

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 8 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!

8 WEEKS TO GO

WELCOME

I hope you are continuing to enjoy your training as we enter into 8 weeks to go. You should now really be into the swing of your training and whilst you may not be finding things easier, be assured, you will definitely be getting fitter so keep up the good work you'll soon reap the benefits.

This week's guide looks at using strength training to develop core and leg strength to help get you up and down those hills. We also give some examples of warm up routines and go through a few stretches which you could do to at the end of a training session. Finally we look at how carbohydrates in your diet affect your blood sugar levels.

TRAINING

Doing resistance and body weight exercises will help prepare the main muscles you use whilst out walking or trekking. This is especially important when training for the Yomp as the course incorporates lots of hills and uneven terrain which, for most of us, works muscles we wouldn't normally use in every day life. You will also be using more up, down and side ways movements than you're used to, so the more prepared you are, the more comfortable your Yomp experience will be.

The last page in each weekly guide introduces 9 different simple body weight exercises which are designed to help strengthen your leg, upper body and core muscles.

If you're fairly new to strength training, remember to build up gradually, you are better off doing a few exercises for 10 minutes each day than doing one big session - as with your training plan, consistency is far more important than any one session.

Aim to keep your movements controlled and steady and try and do the exercise for 12 - 16 reps. Have a break for 1-2 minutes and then repeat the exercises again.

When doing any exercises, take care to ensure your neck is in line with your spine, your joints remain 'soft' and always keep your back straight by bending at the hips rather than through the back. Maintain a good posture by keeping your eyes focused on the horizon, shoulders back and chin and chest proud. Keeping your tummy muscles tight will also ensure you keep your posture strong during each exercise.



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 Sunday walks are starting to build up in time. If you haven't been able to get out much as you have wanted so far in your training, don't just suddenly jump to 6 hours - just take a step back and adjust gradually over the next few weeks. This week also sees the first of the Kenyan Hills sessions. This is where you power walk continuously up and down a hill, or on a hilly

course maintaining the same effort on both the up and the down. You should feel like you're working hard but, at the same time, be in control. I refer to this as 'controlled discomfort'. The key is to not go off too fast because you won't have the recovery time on the way down as you have done during the last couple of weeks when you have completed your hill repetition sessions.

BRONZE



TRAINING SCHEDULE: 8 WEEKS TO GO

BEGINNER

Rest

2x10 min KH

1½ hr easy
(3-4 m)

XT/R

ST

1½ hr steady to
inc 2x15 min PW
(3-4 m)

4 hr steady
(8-10 m)

INTERMEDIATE

Rest

2x15 min
KH

1½ hr easy
(4-4½ m)

XT/R

ST

2 hr steady to inc
6x10 min PW
(5½-6½ m)

4 hr steady to inc
6x10 min PW
(10-12 m)

ADVANCED

Rest

2x15 min
KH

1½ 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
8x10 min PW
(13½-16 m)

SILVER



MON

TUE

WED

THU

FRI

SAT

SUN

BEGINNER

Rest

2x10 min
KH

2 hr easy
(4-5 m)

XT/R

ST

2½ hr steady to
inc 3x15 min PW
(5-6½ m)

6 hr easy
(12-15 m)

INTERMEDIATE

Rest

2x15 min
KH

1½ hr easy
(4-4½ m)

XT/R

ST

2½ hr steady to
inc 3x20 min PW
(7-8 m)

6 hr steady to inc
6x10 min PW
(15½-18 m)

ADVANCED

Rest

2x15 min
KH

1½ hr steady
(5-6 m)

XT/R

ST

2½ hr steady to
inc 5x15 min PW/
jog (8-10 m)

5½ hr steady to
inc 6x20 min PW
(19-22 m)

GOLD



MON

TUE

WED

THU

FRI

SAT

SUN

BEGINNER

Rest

2x15 min
KH

2 hr easy
(4-5 m)

XT/R

ST

4 hr steady to inc
3x20 min
PW (8-10 m)

6 hr easy
(12-15 m)

INTERMEDIATE

Rest

2x20 min
KH

1½ hr easy
(4-4½ m)

XT/R

ST

3½ hr steady to
inc 3x30 min PW
(8½-10½ m)

6 hr steady to inc
3x45 min PW
(15½-18 m)

ADVANCED

Rest

2x20 min
KH

1½ hr easy
(5-6 m)

XT/R

ST

3½ hr steady to
inc 5x15 min PW/
jog (10½-14 m)

6 hr steady to inc
3x45 min PW
(18-20 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

WARM UP & STRETCHES

All of your sessions should start with a warm-up, particularly so for your quality training sessions where you are working at a higher intensity.

