

TREKFEST TRAINING TIPS



INTRODUCTION

The one thing you should be reassured of is TrekFest is nothing to be afraid of, as people from all walks of life register for the challenge. Although you don't have to be a 'Professional Athlete' to walk, jog or run TrekFest, you will need to train and slowly increase your fitness as the event approaches.

TrekFest will be more enjoyable if you're well prepared. You don't want to find yourself lagging behind the main group or reaching the top of that steep slope and be bent over gasping for breath, when you should be admiring the fantastic view with your fellow trekkers. And the best preparation for your trekking challenge? **Get Trek-fit.**

Getting trek-fit will increase your enjoyment when you're on the challenge and help prevent injury. Plus, training for the challenge is a great way to improve your overall health and wellbeing.

You will find lots of useful information in this guide. Your training should start several months before the challenge, and the following notes will help you to Get Trek-Fit.

A regular 1 - 2hr stroll is not enough to prepare you for TrekFest. Before starting any training programme you should consult your Doctor. Remember - without training, you may not be able to complete this challenge.



“BELIEVE YOU CAN”



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WHAT TYPE OF TREKKER ARE YOU?

Training for TrekFest depends largely on your present fitness, age and the amount of walking or running you do. There are a number of ways to train and the notes below should be adapted to fit into your personal lifestyle. Training should be enjoyable - train with friends, other challenge participants or try joining a local walking club, running club or your local gym and make some new friends.

Understanding where you're at with your fitness right now is the best place to start. It'll help you plan to get from where you are to where you're going...

ARE YOU A BEGINNER?

Participants who haven't exercised regularly (other than incidental exercise) for a while or perhaps never, will have to start training at least 4 months before their challenge. You should build up gradually to avoid over-exercise and injury.

Your aim: is to move onto the training plan for your chosen route. This can be done once you feel comfortable with the beginner's plan which you might complete 1, 2 or 3 times depending on your ability.

ARE YOU AN INTERMEDIATE?

Participants who walk (run, ride, or swim) frequently but don't do any weight bearing exercise, or participants who do weight bearing exercise but little or no cardiovascular exercise. This category usually includes people who exercise regularly either:

- Walking, running or cycling or swimming 2 - 3 times per week.
- Go to the gym 2 - 3 times per week.

As you have a degree of basic fitness and confidence, 3 months or so of training should prepare you for your challenge.

Your aim: is to introduce a regular programme into your training and a balance of cardiovascular and strength training. You should start your training using the training plan for your chosen distance and discipline.

ARE YOU ADVANCED?

This category includes participants who have a regular and varied exercise regime including cardiovascular and weight bearing exercise and those who are seasoned long distance walkers or runners. If you are in this category you should already have a good training schedule and should amply cope with the challenge, therefore no schedule is provided.



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WHAT ARE WE TRYING TO ACHIEVE?

The two objectives to prepare for TrekFest are:

- Increase the capacity and efficiency of your body's cardiovascular system.
- Improve the endurance of your muscles. Building up their repetitive movement strength, thus allowing you to walk or run further before feeling physically tired.

It's simple - about half of the endurance required comes from the improved ability of your body to pump blood and oxygen to your muscles.

The other half comes from increased efficiency (strength) of the muscles to extract oxygen and convert it.

Don't forget the top half of our bodies after all we have to carry our day sacks!



DO'S AND DON'TS

- The best cardio exercise to prepare for your challenge is walking or running depending on how you plan to complete TrekFest, because these activities use all the same movements and muscles that you'll be using on your trek. You'll toughen your feet, strengthen all the right muscles and get used to the kit you will be using.
- Don't do too much too soon, get too fatigued or even worse injured, and not be able to exercise for the next month!
- Always warm up (prior to) and warm down (after) exercise and include stretching. It works.
- As you get fitter keep the time that you spend training the same but increase the intensity (work harder) – to help fit it in to your busy lifestyle.
- Keep a note of the distances you cover you will be able to monitor your improvement.
- Listen to your body and if you are tired do a little less, if you feel strong do a little more – the suggested plans aren't prescriptive.
- Do as many of your training sessions wearing the footwear that you will be wearing on the challenge and also carry your day sack containing the things you will be carrying.
- Do get advice from the attendant/instructor at your gym on use of equipment and exercises.



