition/hydration
 - b. They will have chairs, tables, and tents
 - c. Review the information in the [Athlete Guide](#)
 - i. There is specifics as to what fuel is available for food & hydration, exact location, & parking info
 - ii. Water & tailwind at each aid station
 1. Tailwind is mixed per recommendation of the pack. Sometimes this will settle after a bit
 - d. Bibs need to be visible at the front (you can yell your number – need to be checked in)
 - e. Checked bags are at Aid Station #6
 - f. Any suggestions for the aid stations? Reach out to Rich at Rich@triviumracing.com
12. Drop bag - just confirming only 1 at Station 6. Could have crew member with supplies at aid stations before or after?
 - a. Checked bags are at Aid Station #6 and only 1 bag allowed | the size of the bag is 20" x 24" x 4"
 - b. Crew members can give you aid at aid stations, but not from a moving vehicle
13. How much can you put in the bag that will be on the course? If we wanted to switch backpacks for example
 - a. the size of the bag is 75' } 79' } 9' £~tz hfs mE {j f qyrs ymjwj
 - b. Hfs uzyf gfhpufhp rs ymjwj
14. Will some of the sections be cut better come race day? Me and my brother ran part of the course parking at train track at pilot and went 8 out and back. Some areas were overgrown and I got some kind of poison ivy or oak. Just didn't wanna get it again cause i get it bad and it probably won't be completely gone till the race and I don't wanna get it right back.

- a. Course conditions on the STA – they will be doing a lot of mowing, clipping, & tree removal leading up to the race
- b. Trivium racing crew will also get out on the course to get it cleaned up a bit

Download maps

- That way you can get access to the maps if you don't have cell reception

Additional Questions

1. Early 50K Start Line bus from Danbury Government Center, what time does bus leave
 - a. Athlete Guide
2. Could we discuss 50K start times?
 - a. [Event Schedule](#) on the website | the 50K start time of 7:45 am
3. Does the RaceJoy app drain your phone battery?
 - a. If you turn off wifi – it will stop searching for wifi, it will not drain the battery too much
4. is the shuttle mandatory for the first runner of the relay (or can their team just drop them off?)
 - a. Do not have to take the shuttle, team
5. Will there be items like suntan lotion, bug repellent , Tums at aid stations
 - a. There will be some of these items at aid stations – could be every other aid station
6. Mandatory gear
 - a. 50 Milers need to have a headlamp to start the race
 - b. Reusable cup and/or bladder
7. Lodging
 - a. Can camp at the STA Presidents Land
 - b. Closest hotels are in Winston Salem or King
8. Flavors of Tailwind & Huma
 - a. Mix mandarin, no flavor, and raspberry – not on the athlete guide
 - b. Huma: mix of bag of different gels

Relay teams

- Know the courses
 - If you have a mountain runner – make sure they are doing the Hanging Rock or Pilot Mountain sections
 - Use the Race Joy app so that you can keep track of each other

Tip from Rich: Make sure you have energy to tackle Hanging Rock!