

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 1 WEEK 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!

1 WEEK TO GO

WELCOME

It is my pleasure to be writing this final training guide as your Yomp journey reaches its pinnacle. You have all worked so hard and will reap the benefits on Saturday as you arrive at the start of the Yomp event well prepared, confident and raring to go. All that's left now is to relax, eat well and look forward to the big day.

A few years ago, I conquered the 54 mile Gold course and I can guarantee you will have the most

exhilarating experience. It will be tough, but the sense of achievement you feel when you cross the finishing line is the most amazing feeling.

This week's guide gives some last minute tips to help you get ready with as little stress as possible. We look at how to reduce your race day nerves and finally, our nutrition guide continues its tapering theme to ensure you are well stocked up before the big day.

TRAINING

As well as completing the Yomp, I am very fortunate to have been trekking at over 4,000m in the Himalayan mountains of Bhutan and have ran the Great Wall Marathon several times. Besides all the wonderful images of the scenery and memories of camping out in the elements, the key point I always bring home is the importance of being prepared for every type of weather imaginable.

Whilst it may look lovely and sunny when you set off, bad weather can suddenly close in at any point and all of a sudden, your Yomping experience can become very unpleasant (and even dangerous) if you aren't properly prepared. Proper waterproof clothing and boots are essential and spare clothes will ensure you remain warm should you get wet as a result of wet weather or sweating in warmer weather.

HELPFUL TIPS DURING THE HOURS IMMEDIATELY BEFORE THE YOMP

- Wake up early enough to take care of everything you must do (eat and drink, visit the bathroom, dress, etc.).
- Check the weather forecast for updated information about general conditions, temperature range, and wind.
- Depart for the Yomp site with plenty of time to spare, arriving early enough to take care of any last minute details.
- Remain relaxed and calm and stay off your feet as much as possible.
- Continue to sip fluids to keep yourself hydrated
- Eat your final snack no more than 30 minutes before the start of the event.



**HAVE FUN
AND ENJOY!**

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: 1 WEEK TO GO

BEGINNER

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	1 hr easy (2-3 m)	45 mins easy (1½-2 ¼ m)	30 mins easy (1-1½ m)	Rest	Yomp	Yomp
INTERMEDIATE	Rest	1 hr easy (2½-3 m)	45 mins easy (1½-2¼ m)	30 mins easy (1-1½ m)	Rest	Yomp	Yomp
ADVANCED	Rest	1 hr easy (3½-4 m)	45 mins easy (2¼-3 m)	30 mins easy (1½-2 m)	Rest	Yomp	Yomp

INTERMEDIATE

ADVANCED

SILVER



BEGINNER

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	1 hr easy (2-3 m)	45 mins easy (1½-2¼ m)	30 mins easy (1-1½ m)	Rest	Yomp	Yomp
INTERMEDIATE	Rest	1 hr easy (2½-3 m)	45 mins easy (2-2½ m)	30 mins easy (1½-2 m)	Rest	Yomp	Yomp
ADVANCED	Rest	1 hr steady (3½-4 m)	45 mins easy (2¼-3 m)	30 mins easy (1½-2 m)	Rest	Yomp	Yomp

INTERMEDIATE

ADVANCED

GOLD



BEGINNER

	MON	TUE	WED	THU	FRI	SAT	SUN
BEGINNER	Rest	1 hr easy (2-3 m)	45 mins easy (1½-2¼ m)	30 mins easy (1-1½ m)	Rest	Yomp	Yomp
INTERMEDIATE	Rest	1 hr easy (2½-3 m)	45 mins easy (2-2½ m)	30 mins easy (1½-2 m)	Rest	Yomp	Yomp
ADVANCED	Rest	1 hr easy (3½-4 m)	45 mins easy (2¼-3 m)	30 mins easy (1½-2 m)	Rest	Yomp	Yomp

INTERMEDIATE

ADVANCED

EVENT DAY NERVES

Many people get really nervous before a big event like the Yomp, it is only natural to feel anxious about what lies ahead of you, as, for many of you, you are taking on one of the most difficult challenges you have ever faced. You may find the questions and doubts swirling around your head.

BE PREPARED

If you are organised about everything, from your training, to eating/sleeping properly, to getting your kit ready days in advance, to getting to the start early, you will have given yourself every chance of success. Check the weather forecast and pack the right Yomping outfit. Do everything in your power to make things go as smoothly as possible and most of the time, it will.

CONTROL THE CONTROLLABLE

Having done all you can to be ready, you have to accept that there are other things that might happen on event day that will be out of your control. It is completely understandable that you will be anxious about that, but focus instead on all the things you can control. You are in charge of the amount of training you've done, your walking pace, what you eat, what you drink during the event, where you start etc.

THINK POSITIVE

Although it won't feel like it, nerves are actually a positive sign that your mind is focusing on the task ahead. You've trained your body to compete for the big day and your nerves are a sign that your mind also understands how important this challenge is to you. Being nervous is a good sign that you are mentally prepared as well as physically ready.

REMEMBER WHY YOU'RE DOING THIS

As part of a team raising money for the Army Benevolent Fund, you have one of the best support mechanisms for helping you beat the nerves. The rest of the team will be there supporting you every step of the way. Picture yourself crossing the finish line proudly wearing your medal and before you know it, those images will be a reality.

DEEP BREATHS

Anxiety is a natural emotion and our body naturally responds by tensing up. So try and stay as loose and relaxed as possible, breathe deeply, relax your body and let the Yomping flow.

Have I trained enough? Have I got the speed/stamina? Am I wearing the right outfit? Will I eat enough for breakfast? Will I finish? But please be reassured there are strategies you can use to help you deal with the fear as you wait for the starting gun.

PRE-RACE PREPARATIONS

Some Yompers take real comfort from a pre event ritual, which they use to block out every thing else that is going on around them. Have your own pre-event routine and focus on that. Do your regular warm up in the usual order and then lace your Yomping boots your own special way. Do whatever it takes to distract you from worrying about what's going on around you

STAY CALM

Being stood on the start line at the Yomp represents the culmination of enormous amounts of effort, so it is understandable that you are feeling emotional. Remember, you will need all the energy you have for the event, so try and control your emotions



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 in the final week leading up to event day:

NUTRITIONAL TAPER – 1 WEEK TO GO

The most important thing this week is to make sure you don't suddenly start doing things differently. Everything you eat should be tried and tested and well tolerated by you in training.

- Try to stay hydrated in this week and off your feet as

much as possible.

- Do not change anything about the type of food you are eating in this last week.

- If you are finding it hard to relax and are still drinking coffee, cut back on your caffeine intake to try to help with rest and sleep.

- Avoid alcohol.

- Keep your salt intake up as usual to maintain sodium

levels in the days before the event.

- In the last few days, include slightly more carbohydrates in your diet than normal from pasta, potatoes, rice, cereals and fruits.

- Continue to avoid the scales – you may well gain a couple of pounds in this week if your glycogen stores are full and you are well hydrated, but you'll lose those pounds again by the Yomp finish!.



Look out for your team mates. You'll probably notice there is a problem before they do.



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