

## **SAMPLE TRAINING GUIDE**

Training is very specific to the activity that you are undertaking. Therefore to become fitter for hillwalking or trekking, ideally you need to do some hillwalking or walking. This can be mixed up with some cross training of your favourite sport or outdoor activity i.e. swimming, aerobics, climbing, running, squash etc.

### **Why Bother Training?**

- You will have a far better chance of completing your event comfortably.
- You will enjoy the event far more if you have a good level of fitness.
- You are far less likely to become injured.
- It strengthens your heart.
- It will improve your circulation, breathing and endocrine functions.
- It tones muscles and strengthens bones.
- It reduces blood fat and cholesterol.
- It burns calories and helps you manage your weight.
- It boosts mental performance and improves psychological wellbeing.

### **How to Avoid Injuries Whilst Training and Hillwalking**

To avoid blisters keep your feet dry and wear socks made with fibres which draw moisture away from your skin - steer clear of pure cotton. Don't lace your shoes too tightly or too loosely. As soon as a hot spot occurs (a rubbing of the skin which then feels warm), remove your boot and apply some 'Compeed'.

- When walking, try to make sure your heel touches the ground first and then you push off with your toe.
- Keep your toenails neatly trimmed and remove all hardened skin on the foot with a pumice stone.
- Try to walk with your head up and eyes focused ahead; not always easy when on uneven terrain!
- Keep your shoulders level, pulled back and down, lift your chest.
- Carry your arms either at 90° angles and move them forward and back, rather than side to side or allow them to relax by your sides.

### **Walking Boots**

- If hillwalking on rough terrain or with a rucksack, then the boot should have a reasonably high ankle and a stiff heel counter to give lateral support. To break your boots in and to get used to them prior to the event, wear them around the house, on the way to work, etc, and then on longer trips.
- Once they have conformed to the shape of your feet there is less likelihood of getting blisters. No boot is 100% waterproof when in use. Damp feet can occur through water ingress over the top of the boot e.g. when over trousers are tucked into gaiters or through wicking down your socks. Dampness will occur within even the most water repellent boots through sweating. Thicker leathers generally last longer and give better waterproofing but need to be worn in and are heavier in use. Do not dry any boot using direct heat.
- When tying the boots, never pass laces around the back of your ankle before tying as this could lead to tendon injury.

### **Sample Training Schedule**

Please note that the training schedule below is for longer overseas expeditions, however will give you some ideas of how to build your fitness level and prepare you for walking a minimum of six hours a day over different terrains including gentle slopes, shallow steps, forest trails, uneven ground where the going is rough underfoot with some obstacles such as protruding roots and rocks, and steeper hills.

- If you intend hillwalking on terrain with steeper hills, then find a nearby hill (or an office block or block of flats with lots of stairs) and progress from walking on the flat to, once a week, walking the same distance or time on the staircase, both up and down.

- Try to have a rest day in between each training day if possible. Remember to warm up, stretch, then exercise, cool down and stretch to finish.
- You should progress to training with your boots on and any other equipment that you may be using on the actual trek from week 4 at the latest but preferably from week 1 if the boots have been worn in already.
- The cross training and resistance training evening can always be on the same day as the shorter 1 hour walk.
- You can involve friends or family on these training walks so that you are not always missing family and friend commitments.
- The length of your training will depend upon your fitness level so if in doubt, seek professional advice from a fitness trainer at a local gym.

<b>Week 1:</b>	Source a good circuit that you are happy with and provides you with the best fit for your event. 3 x 30mins walks.
<b>Week 2 &amp; 3:</b>	2 x 30 min walks. 1 x 1 hour walk.
<b>Week 4 &amp; 5:</b>	2 x 30 min walks. 1 x 2 hour walk.
<b>Week 6 &amp; 7:</b>	2 x 45 min walks. 1 x 2 hour walk.
<b>Week 8 &amp; 9:</b>	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 4 hour walk.
<b>Week 10 &amp; 11:</b>	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 6 hour walk. 1 x cross training or resistance training evening.
<b>Week 12 &amp; 13:</b>	2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 8 hour walks (on difficult / steep terrain.) 2 x cross training or resistance training evenings.
<b>Week 14 &amp; 15:</b>	2 x 1 hour walks (1 walk on difficult / steep terrain). 2 x 6 hour walks (on difficult / steep terrain use the weekend to see how the body copes with two days of walking one after the other as on the event). 2 x cross training or resistance training evenings.
<b>Week 16:</b>	2 x 1 hour walks. 1 x 4 hour walk.

### **Top Tips for Training**

- Get up an hour earlier and go out for a quick walk in the morning before work.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you can walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times at least three times per week.
- Cross training such as swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably, but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.
- You should make the time to walk some consecutive long days as on the training schedule. It is the accumulation of walking day after day that really tests you on expedition.
- Always wear your expedition equipment; rucksack, boots etc even if you are walking up and down stairs in an office block or in the local park.

**These notes were compiled by Brian Jackson, BA (Hons) in Sport, Health and Physical Education, who operates a series of PreChallenge Training Weekends in Snowdonia, UK.**