

Training Plan for a Successful Challenge 10 weeks to Fighting Fitness!!

Overview

This training plan is designed to give you some 'milestones' to aim towards in your personal fitness, in order to make sure that when you arrive on the starting line for the event, you feel confident in the knowledge that you are ready for the challenges ahead!

Also—we have given you specific training sessions to incorporate into your week—that we hope will be manageable. For further details on what each of these sessions entail—please see last page.



Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.

In these 4 weeks you will be mainly working on:
Strengthening leg muscles
Building Walking Endurance

Weeks 1—4 - Training Activity

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1			Gym Session—please speak to a member of the gym staff to ask for details of suitable leg strength exercises. At the end of the leg strength session, it is recommended to warm down (walk or cycle).				Outdoors Walk—approx 1 hr. On undulating or flat terrain—just enough to get your training programme underway!
2	Gym Session—approx 1 hr—leg strength—quads, ham strings, calves, hip adductors. These exercises will help you to climb those steep hills—and push yourself up and over rocky obstacles!		Outdoors Walk—approx 30 minutes. On undulating or flat terrain.				Outdoors Longer Walk—Approx 1.5 hrs. Include a gentle hill.
3	Gym Session—approx 1 hr—leg strength—quads, ham strings, calves, hip adductors.		Outdoors Walk—approx 40 minutes. On undulating or flat terrain. Try to keep the speed as high as you can for this session!			Try a test walk of upto 3 hours and see how far you walk. try a riverside, coastal walk, or canal towpath—you should be able to manage around 10—12 miles.	
4	Gym Session—approx 1 hr—leg strength—quads, ham strings, calves, hip adductors.		Outdoors Walk—approx 50 minutes. On undulating or flat terrain				Outdoors Longer Walk—Approx 3.5—4hrs.

By the end of Week 4 you Should Be Able To:

- Walk a distance of 10-12 miles on the flat in 1 day.
- Climb a moderate hill of a 10 minute walk—returning to the bottom—and repeat 2 times, no stopping on the climb each time
- Climb a hill for at least 15 minutes at a fast pace without stopping walking to take a break.

Good Training Venues:

Parliament Hill, South Downs, Ridgeway, Cotswolds, Mendip Hills, Peak District, North Downs, Coastal Paths in SW England

Canal Tow Paths, Riverside Paths, Large Country Parks (you may need several laps!)

Training Plan for a Successful Challenge

10 weeks to Fighting Fitness!!

Week 5—8 Training Activity

Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.

In these 4 weeks you will be mainly working on:
 Hill Climbing—in short bursts
 Continuing to Build Endurance

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5	Find a suitable hill close by to your home—either on the road, or in a park. The hill should be about 5 minutes in duration. You should then aim to do a circuit—up and down about 3-4 times.		Hill climbing session (on your 5 minute hill) - do it 3-4 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Walk*—either along flat route or including hills—but ensure that you are reaching at least 3.5 hours, this is essential endurance!
6	Hill climbing session (on your 5 minute hill) - do it 4-5 times with a short recovery in between. Try to increase the speed that you tackle the hill at.		Hill climbing session (on your 5 minute hill) - do it 4-5 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Walk*—either along flat route or including hills—but ensure that you are reaching at least 4 hours, this is essential endurance!
7	Hill climbing session (on your 5 minute hill) - do it 4-5 times with a short recovery in between. Try to increase the speed that you tackle the hill at.		Hill climbing session (on your 5 minute hill) - do it 4-5 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Walk*—either along flat route or including hills—but ensure that you are reaching at least 4.5 hours, this is essential endurance!
8	Hill climbing session (on your 5 minute hill) - do it 5-6 times with a short recovery in between.		Hill climbing session (on your 5 minute hill) - do it 5-6 times with a short recovery in between. OR Gym Session Working on Specific Leg Strength.				Long Walk*—either along flat route or with hills—but ensure that you are reaching at least 5 hours, this is essential endurance!

Remember to carry plenty of food and drink with you as sessions get longer. High Carbohydrate foods are excellent as well as some comfort foods.

Take along some binoculars to enjoy views you may have on your long walks and/or lookout for plants and wildlife. This is a great way to inspire and motivate you particularly in poor weather.

- By the end of Week 8 you Should Be Able To:**
- Walk a distance of 12-14 miles on undulating terrain comfortably in 1 day.
 - Climb several steep hills during the course of a day.
 - Climb a hill for at least 20 minutes at a fast pace without stopping walking to take a break.
 - Run 3 miles in less than 30 minutes (ideally)
 - Have a good set of waterproofs, both tops and bottoms—which will protect you from the elements—
 - Have thought about whether you want to use walking poles—if you do—start using them to get used to them!

* You may replace the long walk with a long run if you prefer! NB Long Run will be of a much shorter duration.

Training Plan for a Successful Challenge 10 weeks to Fighting Fitness!!

