

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

TRAINING GUIDE : 5 WEEKS TO GO



Army
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THE BIGGEST
EVENT OF
ITS KIND
IN SCOTLAND



TAKE ON THE BEST TAKE ON THE YOMP



PUSH
YOURSELF TO
THE LIMIT!

5 WEEKS TO GO

WELCOME

As the weeks rapidly tick by, the Yomp is becoming more of a reality and, the closer we get, anxieties may be starting to creep in. This week focuses on staying nice and relaxed, your training (and those around you!!) will thank you for it. This week's guide looks at ways of getting rid of tension during exercise and offers some exercises you could try

out. For those of you who are finding it difficult to stay motivated in your training, we look at a few suggestions to help you get out of the door. In previous weeks we have looked at carbohydrates and protein and this week our nutritional advice continues by looking at the need to include healthy fats in your diet.



GETTING RID OF TENSION

JAW

When the going gets tough, you may have a tendency to grit your teeth. To relax your jaw, open your mouth as if you are having a large yawn, hold for a few seconds and then release.

If your jaw is really tight, massage it with your fingertips using small circular motions.

NECK

Relaxing your neck can be a great way of reducing pre Yomp nerves or shedding some upper body tightness. Start by dropping your head and perform some slow motion rolls from side to side. Pause with your head tilted to one side and gently extend the stretch by placing your palm onto your head.

Interlace your hands behind the base of your head. As you breathe out, let your head drop down tucking your chin into your chest.

HANDS

Clenching your fists restricts arm movement and puts a lot of tension into the shoulders and upper back.

Carrying a water bottle can have exactly the same affect. If you need to carry water when you're out on a walk, consider using a belt designed to carry a small water bottle or hydration bladder on longer walks. On your next walk, take time to think about how relaxed you are. To start with you may have to make an effort to relax but it will become more natural and you will soon reap the rewards.

SHOULDERS

When walking, aim to push your shoulders away from your ears. This will help you maintain a taller posture and open up your chest.

To help expel tension, inhale through your nose whilst swinging your arms forwards and up. As you exhale through the mouth, swing the arms down and backwards.

Take your arms wide and, as you exhale, wrap your arms tightly around yourself in a hug. Tuck your chin in and round your back.

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.

BRONZE



BEGINNER



INTERMEDIATE



ADVANCED

SILVER



BEGINNER



INTERMEDIATE



ADVANCED

GOLD



BEGINNER



INTERMEDIATE



ADVANCED

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

I hope you enjoyed your recovery week last week because this week sees one of your hardest training weeks!! The aim this week is to get out there and get used to spending time on your feet. Those following the gold plans will endure two back to back long walks on the Saturday and the Sunday. The idea of back to back sessions is to allow you to cover the much longer training distances without

compromising your training for the rest of the week. If you are following the bronze or silver plans and are struggling finding the time to fit in the long walks, you too can break them down over two days to fit in with your busy lives - remember, consistency is key. Aim to find some gorgeous undulating, off road trails and if you can get out there with your team mates together, then that would be the icing on the cake. Relax and enjoy.

BRONZE



TRAINING SCHEDULE: 5 WEEKS TO GO

BEGINNER

Rest

25 min KH

1 hr easy
(2-3 m)

XT/R

ST

45 mins steady
to inc 30 min
PW (1½-2¼ m)

7 hr easy
(14-18 m)

INTERMEDIATE

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)

ADVANCED

Rest

30 min KH

1½ hr steady
(5-6 m)

XT/R

ST

1½ hr steady to
inc 5x10min PW/
Jog (5½-6½ m)

4½ hr steady to
inc 4x30 min PW
(15-18 m)

SILVER



MON

TUE

WED

THU

FRI

SAT

SUN

BEGINNER

Rest

25 min KH

2 hr easy
(4-6 m)

XT/R

ST

1 hr steady to inc
40 min PW
(2-3 m)

8 hr easy
(16-20 m)

INTERMEDIATE

Rest

30 min KH

1½ hr easy
(4-4½ m)

XT/R

ST

2½ hr steady to
inc 2x min PW
(7-8 m)

7 hr steady to inc
6x20 min PW
(18½-21 m)

ADVANCED

Rest

30 min KH

1½ hr steady
(5-6 m)

XT/R

ST

2½ hr steady to
inc 3x20 min PW
(8-10 m)

5½ hr steady to
inc 6x20 min PW
(19-22 m)

GOLD



MON

TUE

WED

THU

FRI

SAT

SUN

BEGINNER

Rest

25 min KH

2 hr easy
(4-5 m)

XT/R

ST

4 hr steady to inc
3x30 min PW
(8-10 m)

