

THE WILD

TRAINING FOR THE WILD

We know that many of our participants are keen to get some prior first-hand experience of the course that they'll be running in December. This is totally understandable but given that all three courses include large amounts of private land we ask that you respect the guidelines set out below – and yes, this means staying off some sections until race day!

BUT FIRST A WORD AROUND OUR EVENT PHILOSOPHY. . . .

We have created The WILD to be first and foremost a great adventure for all who take part. Only a few will be focused on getting on the podium; for most just finishing will be the goal. And with this in mind we'd like event day to be as much of a 'journey into the unknown' for you as possible. The sense of adventure that comes from going somewhere for the first time is unparalleled and can be somewhat diminished by familiarity.

This philosophy, in addition to practical issues around accessing private land, has shaped the guidelines below. Please respect them as you prepare for your epic adventure!

ON-COURSE TRAINING GUIDELINES

Detailed course maps and gpx files will be made available only in the week of the event. This is in part a result of the philosophy outlined above but also allows for late changes to the courses that are always a possibility due to any number of environmental factors.

Our [website](#) provides a 3D image of each of the provisional courses. These, combined with any online map software, such as [NZ Topo Map](#) should give you a good idea of the terrain you will be crossing.

TRAINING ON THE SCOTT 100 MILE COURSE

The following sections are **NOT** open to the public and we ask that you please do **NOT** access these areas pre-race day:

- *Coronet Peak ski area to Skippers Saddle.*
 - This is all on trails administered by Queenstown Mountain Bike Club who have generously given us access to these bike-only trails for the event. They have requested that they are not used by runners at any other time – please don't jeopardise our access to these trails by ignoring this request.
- *Deep Creek to Vanguard Peak and along the ridge to 1km west of Advance Peak*
- *Arrow River at Soho Creek junction over Mt Soho to Roses Saddle*
- *From the Motatapu Track above Highland Creek Hut, over Knuckle Peak and along the ridge as far as Mt Cardrona*
- *Mt Cardrona base building to the Cardrona Valley*
- *The section of farmland that links Cardona township to the bottom of Tuohys Gully/Roaring Meg Pack Track*

These areas make up approximately 53km (just under one third) of the 100 mile course, leaving you well over 100k of open access trails to play on. And what you don't see in training will be even more exciting and epic when you encounter it on event day!



THE WILD

100 MILE



FURTHERFASTER

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50 MILE

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TRAINING ON THE FURTHER FASTER 50 MILE COURSE

The following sections are **NOT** open to the public and we ask that you please do **NOT** access these areas pre-race day:

- *Coronet Peak ski area to Skippers Saddle.*
 - This is all on trails administered by Queenstown Mountain Bike Club who have generously given us access to these bike-only trails for the event. They have requested that they are not used by runners at any other time – please don't jeopardise our access to these trails by ignoring this request.
- *Deep Creek to Vanguard Peak and along the ridge to 1km west of Advance Peak*

These areas make up less than 20km (less than a quarter) of the 50 mile course, leaving you with over 60k of open access trails to play on. And what you don't see in training will be even more exciting and epic when you encounter it on event day!

TRAINING ON THE 20 MILE COURSE

Most of this course is on open access land (whether private or public), however the first 3km along Rude Rock MTB trail is not for runner's or training until race day. Please do **NOT** use Rude Rock!

The Coronet Face Water Race track is a dual use MTB/hiking trail that links the access road to Bush Creek saddle. It is not marked on topo maps so having the [Trailforks app](#) on your phone might be helpful. This links with another dual use trail – the Bush Creek Track – that is also on the 20 mile course.

Please note that you could encounter mountain bikers travelling in either direction on these trails. Keep your eyes and ears open!

WHERE ELSE CAN I TRAIN?

We want to be as helpful as possible in giving advice on suitable training runs. Below are some tips and suggestions but do feel free to [email us](#) if you have any specific questions or concerns around how to train for the event.