Week 9—10 Training Activity

Note—you should make sure that you do at least 2 of the sessions each week—one midweek and one of the longer sessions at the weekend.

In these 2 weeks you will be mainly working on:
Working on Overall Endurance and distance
Working on increasing your speed

Week No.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	Speed Walk—45 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 25 min. run. This may contain hills— but use the same circuit each time!		Speed Walk—90 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 40 min. run. This may contain hills— but use the same circuit each time!				
						<div style="border: 1px solid black; padding: 5px;"> Recommend long distance walk of upto 7hrs to check your ability to cope with the endurance aspect of the challenge. You should be out from 9am. </div>	
10	Speed Walk—45 min. session—check your distance in 1 hour - see if you can improve upon it during this month—alternatively do a 25 min. run. This may contain hills— but use the same circuit each time!		Gentle Hill Walk - Upto three hours. As you approach the start day of your challenge it is important to taper down the training to allow your body to repair and re-energise!			<div style="background-color: yellow; border: 1px solid black; padding: 10px; font-weight: bold;"> CHALLENGE WEEKEND </div>	

- By the end of Week 10 you Should Be Able To:**
- Walk a distance of 16-18 miles on undulating terrain comfortably in 1 day.
 - Climb serious hills—of over 300 metres ascent
 - Climb a hill for 1 hour at a steady pace without stopping walking to take a break.
 - Run 4 miles in less than 45 minutes (ideally)
 - Be confident in your boots—that they fit well, and won't give you terrible blisters!
 - Be accustomed to walking in poor weather
 - Have tested out your headtorch!

NB—it is very very important that during the last 2 weeks before the event you do not risk any activity where you could injure yourself.

Also—in the final week before the event—you should taper off your training—so that you have sufficient energy on board ready for the challenge. Get good sleep, eat well, make sure you are hydrated, and take it steady in the final run up to the event!

Training Plan for a Successful Challenge 10 weeks to Fighting Fitness!!

Specific Training Session Details:

Leg Strength Gym Sessions:

It is important that you speak to a gym professional for how to do these exercises—get properly inducted on this—as incorrect technique could cause an injury! Not a good way to start your programme!

Typically you will be doing lunges, calf raises, leg curls (hamstrings), squats and similar exercises.

Make sure you start on a light weight, and build up from here. Too heavy and you may end up doing more harm than good! These exercises will fit into a 1 hour gym session.

Long Outdoor Walk Sessions:

These will really help you to get used to the length of walk that you are going to be experiencing. Up to 3 hours you need to ensure that you are pushing along at a good speed. Once you go into the realms of 6—8 hour walks you will expect to take things more steadily.

NB If you decide to venture out for long periods of time into the outdoors, or on to our upland areas or into our mountains—you should always go prepared—no matter how good and benign the conditions look. Always take waterproofs! Always take food and drink! Always let someone know where you're going! Always take some extra warm clothing!

Introductory Outdoor Walk Sessions:

Here we are trying to start building some endurance—and whilst these are short sessions, if you follow the programme—you should find yourself following the goals, you will get to where you need to be!

Try and keep your speed up, and don't stop for rests in these short sessions. You want to build up a bit of a sweat / and to cover a reasonable distance! You should be looking to cover over 2 miles in your 40 minute walk.

Interval Speed Sessions:

Either using the treadmill, or by mixing up your running or walking training – you should do the same sort of high / low intensity workout as with other intervals, but on the flat this time – and using your speed as the varying factor. Aim to run or walk fast for 3 minutes, and then take it back down to a slow walk or gentle jog for 3 minutes. Then start again, picking up the pace and keeping it high for another 3 minutes, to be followed by another 3 minutes of gentle pace. Try to do this for anywhere between 6 and 10 intervals – and you will have a tough workout. Of course, on the early intervals – try to remember that you have still got quite a few more to go – so don't frazzle yourself too early! Keep an eye out for traffic and other people whilst you do this – don't run into that little old lady – she's probably not so worried about her intervals!

Interval Hill Sessions:

These sessions will give you short sharp bursts of hill work – working both your lungs and the muscles necessary for hill climbing. First you must find a suitable hill that will take around 5 minutes (or possibly more if you have one!). Your sessions are going to involve guess what? Yes, you guessed it – climbing the hill at a good fast rate, followed by recovery, descending, and starting all over again. Try to push yourself hard – but make sure you can complete the workout! Make sure also you don't trip up and fall on your way down the hill! By using an Ordnance Survey Map you might even be able to find out how high your hill is from bottom to top – aim for over 50 metres of ascent in 5 minutes – that's a good pace...

This Training Programme was prepared by:

Adventure Café
Frogmary Green Farm
West Street
South Petherton
Somerset. TA13 5DJ

Tel: 01460 249191

E-mail: info@adventure-café.com

www.adventure-café.com