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FITTING YOUR TRAINING INTO YOUR LIFE

The programmes included in this document are rough training guides. Obviously with family, work and fundraising commitments you may not feel able to achieve what we have suggested for you. However, in order to get close to achieving your training it is vital you organise your time properly. There are many ways to ensure your time is maximised even if you feel that you have no time outside of work:-

- Organise your week to make sure you get out and do something!
- Don't beat yourself up if you miss a day's training; just get on with the next day. But try not to miss 2 days in a row.
- If you can't get outside, add another indoor session, but do try and walk as much as possible in 'real' conditions. The more you train in similar conditions to your challenge (terrain and weather) the better.
- Try and get up an hour earlier and take a quick walk before work.
- If you can walk or run to work, do so. If you can't cover the whole distance, why not walk or run part of the distance and leave your car in a nearby car park.
- Do the school run on foot and get the kids fit too.
- Get your family/friends in on the action and training with you at the weekend or in the evenings.
- Use your lunch hour to take a brisk walk or run around the immediate area.
- Go to your local gym or 'spin' class and substitute this for one of your midweek sessions.
- It is important at weekends to get in some 'hilly' miles to experience different surfaces and gradients.
- Nothing will prepare you for your challenge better than actually going out for some long walks or runs!

THE TRAINING SCHEDULE

Break your training schedule down into 4 week blocks so it is easier to maintain focus and motivation. Set yourself a specific target or goal at the end of each 4 week block. This can be: participating in an organised event, a group walk with your fellow challengers, your first 10 - 20km walk or your first half marathon run. You set your own target and make it enjoyable.

- Try to walk at least three times per week, building up the distance you walk each week.
- Walk on varied terrains and surfaces in the footwear you will be wearing for the challenge.
- You should be aiming to complete the challenge at minimum average speed of 4 km/hr.
- Record the distance that you cover in your training sessions. From there you can design a programme where you increase your distance a bit each week to get to your goal distance in the weeks preceding your challenge.
- Include two sessions of strength training. Space them over the week to allow muscles to rest between sessions.
- You can do strength training at home - squats, lunges, calf raises and core exercises. But remember that they must be done correctly, if you are unsure seek advice.
- When you can't walk or run longer, go faster. It'll elevate your heart rate more and get you fitter than if you take it easy.

Little and often is the key. The following training plans can be fitted into a normal working week, with a little adjustment and a certain amount of commitment.



BEGINNER TRAINING PLAN - WALKING



Notes:

Start out with a distance or time you're comfortable with. This might range from 15mins for someone who hasn't exercised for a while, to an hour or more for someone who walks regularly. If at any point you don't feel ready to increase the walking distance then repeat the previous week and do so until you are ready to move on. Once you are comfortable with the distances at week 4 you can move on to the intermediate programme.

Your weekly training plan might start off looking similar to the table below. We recommend completing the longer walks at the weekend.

	SAT	SUN	MON	TUES	WED	THURS	FRI
Week 1	1 hour walk (4km)	1 hour walk (4km)	Rest	1 hour walk (4km)	Rest	1 hour walk (4km)	Rest
Week 2	1 hour walk (4km)	2 hour walk (8km)	Rest	1 hour walk (4km)	Rest	1 hour walk (4km)	Rest
Week 3	2 hour walk (8km) Off road	2 hour walk (8km) Off road	Rest	1 hour walk (4km)	Rest	1 hour walk (4km)	Rest
Week 4	2 hour walk (8km) Off road	2 hour walk (8km) Off road	Rest	1 hour walk (4km)	Rest	1 hour walk (4km)	Rest



