



TREKKING GUIDE

TOP 10 TIPS FOR GETTING STARTED

Patience

Allow the time you need to improve slowly. Your body takes 3-4 weeks to absorb and adapt to the training you are undergoing – be organised and give yourself the time you need.

Train to time not miles

It is hard to measure miles & kilometres. You can also find yourself clocking up miles rather than training sensibly. Give every walk a purpose! Train to time and follow the plan. Some sessions are easy to allow you to recover or build endurance. Some are harder building a stronger heart and more strength.

Set small & achievable targets

Your training plan may contain many weeks of training. Set some targets that are realistic within this journey up to the trek. These targets will motivate you and help you check your progress.

Maybe it could be your fastest time around your local walking route or to tackle that steep hill without stopping!

Have a routine

Your body likes to work hard. Give it a routine and it will adapt and start to become fitter. Get used to training regularly and being organised with sleep, food, fitting in the training, stretching and exercises. Plan each day and fit in your training.

Have a plan & training schedule

Choose one of our training plans and try to follow the schedule.

There will be days you can't follow due to work or tiredness.

This doesn't matter, but use the plan as a guide for what to aim for each week.



TOP 10 TIPS FOR GETTING STARTED

Listen to your body

Your body is an amazing piece of kit. It tells you how it feels and what it needs. Listen to it and watch the signs. If you are sore you might be about to get injured, so rest, stretch more, have a massage or cross train instead of walking. If you are tired you might need more rest and sleep. Eat well as the body wants to recover and replace its energy. So follow the training plan but always listen to your body.

Treat rest and nutrition seriously

Most of us concern ourselves with daily and weekly training but don't focus as much on sleep and nutrition. The body needs to recover from any training completed to become fitter and stronger. Aim for up to 8-9 hours sleep a night and eat lots of healthy carbohydrate, correct levels of protein and plenty of fruit & vegetables. Snack regularly to keep your blood sugar levels balanced and energy levels high. Treat rest and nutrition seriously while training well and you will improve.

Don't just walk

Try to use other forms of exercise to keep you strong and compliment your walking sessions. You need to be strong so consider including circuit training, swimming or biking in the weekly plan. Have a look at the exercises we have shown which can be completed using your own body weight at home or in the park.

Surround yourself with positive people

Training regularly can be tough most of us find it easier if we train together with friends and family. You can share your journey and help to keep each other motivated. Surround yourself with people who believe in you and who are interested in your journey and training. Positive people make you feel good and help you to train well.

Keep it social and have fun

This is the most important part to achieving your goal! Make it fun and share the journey with other people by walking with friends or a local group. Walking makes you feel good and gives you energy for everything else in your life. This is a healthy choice, and we want you to walk and have fun for many years!



- Well fitting waterproof boots, molded tread, for good grip both up and down slopes. Look to get these professionally fitted – it is worth the money. It is usual to get at least half size more than your shoe size. If you can feel the end of your toes touching the toe-end of a boot, it is too small. Good sideways ankle support is recommended for walking on uneven ground. Trainers are not recommended in rough country because they give limited support and little protection rocks and wet conditions.
- Walking socks, padded and breathable socks made with wicking fabrics will both help provide additional cushioning but also help prevent blisters. Look for socks that come over the height of your boots.
- Lightweight waterproof trousers, Lightweight, waterproof and breathable walking trousers or over trousers are inexpensive and can make a massive difference to keeping you warm and dry. Avoid denim or thick cotton that gets heavy in wet conditions and hot in the summers.

- Layers, Look to several layers of wicking, technical fabrics which will keep you warm but give you the option of removing if it gets warm. A thermal base layer is an essential requirement in the winter.
- Goretex or other waterproof lightweight jacket – breathable, water- resistant jacket, with hood, that lets sweat out and stops rain getting in is essential. Look for a fully waterproof, not just shower proof jacket. The jacket should be large enough to wear over a fleece . Velcro fastening on sleeves is recommended while pockets should be free from rain intrusion.
- Accessories, Hats, gloves and scarves play a massive role in keeping you warm and comfortable. It is possible to get waterproof hats and gloves so consider these for the winter months.



PICKING THE RIGHT KIT

- Rucksack, A small, lightweight 'day sack' should suffice for the training contained within our plans. Make sure it is fully adjustable with chest and waist straps and will be big enough to hold maps, food and additional clothing.

