

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 4 WEEKS TO GO

Army
Benevolent
Fund

THE BIGGEST
EVENT OF
ITS KIND
IN SCOTLAND

TAKE ON THE BEST
TAKE ON THE YOMP

PUSH
YOURSELF TO
THE LIMIT!

4 WEEKS TO GO

WELCOME

Fingers crossed that we have glorious weather because the end of this week's training sees the final long walk. Go out and enjoy it and, if possible, try and add in a few half an hour blocks of power walking just to sharpen up your pace. Use this as a good paced training session rather than going out there with full on race mode intentions. The mistake many people make so close to a big event is to push themselves as hard as they can and end up doing their best performance 3 weeks before the actual day.

This week's guide gives advice on how to make the most of your final long walk, ensuring you practice your strategies ready for the day of the Yomp. We give some medical advice on how to spot the symptoms of potential health problems which could occur to you or a member of your team and our nutritional advice focuses on different types of sports drinks to help avoid dehydration and hyponatremia.

TRAINING

PRACTICE RACE DAY STRATEGIES

Your last long walk should be treated as a final dress rehearsal. Wear the same clothes as you plan to wear on Yomp day and, if possible, start your session really early so you can also practice your morning breakfast routine of getting up and ready for the early start you have on the day of the Yomp.

Remember to apply vaseline to those vulnerable areas to avoid those chafing issues we discussed in an earlier training guide.

Similar to how you should train your body to burn fat as a fuel source, you want to train your body to become more efficient at processing nutrition while walking hard for the long duration of time needed to complete the Yomp. Some of you are going to be out there for up to 24 hours so it is important you practice how to refuel along the way. By practicing your nutrition and hydration strategy when your body is under duress in training, your body will become more efficient at absorbing nutrition, thus making it much easier on Yomp day.



THE TRAINING PLANS

The following training schedules were introduced in the first week and are planned around a 12-week schedule. If, at a later stage you are wanting to use these plans to support your training, then please do and adjust them to fit in with the training you have already done. The schedules are designed for people who already have at least a basic fitness. For those of you who are completely new to exercise, you'll need to make sure you build up the frequency and distance very gradually so that you keep injury free.

Click on Bronze, Silver or Gold according to which distance you are planning on completing and decide whether to follow the beginner, intermediate or advanced level. You can then click the download button to save it to your computer. Each training plan gives an overview of the training so have a read through each one and work out which one is right for you. If you're not sure, start with the one that you think suits you best, you can always swap or mix and match between them as your training progresses.



TRAINING SUPPORT

Taking on a challenge like this can be quite daunting, even for the experienced person. Please take advantage of the support out there for you, you are part of a team who are very experienced in knowing about the demands you'll face in such an event, and we are all very happy to help. Don't forget to join The Cateran Yomp Society on Facebook. There is lots of training advice on there from people who have taken part in the Yomp before. If you have any specific queries, we recommend asking a professional.



YOUR TRAINING THIS WEEK

This week builds on the hard training you put in last week. These two consecutive weeks of tough training will bring your fitness up a notch and are timed to allow enough time to recover so you are at your peak of fitness on the day of the Yomp. The aim this week is to continue to spend long durations on your feet and adding in blocks of power walking will help you push yourself that bit harder.

Although you may be feeling tired after the heavy weekend of training, try and keep the mid week training sessions going as well. The easy sessions are designed to help keep you moving and will actually help your muscles recover more effectively. Any strengthening and core work you do will definitely help improve your ability to walk on uneven and undulating ground so please try and find time to add a bit of this into your weekly schedule.

BRONZE



TRAINING SCHEDULE: 4 WEEKS TO GO

BEGINNER

Rest

25 min KH

1½ hr easy
(3-4 m)

XT/R

ST

1½ hr steady to
inc 4x10min PW
(3-4 m)

6 ½ hr easy
(12-16 m)

INTERMEDIATE

Rest

30 min KH

1½ hr easy
(4-4½ m)

XT/R

ST

1½ hr steady to
inc 3x20min PW
(4½-5 m)

5 hr steady to inc 4
x 30 min PW
(13-15 m)

ADVANCED

Rest

30 min KH

1½ hr steady
(5-6 m)

XT/R

ST

1½ hr steady to
inc 3x20min PW/
Jog (5½-6½ m)

4 hr steady to inc
4x30 min PW
(13½-16 m)

SILVER



MON

TUE

WED

THU

FRI

SAT

SUN

BEGINNER

Rest

25 min KH

2 hr easy
(4-6 m)

XT/R

ST

2½ hr steady to
inc 3x30 min PW
(5-6½ m)

7 hr easy
(14-18 m)

INTERMEDIATE

Rest

30 min KH

1½ hr easy
(4-4½ m)

XT/R

ST

2 hr steady to inc
3x30 min PW/jog
(5½-6½ m)

