

MOUNTAIN DAY TRAINING PLAN

Well done for making it this far – and showing commitment to your event goal! This training plan will help you prepare for your challenge, and get the most out of your experience.

Before undertaking any mountain challenge, it is key to understand that you will be on your feet for an entire day. The best preparation for this is to spend more time on your feet - simple!

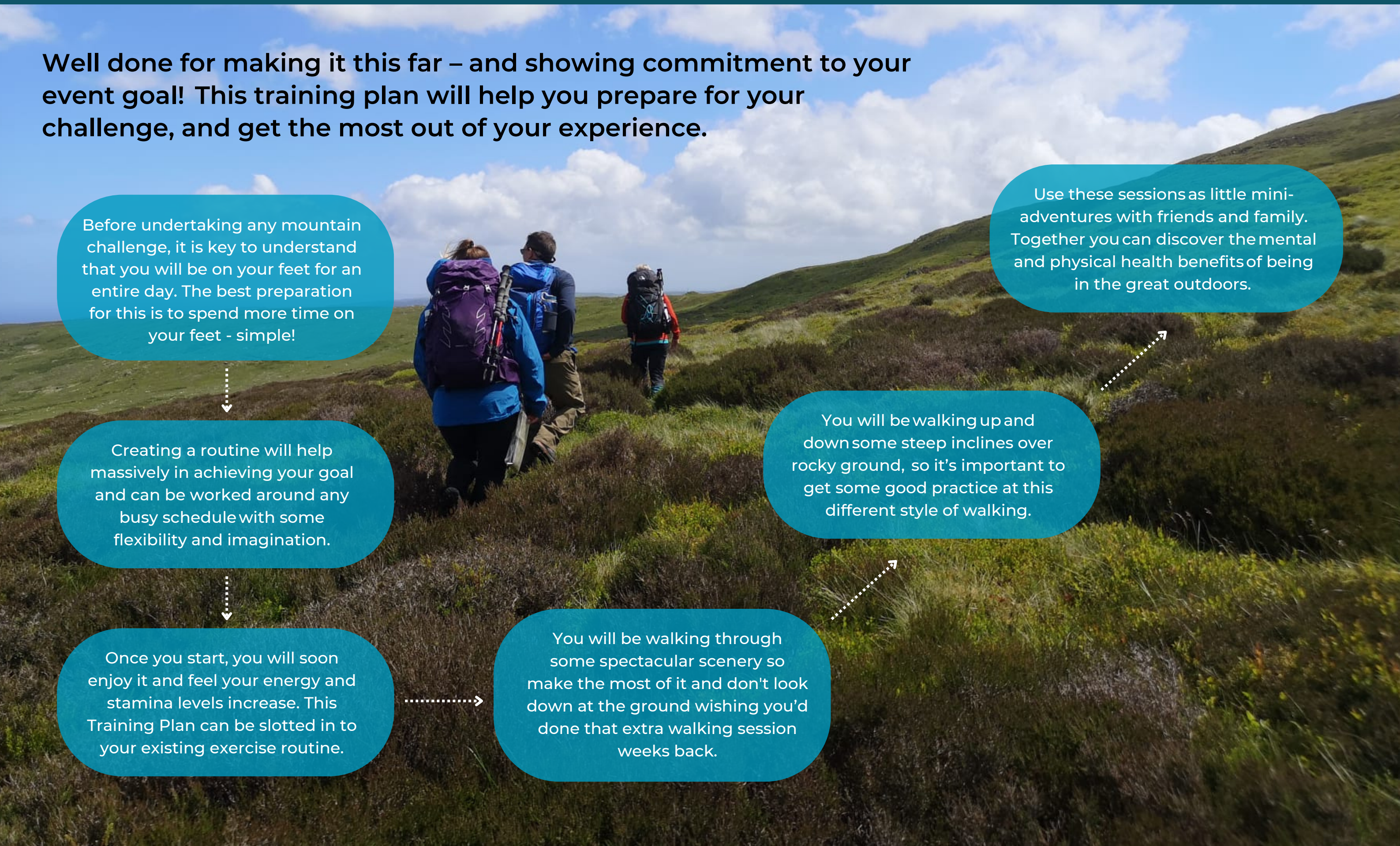
Creating a routine will help massively in achieving your goal and can be worked around any busy schedule with some flexibility and imagination.

