

preparing for your challenge

training for your trekking challenge

Here is your Trek Preparation Bible: take a good look and keep it on hand. It has been created to help you stay on track with your training and includes an example training programme that you can use as a guideline.

Want to get fit? There's no time like the present. The countdown to your challenge has begun...

medical preparation

If you have any specific health problems (e.g. diabetes or asthma), you should speak to your doctor about action you can take to maintain your health while on the challenge. We also ask that you alert us to your medical needs prior to the trip. A medical form has been provided in the challenge information pack for you to fill out. This will be assessed by our challenge doctor.

training for your trek

Your trekking challenge will be physically demanding, so it's essential that you've reached a good level of fitness before the event. Even if you are an experienced hiker, you'll probably not be used to walking for approximately 8 hours per day on uneven surfaces, steep hills or difficult terrain.

We strongly recommend that, in the months leading up to your challenge, you not only practise your walking, but also cross train with other sports such as running, swimming and cycling. This will enable you to build up the strength, cardiovascular stamina and muscle endurance necessary for you to complete the challenge - and have a great time as you go!

Hydration and healthy nutrition are key to ensuring safe and successful training. Never let yourself go thirsty, and make sure you're giving your body the balanced diet it needs to stay strong and well.

the holy trinity of training

1. Start slow

Don't run before you can walk (so to speak): healthy training involves a gradual build-up of effort. It's the only way to minimise the risk of strains and other injuries.

2. Train for all weathers

On your trek, it could be warm or cold at different times so train in both conditions. Test your equipment and yourself by striding out in all weathers. This will help to build your strength and endurance. Vary your terrain while you're at it and you'll be prepared for just about anything.

3. Protect your feet

It's crucial to have the right footwear. Your walking boots should give good support to your heel and ankle. They should have some waterproofing as well as being breathable. If you walk through snow, feet can get damp quickly. Consult an expert shoe fitter and find the right boot for you. Specialist hiking socks that wick away moisture can also be an extremely effective guard against the blister.



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SUGGESTED TRAINING PROGRAMME				
When	Frequency	Training	Tick	Aim
6 months Before	Every Week	1 x 30 minute walk, 2 x 30 minute aerobic training sessions. PLUS:		
Complete a two hour walk	Week One	1 x 45 minute walk		Start making exercise part of your life. Try a range of activities to increase your overall fitness, such as spinning, swimming or cycling
	Week Two	1 x 1 hour walk		
	Week Three	1 x 1 and a half hour walk		
	Week Four	1 x 2 hour walk		
5 Months Before	Every Week	1 x 1 hour walk, 2 x 30 minute aerobic training sessions, 1 x 30 minute strength training session. PLUS:		
Complete a three hour walk with HILLS!	Week One	1 x 1 and a half hour walk		Build up your fitness level and start incorporating hills into your program as well as strength training
	Week Two	1 x 2 hour walk		
	Week Three	1 x 2 and a half hour walk with HILLS		
	Week Four	1 x 3 hour walk with HILLS		
4 Months Before	Every Week	1 x 2 hour walk, 2 x aerobic training sessions, 1 x 30 minute strength training session. PLUS:		
You should be walking at least once a week, minimum 4 hours.	Week One	1 x 2 and a half hour walk		Increase your endurance, spending more time on difficult/steep terrain
	Week Two	1 x 3 hour walk		
	Week Three	1 x 3 and a half hour walk with HILLS		
	Week Four	1 x 4 hour walk with HILLS		
3 Months Before	Every Week	1 x 3 hour walk, 2 x 30 minutes aerobic training sessions. PLUS:		
Complete two five hour walks back to back!	Week One	1 x 3 and a half hour walk		Practise two days back to back to start building endurance
	Week Two	1 x 4 hour walk with HILLS		
	Week Three	1 x S hour walk		
	Week Four	2 x S hour walks		
2 Months Before	Every Week	1 x 4 hour walk, 2 x strength training session. PLUS:		
Complete a seven hour walk	Week One	1 x S hour walk		When on the event, you will be walking for approximately 8 hours a day, so you must get some long walks in
	Week Two	1 x 6 hour walk		
	Week Three	1 x 7 hour walk		
	Week Four	2 x 6 hour walks		
1 Month Before	Every Week	1 x 30 minute aerobic session, 1 x 30 minute strength training session. PLUS:		
Complete an 8 hour HILLY walk	Week One	2 x 6 hour walk back to back		For the first two weeks, keep up the endurance training. Then in the final two weeks, taper your training to give your legs a rest
	Week Two	1 x 8 hour walk with HILLS		
	Week Three	2 x 2 hour walks		
	Week Four	2 x 1 hour walks		

stick this on your fridge!

your dream challenge