

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 10 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!

10 WEEKS TO GO

WELCOME

Now in your third week of training you are probably beginning to realise that the Yomp is going to come around very quickly. Now is the time you need to start being realistic about the type of terrain you will be facing. Whilst there will be some flat, you need to prepare yourself for those hills - strength training will certainly help but at the end of the day, you've just got to get out there and climb some hills.

If you are planning on using walking poles, make sure you train with those too.

This week's guide focuses on how to tackle those hills and takes a closer look at what types of food you should be eating and, more importantly, when, to help you get the best out of your training. There's also some guidance on making sure your kit is right for the challenge in hand.

TRAINING

HILL TRAINING

Most people dread hills, but my advice to you is 'learn to love them' and let's face it, this is the one of the key features of the course which makes it so stunning. If you're new to hills, take it gently to start with and gradually build up the distance and intensity. As your training progresses, do some of your long walks on hilly courses. Your training plans include a weekly session of hill specific training (outlined below) which are very effective and can be done in a short amount of time. To get the best quality in these sessions, make sure you choose a moderate hill where you can power walk without too much trouble - a road or good trail would work equally well.

HILL REPETITIONS

On a moderate slope, power walk for a given time with high intensity. Make your way back slowly to the starting point so you are fully recovered ready to start again.

KENYAN HILLS

Power walk continuously up and down a hill, or on a hilly course maintaining the same effort on both the up and the down. You should feel like you're working hard but, at the same time, be in control.

Hill training is hard work but it is great for strength and gives your cardiovascular system a real boost. Including a hill session once a week or possibly twice a week for more experienced walkers will strengthen your muscles, which is vital for getting you through the last few miles of an endurance event. Regular hill training has the following benefits:

- Improves cardiovascular fitness
- Develops muscle strength and

power

- Improves mental strength

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

As the weather improves, take time to explore some new routes. This may mean travelling to new places but there is nothing more rewarding than seeing spectacular scenery on your walk. This week, the emphasis of training still needs to be to build your base and distance, but we also need to start bringing in some steady hill work so that this too can be built up over the weeks. If you're

not used to hills, start off gradually and keep the intensity steady.

For the hill session, you want to use a moderate hill and you may want to introduce some gently undulating courses for some of your other walks too. As always, use this training plan as a guide and adapt as necessary to fit in with your existing fitness regime.

BRONZE



TRAINING SCHEDULE: 10 WEEKS TO GO

BEGINNER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|-------------------------|------|-----|-----------------------|-----------------------|
| Rest | 10 x 1 min PW up hill, walk back to start for rec | 1 ¼ hr easy (2 ½-3 ½ m) | XT/R | ST | 1 ½ hr steady (3-4 m) | 2 ½ hr easy (5-6 ½ m) |

INTERMEDIATE

| | | | | | | |
|------|---|-----------------------|------|----|--|-----------------------|
| Rest | 10 x 2 min PW up hill, walk back to start for rec | 1 ½ hr easy (4-4 ½ m) | XT/R | ST | 1 ½ hr steady to inc 3 x 10 min PW (4-4 ½ m) | 3 hr steady (7 ½-9 m) |
|------|---|-----------------------|------|----|--|-----------------------|

ADVANCED

| | | | | | | |
|------|---|-----------------------|------|----|---|-----------------------|
| Rest | 10 x 2 min PW up hill, walk back to start for rec | 1 ½ hr steady (5-6 m) | XT/R | ST | 1 ½ hr steady to inc 3 x 8 min PW/jog (5-6 m) | 3 hr steady (10-12 m) |
|------|---|-----------------------|------|----|---|-----------------------|

SILVER



BEGINNER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|---------------------|------|-----|-----------------------|---------------------|
| Rest | 10 x 1 ½ min PW up hill, walk back to start for rec | 1 ½ hr easy (3-4 m) | XT/R | ST | 2 ½ hr easy (5-6 ½ m) | 3 ½ hr easy (7-9 m) |

INTERMEDIATE

| | | | | | | |
|------|--|-----------------------|------|----|--|----------------------------|
| Rest | 10 x 2 ½ min PW up hill, jog back to start for rec | 1 ½ hr easy (4-4 ½ m) | XT/R | ST | 2 hr steady to inc 3 x 20 min PW (5 ½-6 ½ m) | 3 ½ hr steady (8 ½-10 ½ m) |
|------|--|-----------------------|------|----|--|----------------------------|

ADVANCED

| | | | | | | |
|------|--|-----------------------|------|----|---|-------------------------|
| Rest | 10 x 2 ½ min PW up hill, jog back to start for rec | 1 ½ hr steady (5-6 m) | XT/R | ST | 2 hr steady to inc 3 x 8 min PW/jog (7-8 m) | 3 ½ hr steady (12-14 m) |
|------|--|-----------------------|------|----|---|-------------------------|

GOLD



BEGINNER

| MON | TUE | WED | THU | FRI | SAT | SUN |
|------|---|---------------------|------|-----|---------------------|----------------------|
| Rest | 10 x 2 min PW up hill, walk back to start for rec | 1 ½ hr easy (3-4 m) | XT/R | ST | 3 hr steady (6-8 m) | 4 ½ hr easy (9-12 m) |

