

## Ten Tips for Enjoying the Tatton Yule Yomp (TYY) Trails

1. **Wear the right amount of kit.** Although the TYY is run in December, once you start running you will quickly warm up and so do avoid the temptation to overdress. You don't need to wear any special gear, although a pair of gloves might be good and fancy dress (maybe with a base layer) is encouraged and rewarded with trophies! Use an old T-shirt or sweat shirt or cut-out black bin liner at the start which can easily be discarded to stay warm and use the bag drop at the Event Centre so that you can quickly get some warm/dry kit on at the end.
2. **Wearing the right shoes.** Trail shoes with a good rugged tread and a rubbery lugged outsole are essential for the TYY as they provide grip and are low to the ground which provides the best stability on uneven terrain and reduces the chances of rolling an ankle. The trails on the TYY are not particularly narrow but they do have a variety of obstacles, including tree roots, bridges, rocks, sand, small hills, mud, and more. The course is designed to be moderately challenging in nature to offer a really enjoyable running experience.
3. **Keep your eyes on the trail.** It can be tempting to look at the fantastic nature around you, but doing so can quickly lead to tripping and falling. Focus on looking three to four feet (one metre or so) ahead to pick your line and plan where you going to step for the next few strides. This will keep you focused and enable you to move as quickly as possible over the mixed terrain that the TYY offers.
4. **Change gears and keep your form on the ups and downs.** Adjust your pace according to the terrain, and maintain a consistent effort level as you climb uphill. To do this, shorten your stride, lean into the hill from your ankles (not your waist) and pump your arms for propulsion. On the downhills let the hill pull you down. Lengthen your stride, keep your arms low and elbows wide and weight forward and not on your heels to best use the momentum and take pressure off of your quads (a symptom of leaning back to brake). You also may need to pick up your feet or hop left or right to bypass things on the path like tree branches.
5. **Carrying fluids and gels and refuelling at the finish.** As there is a water station at 6K there is no need to carry water. Carrying an energy gel may be a good idea if the conditions under foot are particularly muddy as it will give you that extra boost for a fast one mile road finish! Take advantage of the food on offer at the event centre and in the goody bag to quickly refuel within 20 minutes of finishing to replenish glycogen stores in the muscles. This will definitely help reduce muscle fatigue.
6. **Training for the TYY.** There are a number of good 10K training plans on the Runners World website, and based on your level of experience and availability of time to train, so pick one that suits <http://www.runnersworld.co.uk/racing/the-perfect-10k/84.html> If

you are new to trail running make sure to weave in trail runs at least once per week at first and then progress slowly by adding one trail run per week.

7. **Improve your trail skills.** Just as running intervals will improve your speed, running obstacle repeats on a trail will help create new neuro-pathways and boost your technical trail running skills. For example, run 10–15 minutes to warm up, then find a technical stretch of the trail and run repeats, focusing on form and finding your line. Include optimal recovery as you would with a speed interval, start with shorter trail segments (20–60 seconds), and build to longer stretches (1–3 minutes). Make sure that these sessions include some hills!
8. **Get strong and balanced.** Another way to improve your trail running performance is to include core strength and balance exercises into your regimen at least once per week, including: lunges on a pad or stability disk, single leg squats, bridge, pushups and dips, dead lifts, calf raises, and using a wobble board to develop foot and ankle strength and stability.
9. **Falling over on trails.** Falling is a bit of an occupational hazard of trail running based on the mixed terrain. It's about going with the fall rather than trying to break it. But if you roll with it, and don't tense up, you can usually get up and keep going without too much damage. This also shows why strong ankles are really important.
10. **Enjoy yourself.** While the TYY is very much a competitive race for some (particularly the club runners) it is also a fun preparation for Christmas for many others and an enjoyable trail run through lovely scenery. Over half of the runners completing the TYY will be wearing seasonal fancy dress. So unless you are aiming for a medal or PB, maybe the reindeer or fairy outfit would be a good shout!

We hope this quick trail running tips guide has been useful and we look forward to seeing you at the TYY. You can follow us on FaceBook and Twitter @tattonyuleyomp. Please also feel free to email me questions at [event@tattonyuleyomp.co.uk](mailto:event@tattonyuleyomp.co.uk)

Happy trail running! Cliff Wyatt