7 hr steady to inc
6x20 min PW
(18½-21 m)

ADVANCED

Rest

30 min KH

1½ hr steady
(5-6 m)

XT/R

ST

2 hr steady to inc
3x20 min PW/jog
(7-8 m)

6 hr steady to inc
6x20 min PW/jog
(19½-23 m)

GOLD



MON

TUE

WED

THU

FRI

SAT

SUN

BEGINNER

Rest

25 min KH

2 hr easy
(4-5 m)

XT/R

ST

4 hr steady to inc
4x30 min PW
(8-10 m)

7 hr easy
(14-18 m)

INTERMEDIATE

Rest

40 min KH

1½ hr easy
(4-4½ m)

XT/R

ST

3 hr steady to inc
3x40 min PW/jog
(8-9½ m)

8 hr steady to inc
8x30 min PW/Jog
(21-24 m)

ADVANCED

Rest

40 min KH

1½ hr easy
(5-6 m)

XT/R

ST

3 hr steady to inc
4x30 min PW/jog
(9-12 m)

8 hr steady to inc
8x30 min PW/Jog
(24-26 m)

PW Power Walk **KH** Kenyan Hills **XT** Cross Training **ST** Strength Training **R** Rest **Hr** Hour/s **Min** Minute/s **Rec** Recovery **M** Mile/s

MEDICAL INFORMATION

Do not underestimate the challenge you are about to take on. Endurance events do strange things to our bodies and it is vital you can spot the symptoms of potential health problems which could occur to you or a member of your team - **early intervention could save their life.**

Taking on 22, 36 or 54 miles is challenging enough, but nature has a big part to play in this as well. The

thing that makes the Yomp really stand out as an amazing event is the stunning, wild landscapes you will endure and, whilst we all have our fingers crossed for perfect weather conditions, you have to accept that the Scottish weather can turn at any time making your Yomp even more of a challenge. ABF The Soldiers Charity give advice for the following four potential health risks commonly associated with taking part in endurance events like The Yomp.

HYPOTHERMIA

Hypothermia is a condition in which your core body temperature drops below 35 °C and, if left untreated, can ultimately result in heart failure and death.

Symptoms:

- Fatigue
- Shivering
- Muscle spasms
- Clammy skin
- Stammering
- Hallucinations

Prevention:

- Ensure you have the right kit. Have a wind proof jacket and waterproof layers to help keep you as warm and dry as possible in bad weather.
- Have extra warm clothes ready and be prepared for dramatic temperature drops or wet weather during the event.
- Have additional, or a change of warm dry clothes for cold night-time walking
- At checkpoints when you rest, either cover up or change out of damp, sweaty clothes to avoid catching a chill.
- If you become hypothermic, change out of wet clothes immediately; cover your head face, neck and body with warm clothing; consume hot drinks and high calorie food to maintain body temperature. Seek medical advice at the nearest checkpoint or call Event Control using the emergency contact numbers on the back of your race number.

HEAT EXHAUSTION

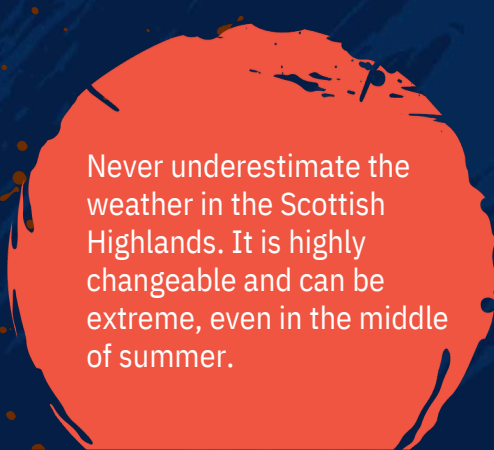
During hot weather, the body's internal temperature can rise and result in heat exhaustion or heat stroke. In extreme conditions, heat stroke ultimately can lead to heart failure and death.

Symptoms:

- Severe thirst
- Muscle weakness
- Nausea
- Fast, shallow breathing
- Irritability
- Headache to severe headache
- As the condition worsens: confusion, decreased responsiveness, little to no sweating and flushed hot dry skin

Prevention:

- Maintain adequate fluid intake
- Get out of the sun/heat
- In exposed sections of the trail, wear sunblock and headwear
- Cool with damp towels
- If a member of your team shows symptoms of heat exhaustion, find a shady area, administer frequent sips of water and contact Event Control using the numbers on the back of your race number.



Never underestimate the weather in the Scottish Highlands. It is highly changeable and can be extreme, even in the middle of summer.

MEDICAL INFORMATION CONTINUED

DEHYDRATION

Dehydration is the condition of having insufficient fluid in your body tissues. It is a serious risk in such a long and strenuous event and can lead to impaired performance, vomiting and, in very extreme cases, muscle failure potentially resulting in death.