25KM ROUTE TRAINING PLAN - WALKING



	SAT	SUN	MON	TUES	WED	THURS	FRI
10 weeks before TrekFest	2 hour walk (8km)	2 hour walk (8km) and personal exercise	Rest	1 hour walk (4km)	1 hour walk (4km)	1 hour walk (4km) and personal exercise	Rest
9 weeks before TrekFest	2.5 hour walk (11km)	2 hour walk (8km) and personal exercise	Rest	1 hour walk (4km)	1 hour walk (4km)	1 hour walk (4km) and personal exercise	Rest
8 weeks before TrekFest	2.5 hour walk (11km)	2 hour walk (8km) and personal exercise	Rest	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km) and personal exercise	Rest
7 weeks before TrekFest	3 hour walk (11km - 13km)	2 hour walk (8km) and personal exercise	Rest	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km) and personal exercise	Rest
6 weeks before TrekFest	4 hour walk (16km)	2 hour walk (8km) and personal exercise	Rest	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km) and personal exercise	Rest
5 weeks before TrekFest	4 hour walk (16km)	2.5 hour walk (11km) and personal exercise	Rest	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km)	1.5 hour walk (5km - 6.5km) and personal exercise	Rest
4 weeks before TrekFest	4 hour walk (16km)	2.5 hour walk (11km) and personal exercise	Rest	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km) and personal exercise	Rest
3 weeks before TrekFest	4 hour walk (16km)	2.5 hour walk (11km) and personal exercise	Rest	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km) and personal exercise	Rest
2 weeks before TrekFest	2.5 hour walk (11km)	2 hour walk (8km) and personal exercise	Rest	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km) and personal exercise	Rest
1 week before TrekFest	3 hour walk (11km - 13km) wearing full TrekFest kit	2 hour walk (8km) wearing full TrekFest kit	Rest	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km) and personal exercise	Rest



50KM ROUTE TRAINING PLAN - WALKING



	SAT	SUN	MON	TUES	WED	THURS	FRI
10 weeks before TrekFest	3 hour walk (12km)	3 hour walk (12km) and personal exercise	Rest	1 hour walk (4km) and personal exercise	Rest	1 hour walk (4km) and personal exercise	Rest
9 weeks before TrekFest	4 hour walk with hills (16km)	4 hour walk (16km) and personal exercise	Rest	2 hour walk (6.5km - 8km) and personal exercise	Rest	2 hour walk (6.5km - 8km) and personal exercise	Rest
8 weeks before TrekFest	5 hour walk with hills (19.5km - 21km)	5 hour walk (19.5km - 21km) and personal exercise	Rest	2 hour walk (6.5km - 8km) and personal exercise	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km) and personal exercise	Rest
7 weeks before TrekFest	6 hour walk with hills (24km)	6 hour walk (24km) and personal exercise	Rest	2.5 hour walk (8km - 10km) and personal exercise	2.5 hour walk (8km - 10km)	2.5 hour walk (8km - 10km) and personal exercise	Rest
6 weeks before TrekFest	6 hour walk with hills (24km)	6 hour walk (24km) and personal exercise	Rest	2.5 hour walk (8km - 10km) and personal exercise	2.5 hour walk (8km - 10km)	2.5 hour walk (8km - 10km) and personal exercise	Rest
5 weeks before TrekFest	7 hour walk with hills (27km -29km)	7 hour walk with hills (27km -29km) and personal exercise	Rest	2.5 hour walk (8km - 10km) and personal exercise	2.5 hour walk (8km - 10km)	2.5 hour walk (8km - 10km) and personal exercise	Rest
4 weeks before TrekFest	7 hour walk with hills (27km -29km)	7 hour walk with hills (27km -29km) and personal exercise	Rest	2.5 hour walk (8km - 10km) and personal exercise	2.5 hour walk (8km - 10km)	2.5 hour walk (8km - 10km) and personal exercise	Rest
3 weeks before TrekFest	8 hour walk with hills (32km)	8 hour walk (32km) and personal exercise	Rest	2 hour walk (6.5km - 8km) and personal exercise	2 hour walk (6.5km - 8km)	2 hour walk (6.5km - 8km) and personal exercise	Rest
2 weeks before TrekFest	6 hour walk with hills (24km)	6 hour walk (24km) and personal exercise	Rest	2 hour walk (6.5km - 8km) and personal exercise	Rest	2 hour walk (6.5km - 8km) and personal exercise	Rest
1 week before TrekFest	6 hour walk with hills (24km)	6 hour walk (24km) and personal exercise	Rest	1 hour walk (4km) and personal exercise	Rest	1 hour walk (4km)	Rest



