



# ULTRA-RUNNING BOOT CAMP

by MURA

**20-21/02 2016 @ Janda Baik**

Learn from experts about nutrition, core training and mental preparation for ultra races. Spend one night in a beautiful location with lunch, dinner, breakfast, 2 runs in the beautiful trails of Janda Baik and 2 great inspirational running movies.

**Boot Camp Guide**

# Boot Camp Program

## Day 1 – Saturday, February 20 2016

- 3:00 – 4pm: Registration of participants
- 4:00 – 4:15pm: Briefing;
- 4:15 – 5:00pm: Core training and conditioning (by Lee Chun How)
- 5:00 – 5:30pm: Running form for road and trail running (by Ng Seow Kong)
- 5:30 – 6:30pm: Trail Run on route 1
- 7:00 – 7:45pm: Dinner
- 8:00 – 9:30pm: Evening running movies
- 9:30 – 10:15pm: Sharing on running injuries, or other related topics;
- 10:15pm: End of the day

## Day 2 – Sunday , February 21 2016

- 5:30am: Morning call
- 6:00 – 8:00am: Trail run on route 2;
- 8:00 – 9:00am: Shower then breakfast;
- 9:00 – 11:00am: General nutrition and recovery (by Lee Chun How)
- 11:00 – 12:30pm: Mental preparation (by Kimbeley Yap)
- 12:30 – 1:30pm: Lunch
- 1:30pm: End of bootcamp



# Covered topics

## Nutrition by Chun How Lee

1. Macronutrient structure and functions
  - I. Carbohydrates, II. Protein, III. Fats
2. Micronutrient requirements and recommendations
  - I. Vitamins, II. Minerals, III. Water
3. Process of nutrient digestion and absorption
4. Understand Food Labels
5. Determining Energy Needs
6. Nutrition and Hydration Needs for Active Adults
  - I. Carbohydrates and Sport Nutrition
    - Carbohydrate Loading
    - Fueling for Exercise
    - Glycemic Index
  - II. Protein and Sport Nutrition
    - Evaluating High-protein Diets
  - III. Fats and Sport Nutrition
  - IV. Hydration, Gastric Emptying, and Sport Nutrition
7. FAQ
  - I. Is it true that food eaten late at night is more likely turn into body fat?
  - II. Are Carbohydrates bad for weight control?
  - III. Are low-fat foods also low in calories?
  - IV. Does caffeine improve athletic performance?

## The importance of Mental Strength by Kimbeley Yap-Chelliah

1. Introduction about Kimbeley
2. How did she get into Triathlon and Endurance sports
3. Preparing for her first triathlon race: Miri International Triathlon 2005.
4. Her preparation and experience in Kapas-Marang Swimathon.
5. Her preparation and experience in Desaru Half Ironman 2006
6. Bouncing back after injuries, the importance of mental strength
  - Bike crash
  - Multiple spin splints
  - Spine surgery
7. Delivering at your best on the big events: SEA GAMES 2005 and 2007
  - How to manage the pressure to do well ?
  - How to leave the fear to fail behind you ?
8. KL towerthon 2014
9. Her accident
  - How do you bounce back after something that ?
  - Like after the accident, what Kim is doing now.





# The speakers



**Lee Chun How**

An avid fitness enthusiast on engineering careerbreak, who keeps in shape through various physical activities. He loves anything outdoor, has been playing various sports at different level since young. Bitten by ultra-running bug few years back, he has never looked back. "It hurt so bad but feel so good. Inexplicable! ". His life motto would be "Nothing ventured, nothing gained". Chun How is an ACE certified personal trainer, Certified Run-Fit Specialist and completion with certification of multiple nutrition courses from recognised bodies.

Having great interest in the science of nutrition, he strongly believes that nutrition is an indispensable component in performance and he spends a lot of time researching nutrition for his own benefit. It has translated into some recent race performance such as:

Taman Jaya 24 Hours Ultra Run 2015 - 163km, 1st Malaysia ECO 100 2015 - 8th  
Putrajaya Duathlon 2015 - 4th Ironman Malaysia 2015 - 13 Hours 30 Minutes



**Kimbeley  
Yap-Chelliah**

Kimbeley Yap-Chelliah, Movement Specialist, has been an athlete and involved in fitness since she was 9. Today, as a fitness specialist and personal trainer, she works with individuals and groups to help them improve their performance, strength, fitness, and even weight loss goals.

Her experience encompasses runners, swimmers, cyclists, working with children and people from all walks of life and all fitness levels.

As an elite athlete, Kimbeley is one of the few who has represented her nation in three sports, Swimming, Triathlon, and Cycling at the SEA Games and has earned not one but two gold medals for Triathlon. She is also the recipient of many awards and medals for numerous sports at an international level for obstacle races, tower running, trail running, open water swimming, and many more.

With hands-on expertise in various forms of movement and exercise, Kimbeley stands out among her peers by keeping an open mind to a wide array of training methodologies and specializes in working with people with injuries. She combines this with her experience and physiology and exercise science, catering to the needs of her clients.



# Bootcamp Information



**Selesa Hillhomes and Golf Resort**  
Bukit Tinggi, 28750 Bentong,  
Pahang Darul Makmur

Location at: <https://goo.gl/uzYBUc>

Your limited edition  
Bootcamp T-Shirt



# About the organisers

This Boot Camp is organized by the Malaysian Ultra Runners Association (MURA) committee. A group of well known ultra runners, deeply involved in the ultra running community in Malaysia and abroad.



The Malaysian Ultra Runner Association is an NGO registered under ROS that aims

- To provide a national platform representing the common interests of Malaysian ultra runners to government authorities, sponsors, race directors and other stakeholders;
- To represent Malaysia ultra runners in international ultra running arenas and communities;
- To establish and maintain cooperative and supportive relationship with ultra races held within and outside Malaysia;
- To establish general quality and safety standards for ultra races held within Malaysia;