THE TERRAIN

- A breakdown of the type of trail you can expect is given for all three courses on [our website](#) and provides a useful guide as to the type of training terrain you should be seeking out.
- Note that all courses (especially the 100 mile) include sections of off-track/cross-country travel, where at best there might be a sketchy animal track to follow. We encourage you to seek out similar areas where you can practice your off-track running/hiking skills.
- All three courses are insanely hilly! There are monster climbs and massive amounts of vert – some 1,800m for the 20 mile; close to 5,000m for the 50 mile; and approx.. 11,000m for the 100 mile! So it goes without saying that you should spend heaps of time working on both your climbing and descending fitness.



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TOP TIP

- We'll be offering plenty more tips in the lead-up to the event but here's our **#1 tip** – *train with a full pack that includes all the mandatory gear and a full load of water (2.5L)*! Even consider adding some extra weight to help build strength. The kit you are required to carry on race day is likely to be heavier than you are used to carrying on other events, so get used to that now! It also provides a great opportunity to test your clothing/gear, so don't leave it at home to save weight!

TRAINING IN NEW ZEALAND?

For those coming from overseas, sorry but the above is about as much guidance as we can give you. But for those living in New Zealand (and those who have the opportunity to visit beforehand) here's some additional suggestions:

- Look for mountains! There is no substitute for training in the mountains and building fitness/strength on sustained long ascents and descents. In the North Island the best areas to head for would include Tongariro, the Kaimanawa and Kaweka Ranges, Taranaki/Mt Egmont, the Ruahines and the Tararuas. South Islanders are spoilt for choice – there are mountains everywhere and not too far for any Mainlander to travel to!

THE WILD THINGS TRAIL DIRECTORY

This fantastic resource, the brainchild of The WILD course curator Mal Law, can help you seek out great training runs all around New Zealand. The Directory lists almost 1,400 runs nationally and can be searched using a wide array of filters. To make life super-easy for you we have pre-selected routes that fulfill key criteria and which we believe make great training runs for the specific and special demands of The WILD.

- Click [here](#) to see a list of over 250 runs that are good for training for the 20 mile event.
- Click [here](#) to see a list of over 120 runs that are good for training for the Further Faster 50 mile event.
- Click [here](#) to see a list of almost 100 runs that are good for training for the SCOTT 100 mile event.
- NB Once on your chosen listing page you can further filter the list by Region to find runs in specific areas where you want to train. Too easy!!

TRAINING RUNS AROUND ARROWTOWN

Arrowtown is a mecca for trail running with super-easy access to a wide variety of trails, many of which will take you over parts of The WILD courses. Here's a selection of favourites that you might like to put on your training wishlist. They interlink, as you can see from this [trail map](#), so it's easy to string together longer runs too:

- [New Chums Loop 7.4k](#)
- [Sawpit Gully – German Hill 7.6k](#)
- [Bush Creek Banger 12.6k](#)
- [Miners Trail 15.5k](#)
- [Mt Sale 18.5k](#)
- [Crown Peak Traverse 19k](#)
- [Arrowtown Gold 19.5k](#)
- [Big Hill Circuit 20.7k](#)
- [Brow Peak 21k](#)
- [Advance Peak 39k](#)



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And close by, also incorporating parts of The WILD courses:

- [Mt Dewar Devil Creek Loop 15k](#)
- [Atley Track 18.2k](#)
- [Jack Hall's Saddle 22k](#)
- [Rock Peak 22k](#)
- [Motatapu Track 50k](#)

So why not find yourself [somewhere to stay in Arrowtown](#) and go fill your boots with some epic hilly trails?!

If you are looking for someone to share training runs with then make sure you join [The WILD – Class of 2022](#) private Facebook Group and post on there.

We hope you find this information useful. Please remember to respect the course access guidelines and if you want any further advice then feel free to [email us](#).

Best wishes & happy training,
The WILD Team.



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