

# CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

## TRAINING GUIDE : 11 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!



# 11 WEEKS TO GO

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## WELCOME

Having completed your first week of training, whilst the vast majority of you will be feeling really excited, in contrast, some of you may be thinking, 'eeeeekkk what have I let myself in for?' If you're feeling the latter, please don't despair, if this was easy, everybody would be doing it! The most important thing is that you build things up slowly and gradually, based on your starting point.

Now the evenings are drawing out more, you'll be able to take advantage of those lighter evenings and hopefully you'll be able to find some nice trails nearby where you can practice walking on more uneven surfaces. This week's guide focuses on building up your mileage and takes a look at some of the basics to ensure you are eating the right foods at the right time while you're training. We also consider things you can get right from the onset of your training to help prevent injury.

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## TRAINING

### BUILDING UP YOUR MILEAGE

Over the next few weeks, it is important to build up the distance of your training. The endurance needed for an event like the Yomp, can't be gained in a couple of weeks and let's face it, 22 miles is a long way - let alone 36 miles - and 54 miles is just monumental.

For some, this sort of distance can feel quite daunting but as long as you follow a few simple rules, you'll soon be feeling confident and quite happy walking for prolonged periods of time. And remember, you're not in this alone, your team mates will help you get around.

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### TACKLING THE LONG WALK

1. The long walk is all about 'time on feet' - so use time rather than distance as your goal. If you set out to cover an unrealistic distance, you could jeopardise the quality of your training during the rest of the week. The training plans are designed using time, but also give you an indication of the distance you may cover.
2. Consistency is key - building up on several walks during the week is far more important than doing one single session.
3. Keep the pace easy - you want to encourage the body to burn fat and this can only be done when training at a lower intensity.

**Your body needs to learn to cope with the demands of an endurance event. By doing regular training, your body will adapt so when it comes to the Yomp, things will be a lot more comfortable and enjoyable.**

**Walking for a long period of time will have the following benefits:**

- Enhances the metabolism of fat
- Strengthens the heart
- Adaptation of joints
- Increased walking efficiency and endurance

# THE TRAINING PLANS

The following training schedules were introduced last week, but for those of you who are still looking, consider these plans as an guide to getting you around. 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

After choosing your training plan, it's time to get going with your training. Please take time to ease yourself into your training gradually, remember, this is just the start of a long journey, and you want to get to the start line in peak of fitness.

During the next few weeks, you will be building your base. This means, slow steady miles to allow your muscles and bones time to adapt to the new demands being placed upon them. Use this training plan as a guide and adapt as necessary to fit in with your existing fitness regime and lifestyle.

**BRONZE**



## TRAINING SCHEDULE: 11 WEEKS TO GO

**BEGINNER**

| MON  | TUE                               | WED                     | THU  | FRI | SAT                       | SUN                      |
|------|-----------------------------------|-------------------------|------|-----|---------------------------|--------------------------|
| Rest | 12 x 2 min PW<br>1 min rec        | 1 hr easy<br>(2-3 m)    | XT/R | ST  | 1 hr steady<br>(2-3 m)    | 2 hr easy<br>(4-5 m)     |
| Rest | 6 x 5 PW<br>2 min rec             | 1 hr easy<br>(2½-3 m)   | XT/R | ST  | 1 ½ hr steady<br>(4-4½ m) | 2 ½ hr easy<br>(6½-7½ m) |
| Rest | 6 x 5 min PW/<br>jog<br>2 min rec | 1 hr steady<br>(3½-4 m) | XT/R | ST  | 1 ½ hr steady<br>(5-6 m)  | 2 ½ hr easy<br>(8-10 m)  |

**INTERMEDIATE**

**ADVANCED**

**SILVER**



**BEGINNER**

| MON  | TUE                           | WED                     | THU  | FRI | SAT                      | SUN                     |
|------|-------------------------------|-------------------------|------|-----|--------------------------|-------------------------|
| Rest | 12 x 2 ½ min PW<br>1 min rec  | 1 hr easy<br>(3-4 m)    | XT/R | ST  | 2 hr easy<br>(4-5 m)     | 3 hr easy<br>(6-9 m)    |
| Rest | 6 x 5 PW<br>2 min rec         | 1 hr easy<br>(2½-3 m)   | XT/R | ST  | 2 hr easy<br>(5-6 m)     | 3 hr steady<br>(7½-9 m) |
| Rest | 6 x 5 min PW/jog<br>2 min rec | 1 hr steady<br>(3½-4 m) | XT/R | ST  | 1 ½ hr steady<br>(5-6 m) | 3 hr easy<br>(10-12 m)  |

**INTERMEDIATE**

**ADVANCED**

**GOLD**



**BEGINNER**

| MON  | TUE                            | WED                      | THU  | FRI | SAT                  | SUN                         |
|------|--------------------------------|--------------------------|------|-----|----------------------|-----------------------------|
| Rest | 12 x 3 min PW<br>1 min rec     | 1 1/2 hr easy<br>(3-4 m) | XT/R | ST  | 2 hr easy<br>(4-5 m) | 3 ½ hr easy<br>(7-9 m)      |
| Rest | 6 x 5 PW<br>2 min rec          | 1 hr easy<br>(2½-3 m)    | XT/R | ST  | 2 hr easy<br>(5-6 m) | 3 ½ hr steady<br>(8½-10½ m) |
| Rest | 6 x 5 min PW/ jog<br>2 min rec | 1 hr easy<br>(3½-4 m)    | XT/R | ST  | 2 hr easy<br>(6-8 m) | 3 ½ hr easy<br>(10½-14 m)   |

**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



# INJURY PREVENTION

When you train for an endurance event, you will be pushing your body beyond all expectations. Keeping injury free is crucial to getting the best out of your training and ensuring you are in top form when it comes to event day.

