

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 9 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!

9 WEEKS TO GO

WELCOME

As we enter into 9 weeks to go, we are beginning to see hope that Summer is ahead. Despite the colder weather, this is the perfect time of year to be out training for the Yomp, as Spring turns into Summer, every training walk will be new and fresh as trees blossom, animals come out of hibernation and the landscape wakens up after a dark, cold winter. Whether you're exploring somewhere new

or are on one of your regular routes, get out and enjoy the long-awaited sunshine. This week's guide gives you some tips on how to fit your new training schedule around your, already busy lifestyles. Importantly, we also look at how to ensure your feet remain healthy and blister free in the lead up to and during the event. Finally, we consider the impact of carbohydrates in your diet when exercising.



TRAINING

FITTING IT ALL IN

Possibly the biggest challenge of training for the Yomp is finding the time to fit your training into an already jam-packed day. No one finds time to train, you have to make time, if you don't, you'll soon get into the habit of not getting out the door and before you know it, the Yomp will be here and you've missed your opportunity to prepare yourself in the best possible way.

PLAN YOUR WEEK

Schedule your training in your diary like you would any other appointment. It can be helpful to stick to regular days and times each week so that you establish a routine. However, if your weekly routine varies a lot, try sitting down each Sunday evening and plan your sessions for the week.

MEET A FRIEND

Not only are you far more likely to stick to your planned walk if you have arranged to meet up with someone, but you'll be amazed at how much easier it is training with someone else. Ideally, you want to train with the people in your Yomp team so that you can start getting to know each other's strengths and weaknesses.

GET UP EARLIER

Once you've managed to drag yourself out of bed, you'll soon start to reap the benefits of getting your training done with first thing in the morning. Early mornings are really peaceful and you'll sail through the day with vitality, a healthy glow and an immense feeling of virtue for having completed your training.

WALK TO, OR AT WORK

If possible, walk to or home from work if that's too far, then "ride and stride" by getting off your train/bus a stop earlier or park up your car and walk the rest of the way. During the day, use a lunch break as your walking time or even have your walking gear in the car and do your training after work before going home. Work is often used as a reason for not training, by tweaking your day, you can fit your training around your work hours.

BE PREPARED

Preparation is key to fitting training into your life more easily. Having your kit laid out in the morning saves time when you get up. Making a packed lunch enables you to run in your lunch hour without forgoing food or spending too long away from your desk. Keeping a spare set of walking shoes in the car or at work ensures you are geared up for an impromptu walk.

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.

BRONZE



BEGINNER



INTERMEDIATE



ADVANCED

SILVER



BEGINNER



INTERMEDIATE



ADVANCED

GOLD



BEGINNER



INTERMEDIATE



ADVANCED

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

You'll notice this week that your Saturday and Sunday walks are starting to include intervals of Power walking. The idea of increasing the intensity for short periods of time is to increase your lung capacity so you become more efficient at using oxygen. Power walking at a higher intensity also develops your glute strength, which is essential for tackling those hills.

The higher intensity of doing the hill session will also develop muscle strength which will certainly come in handy for getting you through the latter miles of the Yomp and will also make your steady pace feel much easier, conserving your energy levels. As always, use this training plan as a guide and adapt as necessary to fit in with your existing fitness regime.

BRONZE



TRAINING SCHEDULE: 9 WEEKS TO GO

BEGINNER

INTERMEDIATE

ADVANCED

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	12 x 1 min PW up hill, walk back to start for rec	1 ½ hr easy (3-4 m)	XT/R	ST	1 ½ hr steady to inc 3x10 min PW (5 ½-6 ½ m)	3 hr steady (6-8 m)
INTERMEDIATE	Rest	10 x 3 min PW up hill, walk back to start for rec	1 ½ hr easy (4-4 ½ m)	XT/R	ST	2 hr steady to inc 4x10 min PW (5 ½-6 ½ m)	3 hr steady to inc 6x10 min PW (8-9 ½ m)
ADVANCED	Rest	10 x 3 min PW up hill, walk back to start for rec	1 ½ hr steady (5-6 m)	XT/R	ST	1 ½ hr steady to inc 4x6 min PW/jog (5-6 m)	3 hr steady to inc 6x10 min PW (10-12 m)

