

# CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

## TRAINING GUIDE : 7 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!





# 7 WEEKS TO GO

## WELCOME

With another week of training under your belt, the Yomp is rapidly appearing over the horizon. Before you know it, you'll be stood on the start line waiting for the gun to go.

It's about now that realisation hits home and you start to appreciate the significance of what you've signed up for. For the vast majority of you, you're feeling motivated and training has been going according to plan. For those of you who are new to exercise, your body may now just be starting to complain about its new regime and you're starting to feel soreness and niggles creeping in. If that's the case, review your training and consider the following:

- Are you getting enough rest?
- Are you eating the right foods?
- Have you increased your mileage too quickly?
- Is the pace of your training too fast?
- Are your trainers/walking boots supporting you sufficiently?
- Do you need to get a sports massage?

Listen to your body and don't ignore early warning signs.

If, for whatever reason, you've had a slow start to your training, don't suddenly start panicking now and try and make up for a couple of weeks lost, this will inevitably lead to injury. Keep calm and remember, building from where you are now is key.

This week's guide looks at training on trails to develop core and leg strength to help get you used to walking on uneven terrain. We also give some advice on how to avoid chafing and, finally, look at what your plate should look like, offering meal suggestions for you to incorporate into your healthy eating schedule.

## TRAINING

### TRAINING ON TRAILS

With the improving weather, there's no excuse for not getting off the road. Much of the Yomp course will be on uneven surfaces so you have to prepare your body in order to cope with that otherwise you could find yourself constantly stumbling and going over on your ankles. There are many benefits to training on trails, but ultimately, the soft uneven surfaces will make you stronger, faster and will have less impact on your joints during your prolonged training sessions. There's also the added bonus of stunning landscapes and very soon the bluebells will be out. It really is worth the effort of researching some long distance trails to try out.



**What does training on trails do for you?**

- Builds lower leg strength
- Develops core strength
- Increases stability
- Develops muscle strength

**and power**



# 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

The length of your Sunday long walks will vary depending upon the pace you walk. You'll notice that the advanced plans suggest a shorter session than the beginner and intermediate plans, this is due to the expectation that those following the advanced plans will be training at a much higher intensity. As well as time, the plans also show distance you should expect to cover during the your walk to help

you gauge what you should be doing. The long walk is all about time on feet, so use the plans below as an indication and adapt to suit your own training. This week also continues your Kenyan Hills sessions, having done them last week, you'll have a better idea of how to gauge the intensity you need to work at. This session is tough, but believe me, you will appreciate the effort you put in when it comes to the day of the Yomp.

**BRONZE**



## TRAINING SCHEDULE: 7 WEEKS TO GO

**MON TUE WED THU FRI SAT SUN**

**BEGINNER**

Rest 20 min KH 1½ hr easy (3-4 m) XT/R ST 1½ hr steady to inc 4 x 10 min PW (3-4 m) 6 hr easy (12-15 m)

**INTERMEDIATE**

Rest 25 min KH 1½ hr easy (4-4½ m) XT/R ST 1½ hr steady (4-4½ m) 5 hr steady to inc 6x15 min PW (13-15 m)

**ADVANCED**

Rest 25 min KH 1½ hr steady (5-6 m) XT/R ST 1½ hr steady (5-6 m) 4½ hr steady to inc 6x15 min PW (15-18 m)

**SILVER**



**MON TUE WED THU FRI SAT SUN**

**BEGINNER**

Rest 20 min KH 2 hr easy (4-5 m) XT/R ST 1½ hr steady to inc 3x20 min PW (3-4 m) 8 hr easy (16-20 m)

**INTERMEDIATE**

Rest 25 min KH 1½ hr easy (4-4½ m) XT/R ST 2½ hr steady to inc 4x20 min PW (7-8 m) 7 hr steady to inc 6x20 min PW (18½-21 m)

**ADVANCED**

Rest 25 min KH 1½ hr steady (5-6 m) XT/R ST 2½ hr steady to inc 5x20 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 20 min KH 2 hr easy (4-5 m) XT/R ST 3 hr steady to inc 4x20 min PW (6-8 m) 9 hr easy (18-22 m)

**INTERMEDIATE**

Rest 30 min KH 1½ hr easy (4-4½ m) XT/R ST 3 hr steady to inc 3x30 min PW/jog (8-9½ m) 7 hr steady to inc 7x20 min PW (18½-21 m)

**ADVANCED**

Rest 30 min KH 1½ hr easy (5-6 m) XT/R ST 3 hr steady to inc 3x20 min PW/jog (9-12 m) 7 hr steady to inc 7x20 min PW (21-23 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



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# CHAFING

Chafing is a common problem for people undertaking long distance hikes. Chafing can occur anywhere but the most common areas are inner thighs, groin, nipples and armpits. It is caused by sweating and rubbing and if not taken seriously, it can ruin your day.

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Blisters are another form of chafing very common to walkers - we will look at blisters separately next week.