It is inevitable that some of you will experience niggles and injuries, after all, walking is repetitive motion which can put stress and strain on the body, particularly when doing a lot of trail and hill work. However there are a few rules which you can follow to minimise your chances of injury:

1. Follow a plan. Be realistic and start at the right level for you. Use a structured training plan and do not suddenly increase weekly mileage or the length of the long training session. If you haven't trained for quite some time, you may have to take things a bit slower than stated in your training plan.

2. Make sure your shoes can do the job. Shoes are your most important piece of kit. Always buy your shoes from a reputable store and if, necessary, get your gait analysed. Next week, we'll look at having proper kit in more detail.

3. Warm up properly. Start your walks gently and perhaps include some dynamic warm up stretches or walking drills if you're feeling a bit stiff. Remember to cool down afterwards.

4. Never miss a rest day Don't feel guilty having rest days. These are part of your training schedule and are just as important as your training sessions. Your muscles need time to recover, time to re-build and be stronger for your next session.

5. Sports massage. Sports massage is a great way to ease off tight muscles and promote recovery.

6. Cross training. Cross training is one of the best ways to prevent injury. Introduce a gym session, weights, swimming or cycling into your training programme.

7. Fuel your body. A healthy balanced diet is vital in preventing your body from injury. As you increase your exercise, you will need to increase your intake of healthy, nutritious food. Over the next few weeks we will look at nutrition in detail.

Always listen to your body. Our bodies are very good at telling - we just have to learn to listen. If you are feeling below par, have a cold, are in pain or just need to rest - listen to your body, it's not laziness, it is injury prevention.

**If you sustain an injury during training, even a niggle - get it looked at as soon as possible. If you sustain an injury during the Yomp, see a physiotherapist or doctor at the nearest checkpoint. Full details and emergency contacts will be provided at the safety briefing on Friday night before the event.**



# NUTRITION

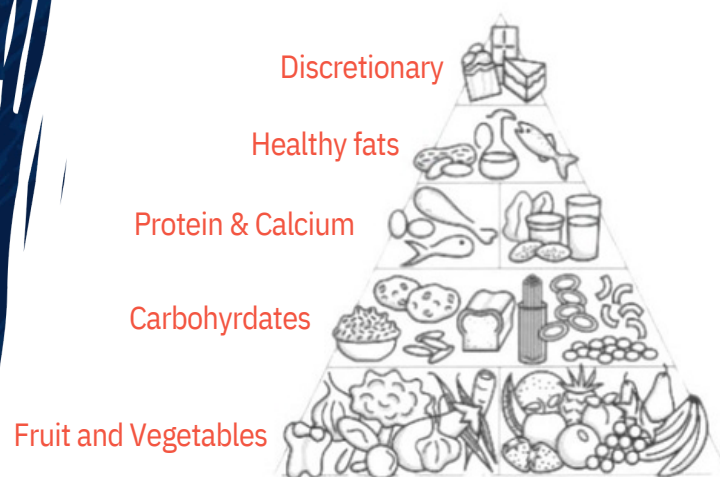
The key to good nutrition is getting the basics right. If you don't, your training could be compromised and so could your health.

Getting your nutrition right, is just as important as your physical training. This 'Fitness Food Pyramid' is taken from 'The Complete Guide To Sports Nutrition' (2013), Anita Bean and acts as a base for developing your daily training diet.

It divides food into seven categories: •

- Fruit • Vegetables
- Carbohydrate rich foods
- Calcium rich foods
- Protein rich foods
- Healthy fats
- Discretionary calories

**If you do not have adequate meals during training, your body will breakdown the muscle for energy - the very thing you are trying to build up!**  
**It also means you can trial and error what works for your own body make-up. Correct nutrition and hydration help prevent stiffness and medical disasters – get it right.**



**Fruit and Vegetables:** Fruit 2-4 / Vegetables 3-5 portions a day - 1 portion = 80g (the amount you can hold in the palm of your hand). Fruit and vegetables contain vitamins, minerals, fibre and antioxidants which are vital for health and optimum performance.

**Grains and Potatoes:** 4-6 portions a day - 1 portion = the size of your clenched fist. Essential for maintaining high glycogen stores which is vital in maximising performance. Foods include: bread, cereals, rice, pasta, porridge oats, beans, lentils and potatoes. Whole grains have a lower GI so aim for at least half your grain intake to be wholegrain. Recommended carbohydrate intake for athletes exceeds normal recommendations to take increased activity into account.

**Calcium rich foods:** 2-4 portions a day - 1 portion = the size of your clenched fist. Including dairy products, nuts, pulses and tinned fish in your diet is the easiest way to get calcium, which is needed for strong bones.

**Protein rich foods:** 2-4 portions a day - 1 portion = the size of a deck of cards. Athletes need more protein than inactive people. Rich sources of protein can be found in lean meats, poultry, fish, eggs, soya or Quorn. Beans, lentils and dairy foods can also be counted towards your daily target.

**Healthy fats and oils:** 1-2 portions a day - 1 portion = 1 tablespoon. The oils in nuts, seeds, rapeseed oil, olive oil, flax seed oil, sunflower oil and oily fish may improve endurance and recovery. Aim for only 1 portion of oily fish per week.

**Discretionary Calories:** These are the calories left after you have eaten all the above. For most regular exercisers this is likely to be approx. 200-300 calories worth of treats. Sports drinks, energy bars etc need to be included in this.





# 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. Build 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



Side Plank with Lateral Raise



Side Plank with Lateral Raise



Bridge with Calf Raise

## LEG STRENGTH



Squat



Lunge



Single Leg Running Arms

## UPPER BODY STRENGTH



Half Press up



Bicep Curl



Shoulder Press