

# CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

## TRAINING GUIDE : 2 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!



# 2 WEEKS TO GO

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## WELCOME

Wow, what an amazing feeling, the taper has officially started and the Yomp is just two weeks away. All the hard work really is now all over and all you have to concentrate on is repairing your body so you are in the best shape possible for the start line.

After training all through the spring, we've had quite a mixture of weather, which actually bodes well for the Yomp. One of the tricky things about this event is that we could experience a whole range of weather

conditions throughout the 24 hours so be prepared, both physically and mentally, to cope with Yomping in all kinds of conditions.

This week's guide looks at effective tapering for the two weeks leading up to the Yomp. We take a quick look at the course and consider what navigation skills are required and finally, our nutrition this week focuses on your nutritional taper, which is just as important as tapering physically.

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## TRAINING

### TAPERING

When all is going well and you are feeling fit, there may be a reluctance to taper, or, on the other hand, if things haven't gone so well, you may want to cram in those last long walks and do a few extra sessions – either way, it is vital that you reduce your training.

In the words of Seb Coe,

“there's not much you can do in the last few weeks to improve your performance, but there's a lot you can do to mess it up.”

There will be some of you who are quite happy to cut back and start spending more time with your family, but others will be feeling the urge to put on their walking boots and continue to train at the same pace for fear of losing fitness. With two weeks to go, you do seriously need to consider cutting back and trying to keep off your feet a bit more than usual. It won't hurt to do a few steady walks - but certainly avoid doing the long 5 or 6 hour walks to give yourself the best chance of tackling the Yomp.

During the taper you may suddenly notice new niggles, your legs may feel a bit sluggish and you'll probably want to eat everything in sight. This is perfectly normal and it's just your body's way of settling into a different routine and preparing itself for what it knows is just around the corner. This is one of the reasons why you shouldn't taper too much by suddenly just doing nothing.





# 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

Your tapering has now officially begun. You'll particularly notice that the long walk has reduced dramatically. Long hours on your feet will certainly be counter productive at this stage of your training, so please try and avoid too much time on your feet. Again we've got some hill work just to keep you motivated and stop your muscles from slowing down, but most of what you do this week should be fairly

easy with bursts of power walking just to sharpen things up a bit. The next couple of weeks is all about doing what your body needs, if that means additional rest, then take it. You can't gain anymore fitness, but you can certainly tire yourself out. Training now is more a psychological boost which keeps you in the routine of training and prevents you from feeling like you're doing nothing.

**BRONZE**



## TRAINING SCHEDULE: 2 WEEKS TO GO

**BEGINNER**

**INTERMEDIATE**

**ADVANCED**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

Rest

10x1 min PW up hill, walk back to start for rec

1 hr easy (2-3 m)

XT/R

ST

1 hr steady to inc 2x15min PW (2-3 m)

2 hr steady (4-5 m)

Rest

10x3 min PW up hill, walk back to start for rec

1 hr easy (2½-3 m)

XT/R

ST

1 hr steady to inc 2x15min PW (2½-3½ m)

2 hr steady with the last 40 min PW (5½-6½ m)

Rest

10x3 min PW up hill, walk back to start for rec

1 hr easy (3½-4 m)

XT/R

ST

1 hr steady to inc 2x15min PW/Jog (3½-4½ m)

2 hr steady with the last 40 min PW (7-8 m)

**SILVER**



**BEGINNER**

**INTERMEDIATE**

**ADVANCED**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

Rest

10x2 min PW up hill, jog back to start for rec

1 hr easy (2-3 m)

XT/R

ST

2 hr steady to inc 4x15m PW (2-3 m)

2 hr steady (4-5 m)

Rest

10x3 min PW up hill, jog back to start for rec

1 hr easy (2½-3 m)

XT/R

ST

1 hr steady to inc 2x15m PW (2½-3½ m)

2 hr steady with the last 4 min PW (5½-6½ m)

Rest

10x3 min PW up hill, jog back to start for rec

1 hr easy (3½-4 m)

XT/R

ST

1 hr steady to inc 2x15 min PW/jog (3½-4 m)

2 hr steady with the last 40 min PW (6-8 m)

**GOLD**



**BEGINNER**

**INTERMEDIATE**

**ADVANCED**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**SUN**

Rest

10x3 min PW up hill, jog back to start for rec

1 hr easy (2-3 m)

XT/R

ST

1½ hr steady to inc 3x20m PW (3-4m)

2 hr steady (4-5m)

Rest

10x3 min PW up hill, jog back to start for rec

1 hr easy (2½-3 m)

XT/R

ST

1½ hr steady to inc 3x20m PW/jog (4½-5 m)

2 hr steady with the last 45 min PW (5½-6½ m)

Rest

10x3 min PW up hill, jog back to start for rec

1 hr easy (3½-4 m)

XT/R

ST

1½ hr steady to inc 3x20m PW/jog (5-6 m)

2 hr steady with the last 45 min PW (6-8 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



# NAVIGATION

## THE COURSE

If you haven't already done so, check out the promotional video to check out the sorts of things you'll be getting up to. It's more than just a walk.

## SIGNPOSTS

Whilst the Army Benevolent Fund will ensure the route is well signposted, there may be occasions when you need to navigate yourself (especially at night when you might miss the route markers). During training, practice map reading and try to learn how to do the following:

- Use a compass, which means being able to take a bearing and walk on it until you reach your destination.
- Recognise features which are shown on a map out in the countryside (for example, the difference between footpaths and roads, contours, water features etc.)
- Be able to estimate how far a certain distance will take you, taking into consideration uneven terrain and up/down hill sections (going up steep sections will take you longer)
- Figure out what grid reference you are located at (this is usually a 6 figure number). This is useful in case you need to let someone know exactly where you are in an emergency.
- Download OS Locate, which will immediately give a 6 figure grid reference and will help us locate you on the Yomp. Ensure it is set up to show National Grid co-ordinates. Do this in the App by clicking on "About" button on the bottom of the screen, selecting "Settings" and then selecting "National Grid".





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# NUTRITION

## NUTRITION TAPER

A good running friend of mine is Jane Nodder who works as a nutrition lecturer and clinic tutor on the MSc and BSc (Hons) Nutritional Therapy programmes at the University of Westminster, London. Here's her advice on what your nutrition taper should look like this week:

## NUTRITIONAL TAPER – 2 WEEKS TO GO

The second week of the taper is probably the toughest as the effects of a change of training regime really start to kick in. You may feel more tired and a little sluggish which can make you even more worried about losing fitness. But, keep to your taper plan and do not start to train harder. If you've been including weight training or conditioning in your plan, make sure you've stopped by now to conserve energy and avoid injury. From a nutritional perspective:

- Make sure to keep sufficient energy coming in.
- Continue to follow a healthy balanced diet. Include fats in your diet such as essential fatty acids from oily fish, nuts, seeds and their oils and a little saturated fat from lean meat and low-fat dairy produce. Remember, fats can be used as another energy source once you have used your carbohydrate stores.





# 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



Superhuman plank



Elevated side plank with leg raise



Bicycles

## LEG STRENGTH



Power squat



Lunge clock



Around the world jumps

## UPPER BODY STRENGTH



Staggered press up



Bent over row



Arm opener