## COMMON AREAS OF CHAFING

### Thighs

A lubricant applied to your thighs before the walk, BodyGlide or straight forward vaseline, will help, If you tend to walk in shorts however, the problem could be in the shorts you're wearing. If you're noticing that a certain pair of shorts is always near the scene of the crime, try a different pair. If that doesn't work, consider wearing a longer pair.

### Nipples

Without safeguards in place, miles and miles of walking can cause nipples to react horribly with a sweat-drenched top, rubbing them raw and in the worst cases, making them bleed. The problem may be compounded now that the weather is getting hotter causing us to sweat more. This is widespread enough that there are products on the market to prevent chafing of the nipples (NipGuard is one of the more well-known ones). If you need a remedy already at home, a couple of plasters can be strategically applied to act as a barrier between the friction (pulling them off can be a problem if you have chest hair!!) You could also use a lubricant like BodyGlide on your nipples. One more tip: Avoid cotton shirts. They get wet and stay wet, and soaked shirts are one of the main issues. The Yomp t-shirt you get at registration is a great material.

### Armpits

Again, the armpits are an area with plenty of constant friction during the course of a long hike, so it makes sense that chafing issues can pop up there. Skin rubbing against a shirt, or on recently shaved armpit stubble, can cause quite a bit of pain. Like other areas, a lubricant applied before your walk is the best answer. Some even apply the lubricant to the shirt to keep both offenders at bay. And avoid stubble, even if it means shaving right before your race.

### Sports Bra

The sports bra is also a common cause of chafing for women, the shoulder straps, or on the band along the bottom of the bra are key problem areas. Again spreading some lube, either BodyGlide or vaseline, across all potential problem areas will help prevent chafing.

## PREVENTION

Hydration - Being sufficiently hydrated allows you to perspire freely so your sweat does not dry into salt crystals

Kit - wear a good base layer to wick away the sweat from your body and keep you dry. Make sure it is a snug fit (baggy clothes can increase your chances of chafing).

Using a lubricant - apply to any chafing area to reduce friction and prevent rubbing.

Insert: Get used to your walking poles by using them during your training sessions to help avoid blisters



**Get used to your walking poles by using them during your training sessions to help avoid blisters.**



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# NUTRITION

## PLANNING YOUR PLATE

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 throughout the day you will keep your blood sugar levels stable.

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### BREAKFAST SUGGESTIONS

#### Cereal

- Porridge
- Homemade muesli
- Good Carb Co
- Granola
- Weetabix
- Shredded Wheat

#### Toast

- Wholegrain bread
- Rye Bread
- Nut butters
- Marmite
- Low fat cheese spreads

#### Yoghurt

- Low fat plain bio live yoghurt with low GL fruit & xylitol or agave nectar

#### Fruit

- Low GL fruit and protein (e.g. yoghurt/nuts/seeds)

#### Cooked

- Eggs/bacon/tomatoes/mushrooms. Cut fat off and grill.

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### SNACK SUGGESTIONS

#### Crudities

- Hummus
- Cottage cheese
- Peanut butter
- Guacamole

#### Fruit

- Fruit and protein yoghurt
- Nuts
- Seeds

#### Oatcakes

- Cottage cheese
- Fish pate
- Sardines
- Tomato & ham
- Avocado

#### Energy

- Muffin
- Cereal bar
- Scotch pancakes
- Dried fruit & nuts
- Fruit loaf

#### Bread

- Pumpernickle, pesto and turkey
- Wholemeal pitta, avocado & tomato
- Toast and peanut butter

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### LUNCH SUGGESTIONS

#### Sandwiches

- Wholegrain bread
- Wholemeal pitta
- Oatcakes
- Rye bread
- Tortilla + protein

#### Hot

- Omelette
- Jacket potato
- Pasta salad
- Beans on toast
- Egg on toast

#### Salads

- Tuna
- Salmon
- Chicken
- Avocado
- Low fat cheese
- Hummus

#### Carbohydrate rich

- Wholemeal pasta
- Brown rice
- Sushi
- Quinoa
- Buckwheat

#### Soups

- Homemade
- Chicken
- Beans
- Pearl Barley
- Tomato based

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### DINNER SUGGESTIONS

#### Fish

- Grilled fish and veg
- Salmon fish cakes
- Prawn stirfry
- Fish curry

#### Meat

- Turkey burgers
- Flaxseed crusted chicken
- Chicken skewers
- Beef stirfry
- Chili

#### Pasta/Rice

- Lasagne
- Wholegrain pasta with tomato sauce
- Chicken curry
- Stirfry with noodles

#### Vegetarian

- Stuffed butternut squash
- Black bean burger
- Vegetable curry
- Red lentils with kale and tomato

#### Salad

- Lentil
- Quinoa and chickpea
- Spinach and buckwheat



# 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



High Plank Rotations



Runners Side Plank



Russian Legs

## LEG STRENGTH



Curtsy Lunge



DB Squat Swing



Lying Leg Raise

## UPPER BODY STRENGTH



Tricep Dips



Press up with hip touch



Y Raise