

# CATERAN YOMP

BY THE ARMY BENEVOLENT FUND



## TRAINING GUIDE : 12 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!

# 12 WEEKS TO GO

---

## WELCOME

Welcome to your first training guide for the Army Benevolent Fund's CATERAN YOMP. I had the great pleasure of completing the Gold course a few years ago and can say, without a shadow of doubt, that it was one of the toughest, most enjoyable things I have ever done. You are about to embark on an epic adventure and, whether you are taking on 22, 36 or the full 54 miles, good preparation is essential. It will be tough, but by following the training and nutritional

advice set out in these weekly training guides over the next 12 weeks, you will be able to complete this demanding challenge and there's a very good chance, you'll enjoy it too!

This week's guide is mainly about your training plan. It is essential that you follow the right plan for your lifestyle and your current fitness. Take time to get this right and you'll be well on your way to a successful and rewarding journey.

---

## TRAINING

### PREPARATION

Be prepared, is the most important advice I can give. The more prepared you are in all aspects of training, nutrition, kit, navigation and looking after yourself, the more enjoyment you will get out of completing your CATERAN YOMP journey.

The endurance needed for an event like the Yomp, can't be gained in a couple of weeks and you will need to start training now in order to slowly build up your muscles so they can cope with the demands of this endurance event. Over the next 12 weeks, whichever plan you are following, your training schedule needs to build up slowly.

### STARTING POINT

Your starting point will depend upon your previous experiences, your current fitness level and also your work and family commitments.

It is essential you start from where you are now and gradually build up. Be realistic about your starting point, if you try and take on too much, too soon, it will become unmanageable, your body will break down and you'll open yourself up to risk of injury.



---

# GETTING YOUR TRAINING RIGHT

Over the next 12 weeks, I will progress your training through different phases to ensure you develop an all over fitness of strength and endurance. At the moment, you want to build up a base. Just get out there, enjoy the lovely spring weather and get your legs used to walking, power walking and, bearing in mind that the record for the Gold course is less than 10 hours, you may want to include some light jogging

for an extra challenge. But remember, it's those who pace themselves carefully by not heading off too fast who successfully make it to the finish line, so work at the pace that is correct for you - it took me 22 hours to finish the Gold course. By keeping things nice and steady to start with, you'll build up a solid foundation of fitness which can then later be built upon to develop strength and then endurance.

---

## CHOOSING THE RIGHT TRAINING PLAN

THE BRONZE, SILVER AND GOLD TRAINING PLANS WILL BE DIVIDED INTO THREE DIFFERENT LEVELS:

---

### 1. BEGINNER

The beginner training schedules are aimed at those people who are just aiming to walk around the course at a comfortable pace without worrying too much about achieving a certain time. This is ideal for people who have a reasonably active lifestyle, but don't necessarily stick to a regular training schedule as part of their daily life.

---

### 2. INTERMEDIATE

The intermediate schedules are aimed at those people who are aiming to walk at a steady pace with some power walking along the way.

Whilst you are intending to put in a bit more focused effort, your main goal is still just to get around and enjoy the scenery.

This is suitable for those people who already do some sort of fitness activity which raises their heart rate 3 or 4 times a week.

---

### 3. ADVANCED

The advanced schedules are primarily aimed at those people who are planning on getting around the course with a mixture of brisk walking, power walking and maybe even some light jogging along the way. You may have a specific goal you're working towards.

These schedules aren't for the faint hearted and you'll need to have had an established fitness regime already in place before embarking on one of these training schedules.

Ideally, you'll have completed an endurance event before, especially if you are planning on doing the full 54 miles.

**If you have any concerns, please consult your doctor before proceeding with the training plan. When it comes to training, listen to your body and use common sense. If something hurts stop or slow down, don't push yourself as you could end up with an injury.**

# THE TRAINING PLANS

The following training 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 the Bronze, Silver or Gold logo 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.



# GETTING STARTED

After choosing your training plan, it's time to get going with your training. Please take time to ease yourself into your training gradually, remember, this is just the start of a long journey, and you want to get to the start line in peak of fitness.

During the next few weeks, you will be building your base. This means, slow steady miles to allow your muscles and bones time to adapt to the new demands being placed upon them. Use this training plan as a guide and adapt as necessary to fit in with your existing fitness regime and lifestyle.



## TRAINING SCHEDULE: 12 WEEKS TO GO

### BEGINNER

| MON  | TUE                     | WED               | THU  | FRI | SAT                       | SUN                |
|------|-------------------------|-------------------|------|-----|---------------------------|--------------------|
| Rest | 10 x 2 min PW 1 min rec | 1 hr easy (2-3 m) | XT/R | ST  | 45 min steady (1½ - 2¼ m) | 1½ hr easy (3-4 m) |

### INTERMEDIATE

|      |                    |                    |      |    |                       |                   |
|------|--------------------|--------------------|------|----|-----------------------|-------------------|
| Rest | 10 x 3 PW 1 mi rec | 1 hr easy (2½-3 m) | XT/R | ST | 1hr steady (2½ - 3 m) | 2 hr easy (5-6 m) |
|------|--------------------|--------------------|------|----|-----------------------|-------------------|

