



The trail and ultra year is hotting up!

We are well and truly into 2026 (how is it nearly March already!) and there is plenty going on at Mile 27. From UTA to UTMB and every race in between we are here to support you to reach your ultra marathon dreams. From **podcasts** to **group coaching** to **fully individualised one-on-one support** there is something for everyone.

[Learn more](#)



New Mile 27 UTA training packages! Get the best out of your UTA race.

Are you entered an **Ultra Trail Australia** race and looking for support to **get the most from your race and achieve your goals?**

Mile 27 coaches [Cathy Duffy](#) and [Aaron Dower](#) are offering **UTA training packages** starting at the beginning of March. Included are:

- weekly bespoke training programs which cater to your strengths and weaknesses, available time and fitness level.
- nutrition planning
- race preparation
- mental training
- in-depth course knowledge
- support with gear selection and packing and
- injury prevention strategies

The cost for the entire training package is just \$730.

For further information or to sign up click below.

Sign me up!



Group coaching for UTMB, CCC and OCC

UTMB is one of the most iconic races in the ultramarathon calendar and achieving a place on the start line is something most ultra runners dream of! So when you get that coveted spot you want to **make the most of it!**

Not everyone wants or can invest in one-on-one coaching so for those people we have a solution!

The [Mile 27 UTMB Group Coaching Program](#) gives you structured, race-specific guidance without the guesswork.

- First live session: Friday, 27 Feb — completely free.

- Ongoing membership: \$20/month for structured guidance once per month.

Each month you'll get:

- Clear direction on what matters — and what doesn't.
- Focused, actionable guidance you can actually follow.
- Confidence that every session counts toward your race.

The result?

Standing at the start line of UTMB, CCC or OCC ready to climb with purpose, descend with control and ready to race — not just survive knowing you've done the work to run the race you've dreamed of.

Stop Guessing. Start Training Smart.

For more information or to sign up!



Meet Cathy Duffy

Cathy Duffy has been **coaching with team Mile 27 for around three years** and is an expert on the UTA course having **run various UTA distances seven times**. Her in-depth course knowledge has recently been enhanced by becoming a **resident in the Blue Mountains**.

Cathy's ability to meticulously plan and remain focused on her goals during the various seasons of life, which has included raising a family whilst juggling a professional career, is one of her strengths. **Cathy is passionate about helping athletes achieve their goals through all the**

seasons of their lives and is the perfect coach to support you in your UTA journey, as well as any other race goals you may have.

Testimonial: *I just wanted to say how grateful I am to be part of the Mile 27 team. I signed up with Cathy Duffy just over a year ago after having suffered a stress fracture but wanting to train for miler at some stage & being a mature age runner.*

I cannot stress how amazing she is - the most supportive, non-judgemental person who is helping me enormously. She is always there to keep me centred and ground me and keep me on track.

To read Cathy's full profile or express your interest in being coached by Cathy click the button below.

Find out more



Did you know that Mile 27 have our own **podcast**? With **over 20 episodes** covering everything from **mental training** for ultra marathons to **dealing with setbacks and failure**. There is a wealth of free information to improve your ultra journey.

Check out this episode where Mile 27 founder Andy and ultra coach Cathy discuss the origin story of Mile 27, the essence of finding

the right coach, and how the Mile 27 team is dedicated to taking athletes the extra mile in their ultra-running pursuits.

Take me to the podcasts!

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