

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 6 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!

6 WEEKS TO GO

WELCOME

You're now half way through your 12 week training plan and are probably getting very excited about your adventure ahead. Most of you will now be starting to think about all your other preparations of how to get there etc - use this to add to your motivation. Hopefully you are nicely on track with your fund raising, this too will help motivate you to keep to your training plan.

Be motivated, be strong, stay focused, fund raise well - Summer is just around the corner! This week's guide looks at the importance of including planned rest into your training schedule. We look more closely at blisters and advise on what first aid kit you'll need to have with you on the day of the Yomp. Finally, we continue our nutritional advice by looking at use of protein in your diet to aid recovery.

TRAINING

If you have been consistently training for a number of weeks without a rest, you need to consider taking a recovery week to give your muscles a chance to absorb the base and strength training you've done so far.

RECOVERY WEEKS

The time you spend not training is just as important as the miles you log each week. Proper rest and recovery is an essential part of training which is often neglected for fear of 'losing fitness'. However, if you want to minimise your chance of getting injured, avoid over training and be able to Yomp at your best, you need to be smart about your training rather than just churning out the miles.

Planning recovery weeks into your overall training plan will not only leave you feeling restored, but will also give you a renewed energy to be able to tackle tougher training in the weeks following, increasing the quality of your sessions.

FILLING YOUR RECOVERY WEEKS

During your recovery weeks, you need to reduce your mileage by about 15 - 20%. There's plenty you can do during the time you'd normally be out training to help improve the quality of your rest:

- Have a sports massage
- Gentle cross training
- Yoga class
- Catch up on lost sleep
- Read through a couple of walking magazines
- Enjoy extra time with the family
- Cook a special healthy meal



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 is planned as a recovery week, so don't be alarmed to see that your Sunday long walk has reduced dramatically. As outlined on the previous page, it is important that you do take a recovery week otherwise you could risk breaking down with injury or illness. Don't worry, the hills are still in there!! For your hill repetitions this week, focus on ensuring there is a big difference between the intensity on the way up and the

recovery on the way down. When you get to the top on your effort interval, you should be feeling out of breath. Very slowly take the time to recover on the way down so that you are able to put a hard effort in on the next repetition up the hill.

I hope you are now beginning to enjoy your hill work, although they are hard, they are very rewarding - keep up the good work.



TRAINING SCHEDULE: 6 WEEKS TO GO

BEGINNER

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	10x1 min PW up hill, walk back to start for rec	45 mins easy (1½-2¼ m)	Rest	ST	1 hr steady (2-3 m)	3 hr steady (6-8 m)
INTERMEDIATE	Rest	10x2 min PW up hill, walk back to start for rec	1 hr easy (2½-3 m)	Rest	ST	1 hr steady to inc 2 x 10 min PW (2½-3½ m)	2 hr steady (5-6 m)
ADVANCED	Rest	10x2 min PW up hill, walk back to start for rec	1 hr easy (3½-4 m)	Rest	ST	1½ hr steady to inc 2x10min PW/ Jog (3½-4½ m)	2 hr steady (7-8 m)

INTERMEDIATE

ADVANCED



	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	10x1½ min PW up hill, walk back to start for rec	1 hr easy (2-3 m)	Rest	ST	1 hr steady (2-3 m)	3 hr steady (6-8 m)
INTERMEDIATE	Rest	12x3 min PW up hill, jog back to start for rec	1 hr easy (2½-3 m)	Rest	ST	1½ hr steady to inc 3x10min PW (4½-5 m)	3 hr steady (7½-9 m)
ADVANCED	Rest	12x3 min PW up hill, jog back to start for rec	1 hr easy (3-4 m)	Rest	ST	1½ hr steady to inc 3x10 min PW/Jog (5-6 m)	3 hr steady (10-12 m)

BEGINNER

INTERMEDIATE

ADVANCED



	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	10x2 min PW up hill, walk back to start for rec	1 hr easy (2-3 m)	2 hr steady (4-5 m)	ST	2 hr steady (4-5 m)	4 hr steady (8-10 m)
INTERMEDIATE	Rest	12x3 min PW up hill, jog back to start for rec	1 hr easy (2½-3 m)	Rest	ST	1½ hr steady to inc 3x10min PW/ Jog (4½-5 m)	3 hr steady (7½-9 m)
ADVANCED	Rest	12x3 min PW up hill, jog back to start for rec	1 hr easy (3½-4 m)	Rest	ST	1½ hr steady to inc 3x10min PW (5-6 m)	3 hr steady (9-12 m)

BEGINNER

INTERMEDIATE

ADVANCED

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

BLISTERS

Blisters are a nuisance for long distance walkers and can be one of the most frustrating injuries you pick up over the course of your training. They are most commonly caused by friction, heat and sweating. The following information is taken from The Walking Site and outlines some strategies which will help reduce the risk of getting blisters:



PREVENTION

Stay hydrated

Drink plenty of water to prevent dehydration. Among other things, staying well hydrated will help prevent friction by allowing you to perspire freely. When you stop perspiring your sweat will form salt crystals on your body increasing friction.

Shoes

As with many other walking ailments, begin with the shoes. Your shoes must fit properly to avoid blisters. Too snug or too loose is always a problem. Ensure that there is an inch space between your longest toe and the end of your shoe. Be sure that you have enough room to wiggle your toes inside the toe box, and your heel does not slip when you walk. Choose shoes that breath well and inspect the inside of your shoes for seams or worn areas that might produce extra friction.