Never forget:

- Phone, a fully charged mobile phone should be considered an essential piece of kit. Consider keeping one separate to your normal every day phone so you know you can keep it fully charged for emergencies
- Sun cream, 3 or more hours out in even light sun will increase your risk of skin damage. Always wear sun cream on all exposed skin. A brimmed hat can also help in bright sunlight.
- A first aid kit, a small, basic first aid kit should always be carried when you are venturing out of built up areas.
- Map and compass, for longer walks an OS map and compass should be considered essential.
- Whistle, torch, safety blanket and emergency food & water, whilst they may never be needed on the plans we set these items should be considered essential.

- GPS, a navigation device is not essential but can help with navigation and route planning, it should never replace a map however. A GPS can also be useful for monitoring your training.
- Camera, It's always nice to feel you have some record of your training journey!
- Sunglasses, some would consider these an essential item either way they will help you relax and enjoy the sunlight more.
- Poles, walking sticks or poles can be great over hilly or rocky terrain. They are not essential however unless you feel you need them for supporting your joints or have been advised to use them by a doctor or physiotherapist.



PICKING THE RIGHT KIT

SAFETY FIRST – keeping safe on your trek

- Plan before setting out – your kit, your route, your travel
- Check the weather forecast and local conditions
- Remember what time it gets dark in the Autumn and Winter months
- Many accidents occur towards the latter part of the day stay focused and fresh!
 - Charge your phone!
- Wear suitable boots with a treaded sole which provide support for ankles
- Wear bright clothing that is warm, windproof and waterproof
- Take spare warm clothing and perhaps a hat and gloves; it is always colder on the tops
- Bring additional food and water beyond what you'll need on the walk
- Bring a map, compass (and the ability to use them)
- In all conditions, it is wise to carry a whistle, torch, spare batteries
 - If in groups, make sure party leaders are experienced; do not let the party become separated

- If you have a serious problem, Dial 999 and ask for mountain rescue if in the hills as soon as possible. Prior to dialing 999 be prepared to state your contact number, your location if known, the nature & number of injuries
- Keep injured/exhausted people safe and warm until help reaches you. If you cannot contact anyone, use six whistle blasts or torch flashes, repeated at minute intervals, to signal an emergency

- Take special care of the youngest and weakest in dangerous places
- If you prefer to go alone, be aware of the additional risk. Let people know your route before you start

- Be particularly aware of precipices or cliffs, black ice or visible ice, gorges and stream beds
- Take care not to exceed your experience and abilities



HOW SHOULD EACH WALK FEEL?

There are a number of different paces that you should aim to master that will make up your training:

Easy walk – fully conversational, relaxed and in control. 3/10

Steady walk – let the pulse come up a bit, still in control but breathing and putting effort into your walk. 5-6/10

Brisk walk – faster, more power strides, push the effort up, get the heart beating 6-7/10

Interval efforts – power walking at a high intensity, maintain a good tall posture and driving the arms 8-9/10

The feeling of not being sure how fast you should train is common.

At the beginning all you are trying to do is get out and exercise. Find a consistency and a frequency of your training first. That should be at easy pace or if you can't talk comfortably as you are walking, you're going to fast, simple as that.

Faster than easy, conversational effort is steady walking. This is the backbone of training for more experienced walkers. This is where you must be honest, so conversation should still be possible, but a little strained.

Incorporating brisk walking efforts will see you getting into shape more quickly and efficiently. This is where you are walking at a controlled discomfort level: you can still talk between breaths, but only 5 or 6 word phrases.

Interval training and shorter, faster blocks of power walking, using over hilly terrain to get your heart pumping hard.



TRAINING – GLOSSARY

Rest

To help your body cope with the workload, rest is going to be as important a part of your training schedule as the walking. Listen to your body and take heed of any warning signs. If you feel fatigued even before you've left the front door, find yourself thinking up excuses not to train or start suffering a series of minor injuries; you probably need more time off. Taking enough rest allows physical and mental recovery and gives your body the time to adapt to your workload. Remember: on rest days, that is exactly what you should be doing!

Long Walks

Long walks are vital in your plan and key to being confident of tackling your planned event distance. At first, concentrate on increasing the time on your feet rather than worrying about distance. Start off by heading out for at least an hour and walk at a fully conversational pace. Gradually this will build up to include some steady and risk walking as you get stronger. These efforts improve your muscular endurance and condition your body to the mileage you'll tackle on the trek. Use these sessions to practice with fueling your walks and bedding in new kit. A 'day hike' is a walk that will likely take you in excess of 4 hours – look in walking guides or contact local walking groups for the best routes. These are your chance to get used to "time on feet".