SILVER



BEGINNER

INTERMEDIATE

ADVANCED

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	10 x 2 min PW up hill, walk back to start for rec	1 ½ hr easy (3-4 m)	XT/R	ST	2 ½ hr steady to inc 3x15 min PW (5-6 ½ m)	4 hr easy (8-10 m)
INTERMEDIATE	Rest	10 x 4 min PW up hill, jog back to start for rec	1 ½ hr easy (4-4 ½ m)	XT/R	ST	2 ½ hr steady to inc 4x15 min PW (7-8 m)	4 hr steady to inc 6x15 min PW (10-12 m)
ADVANCED	Rest	10 x 4 min PW up hill, jog back to start for rec	1 ½ hr steady (5-6 m)	XT/R	ST	2 hr steady to inc 6x10 min PW/jog (7-8 m)	4 hr steady to inc 6x15 min PW (13 ½-16 m)

GOLD



BEGINNER

INTERMEDIATE

ADVANCED

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	12 x 2 min PW up hill, walk back to start for rec	1 ½ hr easy (3-4 m)	XT/R	ST	3 ½ hr steady (7-9 m)	5 ½ hr easy (11-14 ½ m)
INTERMEDIATE	Rest	10 x 4 min PW up hill, jog back to start for rec	1 ½ hr easy (4-4 ½ m)	XT/R	ST	3 ½ hr steady to inc 6x15 min PW (8 ½-10 ½ m)	5 ½ hr steady to inc 5x30 min PW (14 ½-16 ½ m)
ADVANCED	Rest	10 x 4 min PW up hill, jog back to start for rec	1 ½ hr easy (5-4 m)	XT/R	ST	3 ½ hr steady to inc 6 x 10 min PW/jog (10 ½-14 m)	5 ½ hr steady to inc 5x30 min PW (16 ½-18 ½ m)

LOOKING AFTER YOUR FEET

One of the simplicities of walking and power walking is that you can do it right from your doorstep and with relatively little equipment. The key piece of kit you need is a good pair of comfortable walking boots. During your training and on the day of the event, your feet are the thing that will make your event

successful or unsuccessful and will also be the deciding factor in whether your experience is enjoyable or torturous. The terrain will be wet in places so keeping your feet dry is a very important consideration when deciding on your footwear.

FOOT HEALTH

Your footwear needs to be thoroughly broken in.

- Make sure you train in them prior to the event.
- Toughen your feet by walking as much as possible.
- Trim your toe nails and walk about at home in bare feet as much as possible.
- Keep your feet dry as blisters are often caused by damp feet.
- Change your socks regularly.
- Poor socks are just as likely to cause blisters as your boots. Socks made from a natural materials such as wool are recommended as they take the moisture away from your feet. You get what you pay for!
- When buying footwear, go to a good boot fitter who can recognise whether you have overpronated or high arched feet and accommodate the right shoe for this.
- If you have had previous injuries to your hip, knees or feet, we recommend you see a podiatrist to get a health check.
- If you feel a blister coming on, stop and deal with it there and then. Puncture the blister with a small pinprick, drain and cover with a plaster.
- Never put compeed on your feet during the Yomp – this should be post Yomp only.
- During the event, there will be medical support at each of the checkpoints.

Trainers or Boots? You can go for either, but consider the weather conditions - if you plan on only having trainers, bring some gaiters incase of severe rain.

