

Army
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Fund

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

22 MILES : BRONZE : PERTHSHIRE : SCOTLAND

TRAINING PLAN

PUSH
YOURSELF TO
THE LIMIT!

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INTERMEDIATE

TAKE ON THE BEST
TAKE ON THE YOMP

INTRODUCTION

The bronze intermediate plan prepares you to be out on your feet for approximately 8 hours. It is designed for people who want to walk at a steady pace but also include power walking for a fair bit of the way around.

Your pace would be around 3 miles per hour. For the majority of your training, the intensity will be steady but will include regular intervals of power walking to help build up your pace.

TRAINING TIPS

- Remember, this is an endurance event, the majority of your training should be long and slow paced rather than short and fast.
- Consistency is key, by getting out several times a week, you'll build on each session. Aim to exercise 3 or 4 times a week and gradually build up the distances as you go.
- Ensure you train on similar terrain as the actual Yomp event. Include hilly, flat and trail routes regularly into your training schedule.
- Train with other members of your team; you'll get to know their strengths and weaknesses and you'll learn how to help each other along.
- Adding in a cross training session will further enhance your fitness without putting too much strain on your body. Swimming, yoga or pilates are ideal.
- Including leg and core strengthening into your weekly schedule will help make the hills feel so much easier. This will be crucial in helping conserve energy levels throughout your training and on the day.

PACING

The table below shows how many miles you would expect to complete in a given time. This will change depending on the terrain, but the more even you keep the pace, the better. If you walk approximately 20 mins per mile, expect to complete the 22 miles in between 7 and 8 hours.

Hours	3 miles/ hour	4 miles/ hour
1	3	4
1½	4½	6
2	6	8
2½	7½	10
3	9	12
3½	10½	14
4	12	16
4½	13½	18
5	15	20
5½	16½	22
6	18	
6½	19½	
7	21	
7½	22½	

TAKE ON THE YOMP

TRAINING OVERVIEW

Your training will be predominantly steady miles where the intensity is comfortable. However you will need to add in short and long intervals of power walking where you need to practice how to pick up the pace.

Your Tuesday session focuses more on the quality of your training and includes power walking/jogging, Kenyan Hills and hill reps. These sessions are shorter but have a higher intensity to develop

glute strength and increase the efficiency of your respiratory system. Working at a higher intensity for short periods of time, will make your normal, steady pace feel much easier helping to conserve your energy levels.

As your training progresses, your longer Sunday sessions will also include segments of power walking so that you get used to walking at a higher intensity when you're feeling tired.

TYPES OF SESSIONS

EASY

A very easy pace allowing you to ease the muscles and help get rid of any stiffness. The idea of this sessions is to do an active recovery where you are just turning your legs over.

STEADY

During a steady walk you need to put in a bit of effort but still feeling comfortable. You may feel slightly out of breath but you should be able to hold a conversation.

POWER WALK/JOGGING

Power walks or jogs are done at a faster pace. You should experience controlled discomfort and be able to say only a few words during the burst of effort. Power walks/jogs can be maintained for a long or short periods depending on your fitness levels and terrain.

INTERVAL REPETITIONS

Intervals are done at a high intensity for a short period of time with a recovery between each interval. If you were doing 10 x 1 min with 1 min rec, power walk or jog for 1 min then walk slowly for 1 min, repeat again until all 10 have been completed. Always warm up with a 10 minute walk first before starting your intervals.

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. I call this 'controlled discomfort'.



INTERMEDIATE

TRAINING PLAN

FULL TRAINING PLAN

Remember that each week you'll get a more detailed weekly plan, with training best practice, tips on nutrition and additional strength training.

	MON	TUE	WED	THU	FRI	SAT	SUN
12 WEEKS TO GO	Rest	10x3 min PW 1 min rec	1 hr easy (2½-3 m)	XT/R	ST	1 hr steady (2½-3 m)	2 hr easy (5-6 m)
11 WEEKS TO GO	Rest	6x5 min PW 2 min rec	1 hr easy (2½-3 m)	XT/R	ST	1½ hr steady (4-4½ m)	2½ hr easy (6½-7½ m)
10 WEEKS TO GO	Rest	10x2 min PW up hill, walk back to start for rec	1½ hr easy (4-4½ m)	XT/R	ST	1½ hr steady to inc 3 x 10 min PW (4-4½ m)	3 hr steady (7½-9 m)
09 WEEKS TO GO	Rest	10x3 min PW up hill, walk back to start for rec	1½ hr easy (4-4½ m)	XT/R	ST	2 hr steady to inc 4x10min PW (5½-6½ m)	3 hr steady to inc 6x10 min PW (8-9½ m)
08 WEEKS TO GO	Rest	2x15 min KH	1½ hr easy (4-4½ m)	XT/R	ST	2 hr steady to inc 6x10 min PW (5½-6½ m)	4 hr steady to inc 6x10 min PW (10-12 m)
07 WEEKS TO GO	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)
06 WEEKS TO GO	Rest	10x2 min PW up hill, walk back to start for rec	1 hr easy (2½-3 m)	Rest	ST	1 hr steady to inc 2 x 10 min PW (2½-3½ m)	2 hr steady (5-6 m)
05 WEEKS TO GO	Rest	30 min KH	1½ hr easy (4-4½ m)	XT/R	ST	1½ hr steady to inc 5 x 10 min PW (4½-5 m)	6 hr steady (15-18 m)
04 WEEKS TO GO	Rest	30 min KH	1½ hr easy (4-4½ m)	XT/R	ST	1½ hr steady to inc 3x20min PW (4½-5 m)	5 hr steady to inc 4 x 30 min PW (13-15 m)
03 WEEKS TO GO	Rest	12x2 min PW up hill, walk back to start for rec	1¼ hr easy (4-4½ m)	XT/R	ST	1 hr PW (2½-3½ m)	2½ hr steady to inc 1 hr PW (7-8m)
02 WEEKS TO GO	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)
01 WEEKS TO GO	Rest	1 hr easy (2½-3 m)	45 mins easy (1½-2¼ m)	30 mins easy (1½-2 m)	Rest	Yomp	Yomp

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