

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 3 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!

3 WEEKS TO GO

WELCOME

You should be very proud of how far you have come so far. As the pinnacle of your journey is just around the corner you can take comfort in knowing that all the hard preparation work is now nearly complete. You are probably, and quite rightly, beginning to feel the demands of an extensive training schedule and are mostly likely beginning to flag. Don't be alarmed, that's perfectly normal and that's the main reason you have to taper during the last two weeks of your training. You will feel great on the day - I promise you!

This week's guide reminds you of the importance of looking after yourself and keeping things in balance. We consider pace judgement and look at why it is so important to get this right.

Taking on an event like the Yomp requires a lot of mental strength, we offer some strategies you could use to help keep you going for the duration of your challenge. Our nutrition advice this week looks at the importance of refuelling on the day of the Yomp.

TRAINING

PACE JUDGEMENT

You've heard us go on about making sure you pace yourself properly. Whether you are an elite athlete, an experienced walker or someone embarking on your first event, I can't emphasise enough the importance of getting this right. It doesn't mean you have to become a slave to your watch, but after 10 weeks of training, you should have a pretty good idea of the difference between your comfortable and race pace, even if you are just going by how out of breath you feel.

The danger of doing any event is that you get carried away with the adrenalin of the day, this is not necessarily a bad thing because this will allow you to achieve more than you ever thought possible, but at the same time, if you don't keep it under check, things could end up rather messy!

Whilst most people on the Yomp just want to get around and enjoy the experience, some of you may be aiming for a specific time. Some people believe it's better to start off a little faster than your target pace to take into account that you are going to be slower towards the end. Others will advise that it needs to be even paced

throughout. The nature of the course will mean that it's impossible to keep an even pace because there will be hard sections and easier sections. The most important thing is that you don't set off too fast otherwise you will use up your glycogen levels too quickly and will not be able to last the whole distance. So, judge carefully, be confident and honest with the pace you think you can sustain. Your previous training will help you judge, but anything can happen on the day!



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

You'll see that your long walk on the Sunday has significantly reduced this week. It's now time to start cutting back a bit on your mileage so that you're in the best possible shape for when you are stood on the start line of the Yomp.

The quality in your training still needs to be there, if you suddenly cut everything back, with three weeks to go, your body will soon start to decondition and you may feel heavy and sluggish when it comes to event day.

Take things steady, you don't want to over do it, but at the same time, keep active so you keep your fitness levels topped up.

The nature of the Yomp course has meant that I have kept hill work in your training right up until the last minute. Having confidence on the hills both physically and psychologically could make all the difference in how much you enjoy your Yomp experience.



TRAINING SCHEDULE: 3 WEEKS TO GO

BEGINNER

INTERMEDIATE

ADVANCED

	MON	TUE	WED	THU	FRI	SAT	SUN
Rest		12x1 min PW up hill, walk back to start for rec	1½ hr easy (3-4 m)	XT/R	ST	1½ hr steady to inc 4 x 10 min PW (3-4 m)	3 hr steady (6-8 m)
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)
Rest		12x2 min PW up hill, walk back to start for rec	1½ hr steady (5-6 m)	XT/R	ST	1 hr PW (3½-4½ m)	2½ hr steady to inc 1 hr PW (8-10 m)



BEGINNER

INTERMEDIATE

ADVANCED

	MON	TUE	WED	THU	FRI	SAT	SUN
Rest		12x2 min PW up hill, walk back to start for rec	1½ hr easy (3-4 m)	XT/R	ST	2 hr steady to inc 4x15 min PW (4-5 m)	4 hr steady (8-10 m)
Rest		12x3 min PW up hill, jog back to start for rec	1½ hr easy (4-4½ m)	XT/R	ST	2 hr steady to inc 1 hr PW (5½-6½ m)	4 hr steady to inc 4x30 min PW (10-12 m)
Rest		12x3 min PW up hill, jog back to start for rec	1½ hr steady (5-6 m)	XT/R	ST	2 hr steady to inc 1 hr PW (7-8 m)	4 hr steady to inc 4x30 min PW (13½-16 m)