### ADVANCED

|      |                              |                      |      |    |                     |                   |
|------|------------------------------|----------------------|------|----|---------------------|-------------------|
| Rest | 10 x 3 min PW/ jog 1 min rec | 1 hr steady (3½-4 m) | XT/R | ST | 1hr steady (3½-4 m) | 2 hr easy (7-8 m) |
|------|------------------------------|----------------------|------|----|---------------------|-------------------|



### BEGINNER

| MON  | TUE                      | WED               | THU  | FRI | SAT               | SUN               |
|------|--------------------------|-------------------|------|-----|-------------------|-------------------|
| Rest | 10 x 2½ min PW 1 min rec | 1 hr easy (2-3 m) | XT/R | ST  | 1 hr easy (2-3 m) | 2 hr easy (4-5 m) |

### INTERMEDIATE

|      |                     |                    |      |    |                        |                   |
|------|---------------------|--------------------|------|----|------------------------|-------------------|
| Rest | 10 x 3 PW 1 min rec | 1 hr easy (2½-3 m) | XT/R | ST | 1½ hr steady (4-4 ½ m) | 2 hr easy (5-6 m) |
|------|---------------------|--------------------|------|----|------------------------|-------------------|

### ADVANCED

|      |                              |                      |      |    |                      |                   |
|------|------------------------------|----------------------|------|----|----------------------|-------------------|
| Rest | 10 x 3 min PW/ jog 1 min rec | 1 hr steady (3½-4 m) | XT/R | ST | 1½ hr steady (5-6 m) | 2 hr easy (7-8 m) |
|------|------------------------------|----------------------|------|----|----------------------|-------------------|



### BEGINNER

| MON  | TUE                     | WED               | THU  | FRI | SAT               | SUN                 |
|------|-------------------------|-------------------|------|-----|-------------------|---------------------|
| Rest | 10 x 3 min PW 1 min rec | 1 hr easy (2-3 m) | XT/R | ST  | 2 hr easy (4-5 m) | 2½ hr easy (5-6½ m) |

### INTERMEDIATE

|      |                     |                    |      |    |                   |                        |
|------|---------------------|--------------------|------|----|-------------------|------------------------|
| Rest | 10 x 3 PW 1 min rec | 1 hr easy (2½-3 m) | XT/R | ST | 2 hr easy (5-6 m) | 2 ½ hr easy (6 ½-7½ m) |
|------|---------------------|--------------------|------|----|-------------------|------------------------|

### ADVANCED

|      |                              |                      |      |    |                     |                       |
|------|------------------------------|----------------------|------|----|---------------------|-----------------------|
| Rest | 10 x 3 min PW/ jog 1 min rec | 1 hr steady (3½-4 m) | XT/R | ST | 2 hr steady (5-6 m) | 2½ hr easy (7½ -10 m) |
|------|------------------------------|----------------------|------|----|---------------------|-----------------------|

# NUTRITION

As your training increases you need to make sure you look after yourself by also increasing the amount you eat and the amount you rest. Over the next 12 weeks, we will look at nutrition in more detail, but for now, just review how much you are currently eating and consider how you need to change it as your training regime changes.



## DAILY CALORIE INTAKE

During hard periods of training, it is essential that you meet your energy (calorie) needs in order to achieve improvements in performance and maintain good health. A well-planned eating schedule will:

- Support your training programme
- Promote efficient recovery
- Reduce the risk of injury or illness
- Help you achieve your best performance

## WORKING OUT YOUR DAILY CALORIE INTAKE

The following formula is a simple estimate to help you work out how many calories you should be consuming according to your gender, weight and lifestyle. Use this as a guide, but more importantly listen to your body.

### BASAL METABOLIC RATE (BMR)

Your BMR is the number of calories you burn when you are asleep in order to:

- Keep your heart beating
- Keep your lungs breathing
- Keep your brain functioning
- Maintain your body temperature

Women:  $BMR = \text{weight in kg} \times 22$

Men:  $BMR = \text{weight in kg} \times 24$

### PHYSICAL ACTIVITY LEVEL (PAL)

PAL is a rough measure of your lifestyle activity, this includes all the activities from housework, physicality of work and exercise regime.

- Mostly inactive or sedentary = 1.2
- Fairly active (includes walking and exercise 1-2 x week) = 1.3
- Moderately active (exercise 2-3 x weekly) = 1.4
- Active (exercise hard more than 3 x weekly) = 1.5
- Very active (exercise hard daily) = 1.7

## DAILY CALORIE NEEDS: BMR X PAL

This figure gives you a rough idea of your daily calorie requirement to maintain your weight. If you eat fewer calories you will lose weight; if you eat more then you will gain weight.



---

# 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



Side Plank with Lateral Raise



Side Plank with Lateral Raise



Bridge with Calf Raise

---

## LEG STRENGTH



Squat



Lunge



Single Leg Running Arms

---

## UPPER BODY STRENGTH



Half Press up



Bicep Curl



Shoulder Press