INTERMEDIATE

| | | | | | | |
|------|--|-----------------------|------|----|--|-----------------------------|
| Rest | 10 x 3 min PW up hill, jog back to start for rec | 1 ½ hr easy (4-4 ½ m) | XT/R | ST | 3 hr steady to inc 3 x 29 PW (8-9 ½ m) | 4 ½ hr steady (12 ½-13 ½ m) |
|------|--|-----------------------|------|----|--|-----------------------------|

ADVANCED

| | | | | | | |
|------|--|---------------------|------|----|--|---------------------------|
| Rest | 10 x 3 min PW up hill, jog back to start for rec | 1 ½ hr easy (5-4 m) | XT/R | ST | 3 hr steady to inc 4 x 8 min PW/jog (9-12 m) | 4 ½ hr steady (13 ½-17 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

KIT ESSENTIALS

Getting your kit right is essential not only for your comfort, but for your safety too. This kit list has been put together by ABF The Soldiers' Charity in order to keep you and your team safe. While it may seem excessive, it will all fit into a small rucksack and could, in extreme circumstances, save your life. Your safety is paramount.

It is important that your kit is fit for purpose, comfortable and broken in. Wear/carry the same kit when out training so you are prepared for all weather types and so you get used to the weight of the bag

COMPULSORY KIT CHECKS

There will be a compulsory kit check at the checkpoint 2 (Glenshee). If you don't have the compulsory kit, you will not be allowed to continue.

INDIVIDUAL KIT - COMPULSORY

- | | |
|---|--|
| ▶ Waterproof jacket (with hood) | |
| ▶ Waterproof trousers | |
| ▶ Hiking boots | |
| ▶ Socks (a few pairs of good quality socks) | |
| ▶ Day rucksack waterproof or lined with a plastic bag | |
| ▶ Compass take out of packaging! | |
| ▶ Mobile Phone (+ fully charged battery pack remember reception may be patchy) | |
| ▶ Energy drinks (a good quality brand like Hi5 or Nuun) | |
| ▶ Water bottle or platypus (we recommend a minimum of 1.5L) | |
| ▶ Thermal top or wicking base layer | |
| ▶ Fleece | |
| ▶ Warm hat & gloves | |
| ▶ Energy food (nuts, fruit, energy bars) | |
| ▶ Survival bag (you need to be able to climb inside) | |
| ▶ Sun hat | |
| ▶ Participant number (to be given out at registration) | |
| ▶ Whistle (for use in emergencies) | |
| ▶ Head torch (with spare batteries, for overnight walking or for attracting attention in an emergency) | |
| ▶ Cateran Yomp map (available to pick up at registration on Friday) | |

TEAM KIT - COMPULSORY

- | | |
|--|--|
| ▶ First aid kit, including blister kit | |
| ▶ Notebook and pen (for use in emergencies) | |

TEAM KIT - RECOMMENDED OTHER KIT

- | | |
|----------------------------------|--|
| ▶ Walking poles | |
| ▶ Spare footwear | |
| ▶ Camera | |
| ▶ Lip balm | |
| ▶ Antibacterial hand wash | |

Never underestimate the weather in the Scottish Highlands. It is highly changeable and can be extreme even in the middle of summer

NUTRITION

Sports nutritionists consistently recommend that people regularly taking exercise should include carbohydrates, proteins and healthy fats in their diets. We will look at each of these in more detail over the coming weeks but, in the meantime, follow these simple guidelines to ensure you are getting the right foods at the right time. If you do not have adequate nutrition during your training, you may become lightheaded and your muscles will feel heavy. You also risk your body breaking down your muscle for energy, which is the very thing you are trying to build up! Your specific nutritional needs will vary depending on your gender, metabolism, health and fitness as well as the intensity of which you train, so take time to find out what works for you. To the right are some general guidelines based on an average healthy individual.

Did you know:
An 80kg person walking at an average walking pace will burn 270 calories per hour. On an 8% gradient you would burn an average of 526 calories per hour

BEFORE TRAINING

Pre training meal 2 - 4 hours before

A mixture of low GI carbohydrates and protein to maximise blood glucose levels:

- Porridge/muesli
- Wholegrain pasta with tomato-based sauce
- Jacket potato with beans
- Chicken sandwich
- Egg on toast

Pre training snack 1 - 2 hours before

A small portion of a slightly higher GI carbs. Make sure you have foods which you know are well tolerated by your body:

- Banana
- Cereal bar
- Fruit yoghurt
- Smoothie
- Dried fruit
- Toast with honey

DURING TRAINING

Session lasting 45 - 75 mins:

Very small amount of energy drink e.g. mouth rinse

Session lasting 1 - 2 hours

High GI carbs to top up depleting muscle glycogen levels. Make sure you practice this is training as your body may not tolerate some foods

- Gels
- Jelly babies
- Sports drinks

Session lasting > 2 hours

Low GI carbs with protein in small amounts at regular intervals to start with then higher GI carbohydrates in the latter stages:

- Chicken sandwich
- Pasta
- Teacake
- Energy bars
- Rice pudding

AFTER TRAINING

Post training snack within 20 minutes

Replenish your glycogen stores with higher GI carbs as soon as you can. Make sure you also include protein:

- Chocolate milk
- Energy bar
- Fruit yoghurt
- Smoothie
- Dried fruit & nuts
- Tuna sandwich

Post training meal 2 hours after

A balanced meal of carbs, protein and healthy fats to replenish stores and aid muscle recovery:

- Wholegrain pasta with tomato based sauce
- Grilled fish with potatoes and vegetables
- Lasagne with salad
- Homemade chicken curry and brown rice

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



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