25KM ROUTE TRAINING PLAN - RUNNING



	SAT	SUN	MON	TUES	WED	THURS	FRI
10 weeks before TrekFest	Rest Day	5km Short run	Rest Day	20 mins Easy	20 mins Easy	Rest Day	20 mins Easy
9 weeks before TrekFest	Rest Day	8km Short run	Rest Day	25 mins Easy	20 mins Easy	Rest Day	20 mins Easy
8 weeks before TrekFest	Rest Day	8km Short run	Rest Day	30 mins Easy	25 mins Easy	Rest Day	30 mins Easy
7 weeks before TrekFest	Rest Day	10km Long run	Rest Day	40 mins Easy	30 mins Easy	Rest Day	50 mins Steady
6 weeks before TrekFest	Rest Day	10km Long run	Rest Day	40 mins Easy	40 mins Steady	Rest Day	40 mins Steady
5 weeks before TrekFest	Rest Day	15km Long run	Rest Day	40 mins Easy	30 mins Steady	Rest Day	40 mins Steady
4 weeks before TrekFest	Rest Day	15km Long run	Rest Day	40 mins Easy	60 mins Steady	Rest Day	50 mins Steady
3 weeks before TrekFest	Rest Day	20km Long run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	50 mins Steady
2 weeks before TrekFest	Rest Day	20km Long run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	50 mins Steady
1 week before TrekFest	Rest Day	5km Short run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	50 mins Steady



50KM ROUTE TRAINING PLAN - RUNNING



Notes:

If you are running the 50km route with limited prior experience of long distance running you should start with the '25km route – running' training plan.

	SAT	SUN	MON	TUES	WED	THURS	FRI
10 weeks before TrekFest	Rest Day	20km Long Run	Rest Day	40 mins Easy	60 mins Steady	Rest Day	50 mins Steady
9 weeks before TrekFest	Rest Day	20km Long Run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	50 mins Steady
8 weeks before TrekFest	Rest Day	20km Long Run	Rest Day	40 mins Easy	35 mins Steady	Rest Day	30 mins Steady
7 weeks before TrekFest	Rest Day	25km Long run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	50 mins Steady
6 weeks before TrekFest	Rest Day	25km Long run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	60 mins Steady
5 weeks before TrekFest	Rest Day	35km Long Run	Rest Day	40 mins Easy	40 mins Steady	Rest Day	20 mins Steady
4 weeks before TrekFest	Rest Day	35km Long Run	Rest Day	40 mins Easy	50 mins Steady	Rest Day	40 mins Steady
3 weeks before TrekFest	Rest Day	40km Long Run	Rest Day	50 mins Steady	50 mins Steady	Rest Day	50 mins Steady
2 weeks before TrekFest	Rest Day	40km Long Run	Rest Day	50 mins Steady	50 mins Steady	Rest Day	50 mins Steady
1 week before TrekFest	Rest Day	15km Long Run	Rest Day	30 mins Easy	30 mins Easy	Rest Day	30 mins Easy