Symptoms: - Tiredness - Irritability - Tight/heavy feeling muscles - Headache - Dry mouth and lips - Note: symptoms of dehydration are only apparent when you are already dehydrated. Symptoms are very similar to those of hyponatremia but treatment is the opposite

Prevention:

- Participants should try isotonic drinks during training and ensure they can drink it comfortably.
- Monitor your urine and make sure you are urinating at regular intervals and that the urine is light yellow to clear. If you are not urinating or your urine is dark in colour, you may be dehydrated.
- If you experience symptoms of dehydration, check immediately with medical staff at the nearest checkpoint. Do not proceed and do not simply continue drinking water.

HYPONATREMIA

A potentially fatal condition, hyponatremia most often occurs in exercise lasting longer than four hours and results primarily from drinking too much fluid resulting in unbalanced sodium (salt) levels. Severe cases may involve seizures, increased intra cranial pressure, fluid in the lungs and respiratory arrest. To avoid sodium depletion, ensure foods contain sodium and check the back of sports drinks for sodium content.

Symptoms:

- Frequent clear urination
- Headache
- Nausea
- Fatigue
- Lack of co-ordination

Note: Symptoms are very similar to those of dehydration but treatment is the opposite

Prevention:

- Monitoring your fluid intake. Drink enough so you do not feel thirsty and so that you are urinating at normal periods. If urination becomes frequent and clear coloured, you may be drinking too much.
- Ensure your food content contains sodium.
- Drink isotonic sports drinks instead of water - there is more information on sports drinks in the nutrition section of this guide.
- Ensure you are very well hydrated in the few days leading up to the event. You should drink isotonic drinks to ensure your hydration is fully topped up at the start of the event.
- If you experience symptoms of hyponatremia, consult the medical staff at the nearest checkpoint or call Event Control on the numbers on the back of your race number. Do not proceed and do not simply continue drinking water.



Look out for your team mates. You'll probably notice there is a problem before they do.

NUTRITION – SPORTS DRINKS

There are many sports drinks on the market that all claim to enhance your performance.

Drinking fluids with a carbohydrate (sugar) content can certainly help restore your energy levels and replacing electrolytes (sodium, potassium, calcium and magnesium) will help keep you properly

hydrated, therefore delaying the onset of fatigue during prolonged or intensive exercise. However, it can be a minefield out there and many sports drinks are very expensive. The following breaks sports drinks into three main areas which will help you tailor your hydration strategy to meet the needs of you.

ISOTONIC

Isotonic drinks contain similar concentrations of salt and sugar as the human body. This means they quickly replace fluids you lose through sweating and also give you a slight energy boost. Their carbohydrate content is quite small so they will not deliver enough energy for sustained and demanding exercise.

Pros:

- Easily absorbed into the body -
- Balance of electrolytes is similar to the natural body

Cons:

- Provides a limited supply of energy during prolonged or intensive exercise

HYPOTONIC

Hypotonic drinks contain a lower concentration of salt and sugar than the human body. These are ideal for quickly replacing water loss during and after exercise. Their low carbohydrate content means you'll need to use additional energy gels, bars or snacks to sustain your efforts.

Pros:

- Quickly replenishes lost fluids

Cons:

- Doesn't replenish electrolytes -
- Does not supply energy during prolonged or intensive exercise

HYPERTONIC

Hypertonic drinks contain a higher concentration of salt and sugar than the human body. With a high carbohydrate concentration of usually above 10%, they can be used to replenish glycogen stores during intensive or prolonged exercise of more than 60 mins. They are also great for replenishing glycogen levels after your training session.

Pros:

- Quickly replenishes glycogen levels during and after prolonged exercise

Cons:

- Electrolytes are required to keep properly hydrated
- Can cause digestive upset

HYPONATREMIA

Hyponatremia is also called 'water intoxication'. This can occur as a result of drinking too much plain water leading to diluted levels of sodium in your blood. As a result, the amount of salt available to the body decreases which can cause problems with the brain, heart and muscle function. Symptoms of hyponatremia include:

nausea, muscle cramp and slurred speech (similar to dehydration!!) and, in extreme cases, can lead to a coma or death.

When doing sustained exercise, drink to thirst and rehydrate using drinks that contain electrolytes and increase your salt intake.

STRENGTH AND CONDITIONING

Keeping your body strong will help reduce the risk of injury and make you a stronger Yomper. Try each of the exercises for between 30 seconds and 1 minute each and then repeat. Include this into your

training schedule 2 or 3 times a week and you will soon notice the difference in your core, leg and upper body strength.

CORE STRENGTH



Low plank rotations



Scorpion fighters



Single leg drops

LEG STRENGTH



Squat jumps



Side lunge



Dog leg whip

UPPER BODY STRENGTH



Lateral press up



Zottman curl



Prone cobra