BEGINNER

INTERMEDIATE

ADVANCED

	MON	TUE	WED	THU	FRI	SAT	SUN
Rest		12x3 min PW up hill, walk back to start for rec	1½ hr easy (3-4 m)	XT/R	ST	3 hr steady to inc 3x20 min PW (6-8 m)	4 hr steady (8-10m)
Rest		12x3 min PW up hill, jog back to start for rec	1½ hr easy (4-4½ m)	XT/R	ST	3 hr steady to inc 1½ hr PW (8-9½ m)	4 hr steady to inc 4x30 min PW (10-12 m)
Rest		12x3 min PW up hill, jog back to start for rec	1½ hr easy (5-6 m)	XT/R	ST	3 hr steady to inc 1½ hr PW (9-12 m)	4 hr steady to inc 4x30 min PW (12-16 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

MENTAL STRENGTH

For many of you, taking on the Yomp is one of the biggest challenges you've ever faced both mentally and physically.

Already as part of your training, you will have experienced every emotion going and no matter how

well trained, rested and healthy you are, if you don't have a positive mind-set, your performance can be disastrously affected.

Here's a few tips to keep you mentally strong on the way around:

STARTING LINE When you stand on the starting line, do so with confidence. You will gain so much mental strength just knowing you are stood there in the best possible shape. Be relaxed, and make sure you get there in plenty of time, know where you are going and get all your stuff ready the night before.

TRAINING The more consistent your training has been, the more confident you are going to feel. Ensure you taper properly so that you are well rested, but not sluggish feeling. Know your pace, there's nothing more motivational than still feeling strong at the end of an endurance event. Make sure your wardrobe, nutrition and hydration strategies have all been practiced in training beforehand - all this leads to a much more confident you.

ROUTE Don't think of the event as 22, 36 or 54 miles, break it down into more sizeable chunks - e.g. 10 miles, 15, 20. Pick out points along the way - just get over that hill or get to a certain tree/building and don't forget, the Army Benevolent Fund will have various checkpoints along the course to help spur you on. Take in the stunning scenery and chat to people along the way. This is a once in a lifetime opportunity, grab it with both hands and enjoy every moment.

EVERYONE

There have been so many people involved in your journey. When the going gets tough, think of all those people who have supported you along the way - friends, family, the rest of the charity team. Use the your team to help draw you along - sing, laugh, chat and give each other lots of encouragement along the way. Put something on facebook the night before - you're guaranteed, to get loads of positive comments which will give you a real boost.

NAME Putting your name on your T-shirt is a must. People calling out your name will lift your spirits no end. Make sure it is big and bold so everyone can see it.

GOALS Be realistic about what you are going to achieve according to how well your training has gone. Have three times in mind: 1= I'd be pleased with this 2= realistic challenge 3= in my wildest dreams. It's amazing how being on track will get you through those last few miles.

THOUGHTS

THINK POSITIVE - you've worked hard for this and regardless of how your training has gone, completing the Yomp will be the most amazing experience. Believe in yourself, you can do this. Visualise beforehand and during the event, crossing that finishing line, holding that medal in your hand, arriving at the base camp for your celebratory beer