HOW TO CHECK YOUR FEET

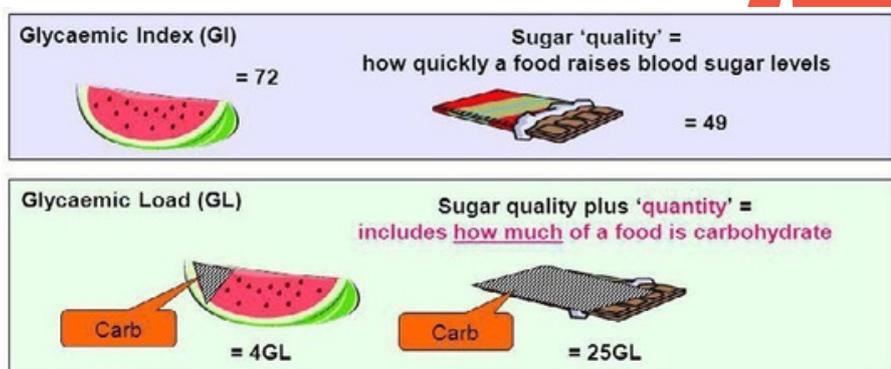
1. Look for aches and pains (especially in the heels) in the last 24 hours. If you have any, your foot is not broken in enough. This will reduce your enjoyment of the walk.
2. Check for any hot spots or areas of redness from friction. If you have any, stop and give your feet a good rest. If you have any, stop and rest your feet and bend the toes to stretch the foot.
3. Look for a sore heel. If you have one, stop and rest your feet.
4. The most important thing to check is the fit. Your heel should not slip, your toes should not be pinched or bind, especially across the arch or ball of your foot.
5. Go shoe shopping at the end of the day or after your walk when your feet may be slightly swollen. Also be sure to wear the same socks you will be wearing during your walks. This can make a huge difference in how the shoe fits. Try on both shoes. Your feet may not be the same size.
6. Keep track of how many miles you have put on your shoes, and replace them every 300 to 600 miles. (If you are wearing very light weight shoes, are overweight, or you are hard on your shoes stay toward the low end on mileage.) To extend the life of your shoes be sure to only wear them only for your walks. Also rotating two pair of shoes will give them time to “bounce back” between walks. Keep these items in mind when purchasing your next walking shoes. Your feet and legs will thank you for it.

NUTRITION

Carbohydrates are essential in your diet as they are key to fuelling your exercise. Carbohydrates are stored as glycogen, which is then broken down to

provide energy to the muscles. Carbohydrates can be defined as GI or GL which measure how quickly the sugars are released into your blood stream.

GLYCAEMIC INDEX (GI) AND GLYCAEMIC LOAD (GL)



High GI carbohydrates are released more quickly, causing a blood sugar level spike, which then triggers insulin to be released. Low GI carbohydrates are released more slowly and will help maintain steady blood sugar levels. When you exercise, you need both high and low GI carbohydrates at different times depending on your training schedule - refer back to the tables in the 10 weeks to go guide to remind yourself what you should eat and when.

HIGH OR LOW GI?

Low GI carbohydrates should make up the majority of your carbohydrate intake. Use high GI carbohydrates during and straight after moderate to high intensity exercise in order to replenish your muscle glycogen.

BASIC PRINCIPLES

- Low-GI foods provide natural, slowly released energy
- Generally, the less processed a carbohydrate, the more likely it is to have a low-GI score.
- Foods that are white, including processed foods made with white flour and white sugar, tend to have a high-GI.

- High fibre and whole foods take longer to digest and therefore produce a slower rise in blood sugar levels. Fibre also keeps you feeling fuller for longer, which helps prevent overeating. Most vegetables, whole-grains, legumes, nuts, seeds and fruits are rich in fibre when you eat them whole.
- Protein and fats do not affect your blood sugar levels.

COMBINING FOODS

Your glycaemic response to a food also depends on the other foods you eat with it. Combining carbohydrates with protein will lower the GI of a carbohydrate.

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



Plank with hip touch



Side Plank with Lateral Raise



Bridge with Calf Raise

LEG STRENGTH



Split Squat



Woodchop Lunge



Clams

UPPER BODY STRENGTH



Narrow Press up



Tricep Kickback



Superman