

Back-to-Back Long Run Weekend Checklist

Powered by Umit.net – Ultrarunning Tools for Real Runners

■ Pre-Run Prep (Friday Night)

- Confirm Saturday/Sunday route + terrain
- Charge watch, lights, phone
- Lay out gear (2-day outfit plan)
- Label drop bag or vest items
- Fill hydration flasks + mix electrolytes
- Prepare breakfast (overnight oats, toast, banana, etc.)
- Pre-load dinner: carb-focused, low fiber
- Plan start time for Day 2 (match race hour)

■ Day 1 (Saturday)

- Eat full breakfast 2–3h before start
- Fuel every 40–45 minutes during run
- Hydrate (at least 500ml/hour)
- Track foot/gear hotspots (log problems)
- Finish strong, not destroyed

■ Recovery Between Runs

- 30g protein + 100g carbs within 1 hour
- Refill electrolytes / salt tabs
- Foam roll + legs up
- Cold shower or plunge
- Minimum 8 hours of sleep
- Lay out gear for Day 2
- Reassess socks, shoes, stomach issues

■ Day 2 (Sunday)

- Wake + hydrate immediately
- Light snack 15 mins before start
- Start on time (even if tired)
- Run in tired gear or test race-day kit
- Practice hiking, aid-station simulation
- Mental mantra: "Finish what you started."

■ Post-Weekend Reflection

- What hurt most?
- What nutrition worked?
- What gear failed/succeeded?
- What would you change in a real race?