Once you start, you will soon enjoy it and feel your energy and stamina levels increase. This Training Plan can be slotted in to your existing exercise routine.

You will be walking through some spectacular scenery so make the most of it and don't look down at the ground wishing you'd done that extra walking session weeks back.

You will be walking up and down some steep inclines over rocky ground, so it's important to get some good practice at this different style of walking.

Use these sessions as little mini-adventures with friends and family. Together you can discover the mental and physical health benefits of being in the great outdoors.



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Measuring Your Effort

To reach your full potential, it's important that you train for your event with the right intensity and effort level for you. Training harder isn't always better and can cause injuries. Use the table below to help understand how your training should feel to you to prepare for your event the right way.

SESSION TYPE	HEART RATE	TALK TEST How it should feel
Recovery	65-70%	Relaxed and can speak in full sentences
Easy	70-75%	Controlled but slightly flushed
Steady	75-80%	Can speak in short sentences with pauses
Threshold	80-85%	Can speak 4-5 words with laboured breathing
Hard	85-92%	No spare breath for speaking

Check List

To do...	Done
Registration form completed	<input type="checkbox"/>
Kit list checked and purchased/borrowed	<input type="checkbox"/>
Encouraged friends and family to walk with you	<input type="checkbox"/>
Shared your fundraising page if walking for charity and contact your local media	<input type="checkbox"/>
Printed out the below Training Plan and stuck it to the fridge	<input type="checkbox"/>
Researched the best hiking snacks and nibbles to keep you going on the day	<input type="checkbox"/>

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Training Plan

Following this plan will help build your strength and fitness to better enjoy your day on the mountain.

WEEKS TO GO	WEEKDAY SESSION 1	WEEKDAY SESSION 2	WEEKEND SESSION	STRENGTH SESSION
6	40 minute easy walk	40 minute easy walk	2 hour easy walk	1 set of: Step ups (20) / Step downs (20) Squats (20)
5	40 minute easy walk	40 minute steady walk	3 hour easy walk	2 set of: Step ups (20) / Step downs (20) Squats (20)
4	60 minute easy walk	40 minute steady walk	3 hour easy walk	2 set of: Step ups (30) / Step downs (30) Squats (30)
3	60 minute easy walk	40 minute steady walk	4 hour easy walk with a full backpack	3 set of: Step ups (20) / Step downs (20) Squats (20)
2	40 minute steady walk	40 minute steady walk	5 hour easy walk with a full backpack	3 set of: Step ups (30) / Step downs (30) Squats (30)
1	60 minute steady walk	60 minute steady walk	6 hour easy walk with a full backpack	3 set of: Step ups (30) / Step downs (30) Squats (30)
EVENT WEEK	40 minute easy walk	40 minute easy walk	EVENT DAY	Post-event stretches. Plan your next adventure!

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RAW
ADVENTURES

Our Top Tips for your big day

The longer walks are the perfect time to test out your equipment. Make sure you test your waterproofs too - yes, that means walking in the rain.

If you hit a mental low, it can be due to low glucose levels. Try eating something and this will make the world seem like a much better place again.

Pack for all weathers - it can change so suddenly, it's not uncommon to need a woolly hat and suncream on the same day.

Encourage a friend to walk with you, sharing the experience will help with motivation and fun!

Recovery is as important as the training. Try to make sure you are getting adequate sleep, the right nutrition and lots of fluid to get the maximum gains out of the hours you are putting in.

When walking uphill, take short strides and find your own rhythm, this way you aren't over stretching your legs and when the next hill arrives you'll have plenty left in the tank.

Always take a charged mobile phone and spare battery and tell someone where and when you are going - don't forget to tell them when you're back too.

**ENJOY
YOURSELF!**