

Training and Race Day Checklist for Kackar by UTMB®

Presented by unit.net



Training Phase Checklist



Base Phase (Weeks 1–8)

- Aerobic easy runs (Zone 2 focus)
 - Weekly progressive long runs
 - 2x weekly strength sessions (legs, core)
 - 2–3x weekly mobility drills
 - Gradual mileage increase (+10% weekly max)
 - Early gut training with fuel/hydration during runs
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Specificity Phase (Weeks 9–16)

- Back-to-back long runs on weekends
 - Weekly hill repeats and long climbing efforts
 - Practice technical descents
 - Simulate race-day gear and nutrition in long runs
 - Train with trekking poles (if using)
 - Mental preparation: visualization, mantras, discomfort management
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Taper Phase (Weeks 17–20)

- Peak volume and elevation (1500m–2500m+ gain/week)
 - Begin tapering (20–30% mileage reduction)
 - Prioritize sleep, nutrition, mental readiness
 - Confirm travel and race logistics
 - Final gear and checklist preparation
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Race Week and Race Morning Checklist

Final Week

- Confirm flights, hotel, transportation
 - Review updated mandatory gear list
 - Prepare and organize drop bags
 - Charge electronics fully
 - Maintain steady hydration
 - Carb-load strategically (48 hours pre-race)
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Race Day

- Eat familiar pre-race breakfast
 - Recheck weather, adjust clothing layers
 - Full mandatory gear check
 - Fill hydration systems
 - Smile, breathe, trust your preparation!
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Mandatory Gear Checklist (Kackar by UTMB® Standards)

| Item | Check |
|---|--------------------------|
| Waterproof jacket with hood (minimum 10,000mm waterproof) | <input type="checkbox"/> |
| Emergency blanket | <input type="checkbox"/> |
| Whistle | <input type="checkbox"/> |
| Headlamp + spare batteries | <input type="checkbox"/> |
| Hydration system (minimum 1L capacity) | <input type="checkbox"/> |
| Nutrition/food reserve | <input type="checkbox"/> |
| Drinking cup (for aid stations) | <input type="checkbox"/> |
| Fully charged mobile phone with emergency numbers | <input type="checkbox"/> |
| Personal ID or Passport | <input type="checkbox"/> |
| Trekking poles (optional but highly recommended) | <input type="checkbox"/> |
| Thermal base layer (recommended for cold weather) | <input type="checkbox"/> |
| Gloves, beanie/cap (highly recommended) | <input type="checkbox"/> |