A good warm-up increases your heart rate and gets your joints moving, it diverts blood flow from your internal organs to your muscles ensuring your muscles are well supplied with oxygen. It also raises your muscles' temperature for optimal flexibility and efficiency.

Your warm up should include dynamic stretches, for example:

- Forward/backward arms swings
- Side-to-side trunk rotations with arms extended outward
- Walking lunges
- Forward/backward leg swings
- Side-to-side leg swings
- Walking forward while rotating hips from left to right
- Walking in place with high knees
- Walking in place with butt kicks

STRETCHES

Stretches for muscles used in your walks and other training sessions are important in minimising the risk of injury and in increasing your flexibility. Stretches should only be done when the muscles are warm,

so after your walk is an ideal time. Here are some stretches which you could add to the end of your training sessions:



HAMSTRING



GLUTE



QUADRICEP



HIP FLEXOR



IT BAND



CALF

Just as important as the warm up, the cool down keeps the blood flowing throughout the body. Stopping suddenly can cause light headedness because your heart rate and blood pressure drop rapidly, particularly after a hard session. Finish the last 5 to 10 minutes of a hard session with a gentle walk.

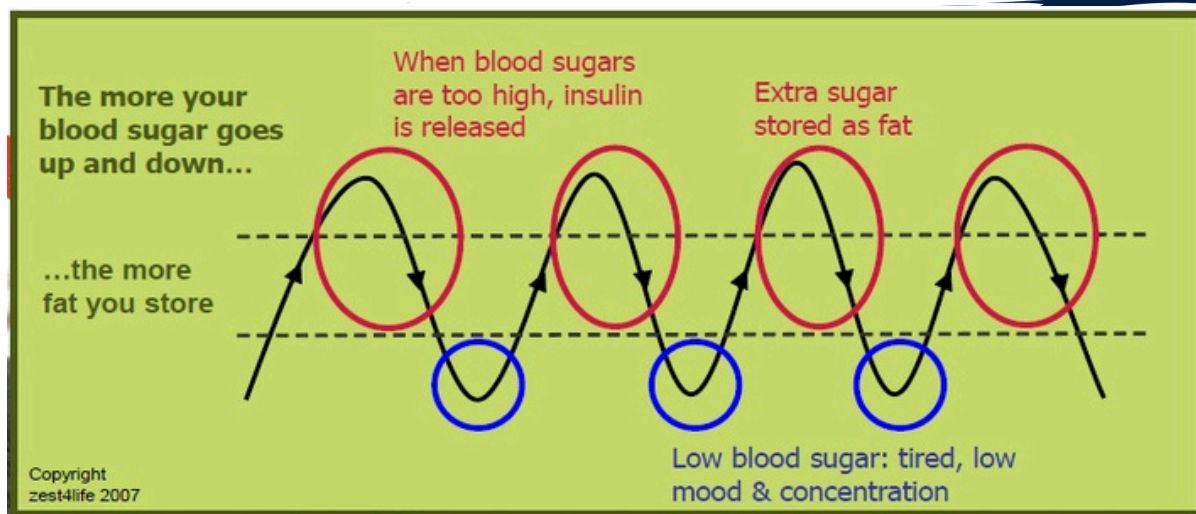


NUTRITION

BLOOD SUGAR LEVELS

High GI carbohydrates quickly raise your blood sugar levels, which is great during and straight after training as they quickly replenish your muscle glycogen. The majority of the time, you want to keep your blood sugar levels steady avoiding

energy spikes and low energy level dips. Low GI carbohydrates release their sugars much slower and by eating smaller meals regularly through out the day you will keep your blood sugar levels stable.



EATING SCHEDULE

Frequent, smaller meals spread throughout the day will keep your blood sugar levels steady. Splitting your food intake into smaller meals throughout the day will help reduce those slumps in the afternoon where you start heading towards the biscuit tin.

Eating with such regularity takes some organisation especially if you're on the go. Plan your snacks as much as you would plan your main meals so you've always got some oatcakes, fruit or other healthy snack handy. Your post workout nutrition is key in making sure your muscle glycogen are topped back up.

BREAKFAST | MID-MORNING SNACK | LUNCH | AFTERNOON SNACK | POST WORKOUT | DINNER | EVENING SNACK

EATING SCHEDULE

It's ok to train before breakfast as long as you have eaten well the day before. Some people find they can train perfectly well, others experience light headedness and heavy legs. Experiment and find out what works for you, different people will be able to tolerate different foods when exercising.

You may also find that the quality of the session is not as good, especially if training for more than 45 mins. For the long walk and sessions where you want quality in your training, I would advise having something to eat previously, even if it's just a small snack.

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 leg raise



Side Plank with reach under



Toe reach



Squat with kick



Cross Over Lunge



Calf Raise

UPPER BODY STRENGTH



Staggered Press Up



Hammer Curl



V Pull Ups