Socks

Select socks that fit your foot without being too tight or too loose. Choose soft wicking fabric such as coolmax (NOT cotton). Ensure that the socks do not have bulky stitching at the toes or heels. Thorlo, WigWam, and Thermolite are a few of the popular brands. Do not wear socks that are too worn. Thin areas and holes are very likely to produce hot spots and blisters. When walking distance carry a spare pair of socks. Change during your walk if your feet become sweaty or wet.

Blister Blocks, Second Skin and Zinc Oxide tape

If you have specific places that are prone to blisters you might try applying one of these prior to your walk. Note: most of the products listed here can be found at your local pharmacy store. Look in the foot care, and shoe care areas, if they are not located with first aid products.

These items can be used as a preventative, or to provide cushion and protection after a blister has formed.

Wrapping and Taping

Wrapping toes with moleskin or taping feet with Zinc Oxide or KT tape is also a common practice. If you wrap your feet it is important that the tape is applied smoothly (no wrinkles) and not too tight. Ultra walkers might tape their entire foot, but most walkers only need to tape up hot spots.

Moleskin or similar can also be used to cover a blister that has already formed. Cut a piece larger than the blister and cut a hole in the center. (Shaped like a donut.) The outer ring will help cushion the blister, but the blister itself will not be covered.

Hopefully by using a combination of these preventatives you will come away blister free. It is important to apply the products prior to your walk if you are prone to blisters. You can also carry supplies with you on your walk. Stop and apply tape as soon as you feel a hot spot to prevent a blister from forming.

BLISTERS – CONTINUED

Hopefully by using a combination of these preventatives you will come away blister free. It is important to apply the products prior to your walk if you are prone to blisters. You can also carry supplies with you on your walk. Stop and apply tape as soon as you feel a hot spot to prevent a blister from forming.

TREATMENT

1. Wash your hands with disinfectant soap and water.
2. Put on latex gloves.
3. Clean the blister and surrounding area using a disinfectant soap or solution.
Sterilize the tip of a needle by soaking it for at least three minutes in a disinfectant solution or heating it until it glows red, then cools.
4. Make a small puncture at the base of the blister. Leave the roof of the blister attached so it can continue to protect the skin.
5. Use a gloved finger to gently push the fluid out.
6. Apply antibiotic ointment to a piece of gauze and cover the wound. Avoid drying products such as alcohol.
Cut a hole the size of the blister in a piece of moleskin.
7. Cover the blister with the moleskin so that the blister rests in the middle of the hole and the adhesive sticks to the skin around the blister.
8. Replace the bandage daily and check for signs of infection: heat, pain and swelling on or around the blister, pus, red streaks radiating from the blister, or fever.

FIRST AID

Always carry a first aid kit with you when training and ensure one member of your team carries one during the Yomp itself. Make sure you know how to use all the items in your kit.



NUTRITION

PROTEIN

Proteins form the building blocks for muscle tissue and repair of body cells. Athletes have higher protein requirements in order to compensate for the increased muscle breakdown that occurs as a result of exercise.

During your Yomp training period you should increase your protein intake. Recommended daily intake for athletes is 1.2-1.7g of protein per body weight kg which equates to 84-119g for a 70kg person.

As well as the amount of protein, timing is also crucial when it comes to muscle repair and growth. Aim to spread your protein intake throughout the day but, importantly, immediately after exercise as

this is when your muscles are most receptive to amino acid uptake. This is the time when muscle synthesis takes place at the fastest rate.

COMBINING PROTEIN WITH CARBOHYDRATE

Research shows combining protein with carbohydrate in a ratio of 1:4, enhances recovery and promotes muscle building.

The protein/carbohydrate combination also helps steady blood sugars levels.

GOOD SOURCES OF PROTEIN

(THE COMPLETE GUIDE TO SPORTS NUTRITION - ANITA BEAN 2013)

Meat and fish			Dairy and eggs			Nuts and seeds		
Food	Portion g	Protein g	Food	Portion g	Protein g	Food	Portion g	Protein g
Beef	105	31	Cheese	40	10	Peanuts	50	12
Chicken	130	39	Cottage cheese	112	15	Peanut butter	20	5
Turkey	140	47	Skimmed milk	200ml	7	Cashew nuts	50	10
Cod	120	25	Plain yoghurt	150	8	Walnuts	50	7
Mackerel	150	31	Fruit yoghurt	150	6	Sunflower seeds	32	6
Tuna canned	100	24	Fromage frais	100	7	Sesame seeds	24	4
Eggs			Eggs	Size 2	8			
Pulses			Soya Products			Quorn Products		
Food	Portion g	Protein g	Food	Portion g	Protein g	Food	Portion g	Protein g
Baked beans	205	10	Plain soya milk	200ml	6	Quorn Mince	100	12
Red lentils	120	9	Soya mince	30	13	Quorn chilli	200	9
Red kidney beans	120	10	Tofu	100	8	Quorn korma	200	8
Chickpeas	140	12	Tofu burger	60	5			

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



Elevated Plank with Leg Raise



Russian Twist



Starfish Crunches

LEG STRENGTH



Squat and Knee



Lunge Dips



Lateral Speed Runners

UPPER BODY STRENGTH



Press up with Leg Raise



Turning Press



Rotating Shoulder Press