HAPPY

Most of all, whatever your goal or motivation - ENJOY IT



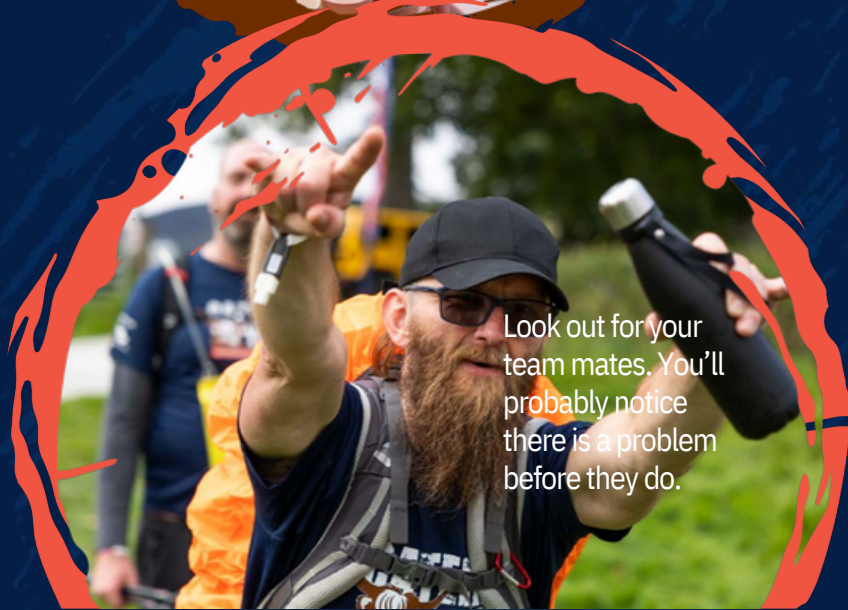
NUTRITION

KEEPING THINGS IN BALANCE

Over the last 10 weeks, your body has been put under a huge demand both physically and mentally and unless you show your body some respect, last minute niggles and injuries may creep in.

With the big day only 3 weeks away, now is a key time to remind yourselves of those basics to ensure you are looking after yourself properly. Rest and high quality nutrition are your best friends - keeping it all in balance will:

- Promote efficient recovery
- Reduce the risk of injury or illness
- Help you achieve your best performance



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

FUELLING DURING THE YOMP

When my colleague, Mike Gratton, won London Marathon back in 1983, he relied solely on water. Sports drinks were only just beginning to come in and very little was known about them.

Luckily, our understanding of sports nutrition has improved since then, but to the opposite extreme where we now have a plethora of products to choose from, each designed to speed glycogen to our working muscles.

How energy fuels work

As discussed in previous weekly guides, we know that our body's preferred fuels for exercise are carbohydrate (muscle glycogen) and fat. Whilst fat is a largely abundant fuel, it is broken down slowly thus making it an ineffective fuel source when you're trying to Yomp at a faster pace. Consequently, carbohydrate needs to be your primary fuel source when Yomping quickly, however, the faster you Yomp, the more glycogen your body uses. Unfortunately, there is a limited store of glycogen which generally only last for around 2 hours when exercising hard, which is ok for shorter distances, but when you've got 22, 36 or 54 miles of undulating terrain to complete, you'll have depleted your energy stores long before crossing the finish line.

It is essential for you to replenish carbohydrate stores when you get to the checkpoints to help avoid 'hitting the wall'.



NUTRITION - CONTINUED WHEN SHOULD YOU TAKE ENERGY FUELS?

One thing I can absolutely guarantee is that keeping fuelled on The Yomp won't be a problem. Expect the most amazing culinary delights all the way around the course. Each person absorbs and processes carbohydrates at a different rate, some can feel the effect within three minutes while others might take up to 15 minutes. This variation depends on how efficient your stomach is at digesting carbohydrate. When exercising hard, your body often diverts blood away from the digestive track to help give your legs more blood (and therefore oxygen). Sometimes, your body shuts the stomach down completely while other times it just slows down.

By taking on board fuel relatively early into the race, your body shouldn't be under as much duress and you have a better chance of processing the sugars faster and without stomach issues.

GENERAL TIPS ABOUT REFUELLING

- Eating a smaller amount at more regular intervals

may help reduce stomach problems, e.g. taking 1/4 of an energy bar every 15 minutes means you'll still consume the energy you need, but you'll give your stomach a better chance to properly digest without getting sick.

- Taking energy gels with water will help speed up how long it takes for them to get into the blood stream. If you take an energy gel with a sports drink, you run the risk of ingesting too much simple sugar at once.
- Test different foods because what suits one person, may not suit another. Some people can get away with eating more or less anything, whereas others need to be a bit more choosy. Tummy troubles are more likely to occur for those who are really pushing the pace.
- When walking at a slower pace, you can get away with eating a lot more than you would if you were to run the course. You are going to be out for a very long time, so do make sure you take advantage of any stores you have in your back pack and at the different checkpoints.



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 runners side plank



Raised bridge march

LEG STRENGTH



Football squats



Warrior lunge



Standing runners

UPPER BODY STRENGTH



Press up with shoulder tap



Renegade row



Shoulder press squeeze