Fartlek

This is a Swedish term that literally means "speed play". It involves a number of bursts of effort over a variety of distances with a variable recovery. Originally the length of effort was based on the terrain, for example, pushing harder every time you came to a climb, no matter how long it was. But you can adapt it for your needs. Try to include a mix of faster paces and aim to do between 5 and 15 faster efforts during your walk using hills, lampposts, trees or other landmarks to targets for your harder efforts. These can be great fun when walking with others.

Hill Walking

Hill walking develops strength in your muscles and tendons without putting them under the type of stress they are exposed to during faster training such as running. Walk up a 5-15% gradient with a strong, powerful stride as a 'power walk'. Turn immediately at the top and walk down the hill at an easy effort. Hill walking is obviously important specifically in relation to tackling a challenge like Kilimanjaro or the 3 Peaks.

Cross Training & Core Conditioning

It is important that your training is balanced with some non-impact activities such as swimming, cycling, rowing, aerobics, etc, otherwise you are more likely to pick up an annoying injury that will set back your training. But more experienced walkers should also add cross training to their regime. You should aim to work a variety of muscle groups and not just your legs. Remember, though, that you are a walker, so just be careful not to make the cross-training, whether it is core conditioning, lifting weights, using an elliptical trainer or practicing Pilates, so intense that you are left too tired for your specific training.

GLUTES

Sit with one leg out straight. Cross the other leg over, keeping knee bent. To feel stretch in backside hug bent knee into chest. Keep back straight.



HAMSTRING (BELLY)

Lay on back. Keep one leg on the ground. Raise other leg holding the back of the calf. Bring up to feel the stretch in the middle of the hamstring.



QUADS

Grasp the top of the ankle with the same side hand and bring heel to backside. Hips should be pushed forward.



HIP FLEXORS

Kneel on one with a 90 degree ankle at both knees. push hips down and forwards until a stretch is felt at the front of the hip



KEY STRETCHES

STRETCHING KEY TIPS

Stretch both legs and repeat 2-3 times if certain muscle groups seem particularly tight

Hold stretch for 40-45 seconds each time and complete them after your runs.

Never stretch cold muscles.

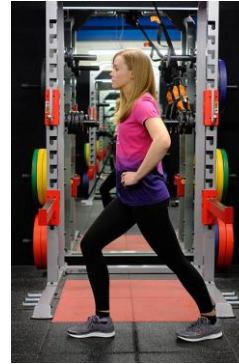
A good stretching routine will help to restore the muscle balance and allow you to be more flexible

Consider investing in an 'MOT' with a sport physiotherapist or some sports massage which can help manage the build up in tightness that will occur in your training

A 'foam roller' can be used to supplement your stretching on a day to day basis to carry out self massage.

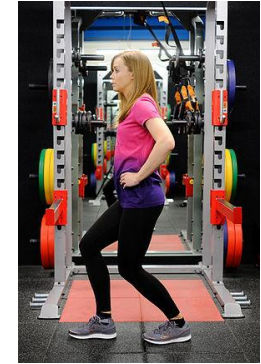
CALF (GASTROCNEMIUS)

Stand with feet shoulder width apart. Take one foot forward and keep feet parallel. Maintain the arch in the forward foot by pressing down with the toes to stop foot rolling in. Straighten back leg and feel stretch in top area of the calf



CALF (SOLEUS)

Repeat position of the gastrocnemius stretch but this time bend back leg to take stretch into lower calf above Achilles.



KEY STRETCHES

STRENGTH & CONDITIONING

FINGER CRUSHER

Get into a sit-up position. Find the natural arch in your back and place your hands under the arch. Engage your lower abs and pelvic floor and push your spine down onto your hands, trying to crush your fingers into the ground.

Hold this for 45-60 seconds per set.

The next level: Do small alternate leg lifts, while still keeping even pressure on your hands or extending in to 'bicycle' movement in and out with your legs.

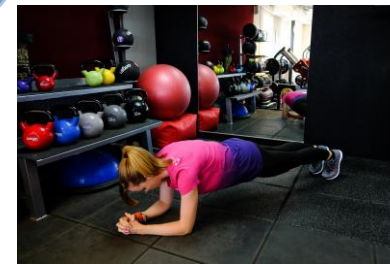


Finger crusher

PLANK

Lift your body up with your weight on your elbows and toes. Keep a straight line from the neck down through the legs to your ankles, engage all your core muscles by sucking your belly button up to the ceiling. Keep your chest over your elbows. Hold for 30-60 secs.

The next level: Add in small alternate leg lifts. If this is too hard to begin with, you can avoid lower back pain by doing this with your knees on the ground.



