

MOUNTAIN RACES: TYPOLOGY AND TRAINING TO PRESERVE HEALTH.

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The mountains and the human being have a complex relationship since antiquity. Ever since Francesco Petrarca climbed the Mont Ventoux (France) in the year 1336 just to have another point of view of that geographic zone, the mountains have coexisted in a different way with the man.

Mountain races have developed progressively in recent years both in the number of participants and in the distance, slope and type of terrain through which they pass. This situation requires the runner a greater level of physical condition and muscle-ligament adaptation to be able to face them with the greatest possible safety for their health.

It is necessary to differentiate each type of race: vertical kilometer, vertical kilometer in descent, medium distance mountain race and ultra-distance race. Each of them has characteristics that determine the type of fatigue and muscle damage. Aspects such as correct hydration, the work of the compensatory muscles, the strategies of the race rhythms or the importance of the biochemical and blood control of the runner, among others, should be part of the planning and control of the training processes.

This paper also proposes a Decalogue so that the runner can measure their level of preparation more suitable to participate in mountain races with the best guarantees and reduce the chances of suffering an injury, as well as improve their performance.

Key words: *Mountain races, distance, slope, physical preparation, health.*