

The Core Power Hiking Method: Introduction

This course is designed to help you learn and master the Core Power Hiking Method as easily as possible. These printed versions of the course come from the notes I used to create the video instruction. Rather than reformat them like a “real” ebook, I’m leaving them alone because I think you’ll find it easier to read and review the content given in the video.

Hi. I’m Eric.

I’m an ultra runner and a mindset coach and a life coach.

FB: @ultramarathonmindset.

Podcast: The Ultramarathon Mindset Trail Talk.

When I started trail running, I had a goal of running a 50 mile trail race the following year.

And I learned fast that walking (power hiking) is a big part of ultramarathons running.

After I ran my 50 mile race, I decided to do a 100 mile race the next year. More than half my training miles for the 100 were power hiking.

Comment I hear most: “You can walk as fast as I run.”

So I gave my method a name and created this video.

Core Power Hiking Method

I wanted to make “core” into a cool acronym, but decided that was too cheesy.

The reason I call it the Core Method is because it uses your core muscles for power more than your legs.

Important information you should know about.

1. Core Method is about technique and form.

It's not just taking the way you walk now and trying to go faster.
It may feel different for you to walk this way.

2. It takes practice.

The Core Method is not difficult or strenuous. In fact, it takes less energy than what you do now.

But the success you have will depend on the work you put in to learn it and practice it.

3. It takes mental focus.

Right now your walking and running are subconscious. You don't have to think about what you're doing.

The Core Power Hiking Method will require you to pay attention to what your body is doing and how it's moving.

Why do you need power hiking?

Ultra - 1. conserve energy. 2. Speed (based on terrain . . . walk up hills)

For average runner, increase speed. Average 7 min faster in half. More than 13 min in marathon. (Stat. from Jeff Galloway site)

Your first exercise: Let go of the mindset that you have to run every step to be a "real" runner.

1. Self-image: The story you tell yourself about yourself. Common belief: runners don't walk . . . if I walk, I'm not a runner.

2. Social pressure: Everyone else is running. What will they think?

2 tools to deal with mindset

Self-talk: I decide what is best for me. I'm a real runner. Strategic power hiking will get me there faster.

Visualization: See yourself using strategic power hiking and still finishing ahead of other runners.

Race walking vs. Power Hiking

Race walking - specific technique & form. Focus on speed. Harder than running.

Power hiking - balance between speed and energy economy. Form & technique focus on economy. Easier than running.

Core vs. legs

Power hiking videos in YouTube -- big steps and use legs and glutes to pull you uphill.

1. Energy intensive. Less than running, but focus is on speed over economy.
2. Works best for elite and competitive runners.
3. Uses most of the same muscles as running.

Core Power Hiking Method -- uses core muscles more than legs

1. Energy conservation. Focus is on economy without sacrificing speed.
2. Works best for mid to back of pack runners. Ultramarathons.
3. Core muscles let legs take a break.

In next section I'll show you the basic elements of power hiking and how to put them all together to get the most power from just a little effort.

Remember:

It may feel awkward at first.

You won't be an expert right away.

Decide to practice and master this.

Let go of the idea that runners never walk.

I'll see you in the next video