Plank



STRENGTH & CONDITIONING

SIDE PLANK

Make a right angle with your supporting arm, your feet together and your stomach strong. Rise up, making sure you squeeze your glutes and push your pelvis through.

Hold it for 30-60 seconds.

The next level: Lift your free arm into the air, keep your side really strong, and don't let your middle sag.



Side plank

BRIDGE

From a sit up position raise your hips up so your body forms a straight line from shoulder to hips to knees. Hold this position for 45-60 seconds by squeezing your glutes and your lower abdominal muscles.

The next level: From a 'bridge' position straighten one leg at a time aiming to not let your hips 'sag' as you do so.

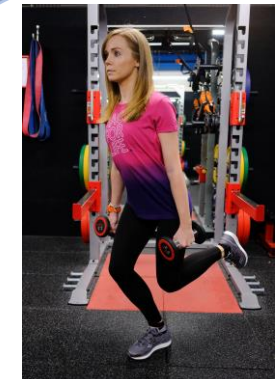


Bridge

SINGLE LEG SQUAT

Stand on one leg, engage your glute on your standing leg, keep your hips facing forward and aligned with your knee and toe. Send your hips backwards whilst bending at the knee. You don't want your knee to roll inwards, so go down as far as you can without that happening before moving back to a tall standing position. Repeat 8-15 times before changing legs.

The next level: You can use a Swiss ball or use a 'wobble board' under your foot



Single leg squat



Something is always better than nothing

Keep 'ticking over' with easy paced, relaxed walking of 30-40 minutes. Once life returns to a level of normality so too can the more structured training.

Consider having an easy phase by working on endurance Re-focus by just walking for enjoyment. No pressure, the same mileage or maybe less but simply completed as easy paced, enjoyable walks.

Get organised!

Aim to predict your week and then place your walking training within it. Remember walking is easier to accommodate and fit into commuting than running or cycling.

Grab opportunities

Be spontaneous and always have your boots to hand!

The Key elements

Identify the key elements of your training and make them the priority. Maximise your weekends

Use weekends for long walks and big quality sessions.

Less travel more speed

Be creative and set your own sessions if you can't get to your local walking group.

Be flexible and listen to your body

Be prepared to adapt.

'However much we love our walking, prioritize our training, make sacrifices, there are or will be times when quite frankly life will be bigger. Full stop. Accept it. Be it the responsibility of being 'mum or dad' during school holidays, moving house, beginning a new job, dealing with family commitments and social engagements or quite simply being exhausted and stressed by the sheer pressure of life.

WHAT TO DO WHEN LIFE TAKES OVER

There are times when getting our for a walk will feel like the last thing you want to do but the first thing you think you should do therefore leaving you in an anxious state of guilt ridden sweat (I've clearly been there myself!).

If walking is to become a regular part of your lifestyle for the foreseeable future, these periods in time are inevitable so let's stop fighting them and begin tackling the issue head on in order to make these difficult weeks bearable, guilt free and equate to some training value.

It is important to remember the first lesson of training – develop acceptance, resilience and intelligence. Review what's going in life and rationalize the situation!

Step back and ask yourself whether this really is a period in life when you simply can't fit in or complete as much training as your plan suggests you should. If the answer is yes then back off and accept it and work out what you realistically can fit in by using some of the tips in this training guide on how to maximize your time. There is nothing wrong with doing a little less for a while if it is essential to work, family and life harmony.



WHAT TO DO WHEN LIFE TAKES OVER

Cross training adds variety and intensity to your walking plan without the impact of additional walking or jogging. Work to time and effort, not speed and distance and consider adding blocks of 'threshold' effort at a 3-4 word answer intensity – don't worry about speed or pace – just work a controlled discomfort for blocks of 3-10 minutes.



Long sustained efforts on the bike, cross-trainer, rower or in the pool swimming or Aqua Jogging or even running will help build your overall aerobic fitness and help you become more efficient at using oxygen when you walk

Cardiovascular cross training options include biking, spin, swimming, aqua jogging, elliptical machines, rower – mix them up and enjoy variety.

Try our core conditioning exercises earlier in this pack once or twice a week for 10-15 minutes holding and repeating each position several times. These can all be completed at home after an easy run and you don't need to belong to a gym or spend hours there!

If you're injured the first thing to do is consult a doctor or a physiotherapist. If they say you are able, please still follow your training plan but use X training kit or the pool instead. Don't lose that hard-earned fitness and lets keep going. If you can see a physio. or sports injury expert they will also offer treatment and advice. Make sure though that the X training is also pain free.

CROSS TRAINING



CONTACT US!



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