


Coach Will Baldwin

[Sundog Running](#) and www.RunBaldwin.com

How to beat Altitude sickness

- It's hard! Even people who live at altitude sometimes experience the impacts from being up that high.
 - Exposures like Barr Trail Race help a lot
 - Alcohol and Hydration play big roles
 - Adjust your effort
 - Altitude masks aren't very effective or practical
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The approaches to altitude

1. Most common is just showing up a day or two before
2. Coming out for something like Barr Trail, 4-8 weeks before going up to higher altitude. Seeing how it impacts you.
3. Coming out for a longer stint like 2-3 weeks before the race.



Traits of Success

1. Folks that have been as consistent as possible and
TRAINED
2. Have a fueling plan and have practiced carrying and
executing it multiple times.



Training for Flatlanders

- Effort over time and pace
- Use Artificial Inclines!
- Convert some of your normal runs/workouts to
 - Stair Stepper
 - Incline treadmill
- Strength Training (single leg emphasis)



VERT

7800/13=600 feet of gain PER MILE average

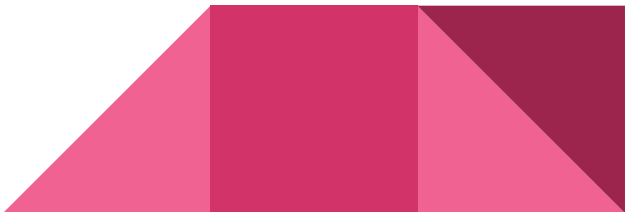
Can you replicate that at all in training?

Is there a local climb?

Treadmill at 10%



What to prioritize in training (elevation gain, miles, other)

1. Total training Volume (4 days a week is better than 2, 8 hours is better than 3 hours)
 2. Fueling- you need a plan, an outline. You need to have practiced it before race day.
 3. Vert. Hill Workouts, Incline on treadmill, stair stepper. 1-3 times a week
 4. Very biased but some guidance or a plan, a coach or following a training plan.
 5. We don't all have mountains and hills. Regular flat running, especially specific threshold work WILL help you. The more fit you are the less impact altitude, elevation, and climate will have on you.
 6. Learn to run slow and hike fast.
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Vest and Belts

Find something that works for you to carry all your gear. Start practicing with it, fully loaded, WAY before the race.

[Naked Belt](#)

[Nathan hydration Vest](#)