8 hr easy
(16-20 m)

INTERMEDIATE

Rest

30 min KH

1½ hr easy
(4-4½ m)

XT/R

ST

4 hr steady to inc
2x1hr PW
(10-12 m)

8 hr steady to inc
8x30 min PW
(21-24 m)

ADVANCED

Rest

30 min KH

1½ hr easy
(5-6 m)

XT/R

ST

4 hr steady to inc
2x1hr PW
(12-16 m)

8 hr steady to inc
8x30 min PW
(24-26 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

KEEPING MOTIVATED

If you've been following a training plan religiously for the last couple of months, you may find it's beginning to take its toll. The motivation of even the most enthusiastic Yompers will fail occasionally. Whether you are training for a PB, or are aiming just to amble around, the following motivational techniques should help to keep you going:



MOTIVATION STRATEGIES

Find a training buddy

Arranging to meet up with someone will definitely help get you out the door and make it much more enjoyable too. Ideally, you need to train with your Yomp team so that you can get used to each other's strengths and weaknesses.

Join a walking club

Joining a group like the Rambler's Association is the perfect way to meet like-minded people.

Mix it up

Keep your training interesting by varying your sessions. Your weekly plans include varied sessions such as hills or intervals

Keep a diary

Looking back through your training diary will remind you of all your achievements and hard work

Be inspired

Inspirational stories from people who have achieved against the odds, if they can do it, so can you. Read walking magazines and surround yourself with other walkers, you will be inspired!

Mind over matter

When it comes to staying motivated, it all comes down to your way of thinking. Be positive - **YOU CAN DO THIS** If you're finding the novelty of training is beginning to wear off, there's a whole team of people out there to help you find your mojo.

Army Benevolent Fund

If you're still feeling flat, take time to reflect on why you are doing this, the Army Benevolent Fund is your biggest motivator for completing your personal journey. Below is a link to their video showcasing all the vital work they do to change the lives of people who help protect our country. Please take time to have a look, without a shadow of doubt, this will help you get through the last 5 weeks of your training



[WATCH VIDEO](#)

NUTRITION

HEALTHY FATS

Fats in our diet often get given a bad press, but some fats are essential. Whilst it's a good idea to limit the amount of saturated fats you eat, fat is needed for healthy cells, brain function, it makes up part of our nerve sheaths, bone marrow and it cushions our organs. You also need fat to aid in the absorption of fat-soluble vitamins, including vitamins A, E, D and K.

Including healthy fats in your diet every day will help reduce your body's natural craving for unhealthy fats. Here are some great sources of healthy fats:

Avocados

Whilst, avocados are high in fat, most of the fat in an avocado is monounsaturated, the heart-healthy kind that actually lowers bad cholesterol. In recent years, the U.S. government has even revised its official nutrition guidelines to urge Americans to eat more avocados. Moderation is still key, since one medium avocado boasts 30 grams of fat. Try substituting avocados for butter or cream cheese, or replace the mayo on your sandwich with avocado slice.

Olive Oil

Olive oil is commonly used in the Mediterranean diet (one of the most recommended for a healthy lifestyle), and we've all heard that olive oil reduces the risk of heart disease, blood pressure and certain types of cancer. However, it still packs 100 calories per tablespoon, so moderation is important if you're watching your weight. A recent study published in Neurology found that cooking with heart-healthy olive oil and using it for salad dressing may cut stroke risk.

Nuts

Your best bets for nutrition are almonds, walnuts and pistachios. Almonds are the richest in vitamin E; walnuts contain a plant-based omega-3 fatty acid; and pistachios have lutein and zeaxanthin, carotenoids important for eye health. Research shows nut eaters are generally thinner, less likely to develop type 2 diabetes and have a reduced risk of heart disease to boot. In terms of getting the most from your snack, pistachios win hands down. One of the lowest-fat nuts, you get 49 pistachios in a 1-ounce serving, compared to 23 almonds or 14 walnut halves.

Nut Butter

Nut butters are another source of healthy fats, and peanut butter is just the beginning, try almond or cashew butter if you're feeling adventurous. All of these butters boost protein and fibre intake. Just be forewarned, some are high in added sugars. Choose all-natural nut butters with as few ingredients as possible.

Oily Fish

The term 'oily fish' may sound unappealing, but actually, these are one of the healthiest and most delicious foods from the sea. Oily fish such as salmon, tuna, sardines, mackerel and trout are full of omega-3 fatty acids—good fats, unlike the less healthy saturated fat you find in most meats. According to the American Heart Association, people should eat at least two servings weekly of lake herring, lake trout, mackerel, salmon, sardines or tuna for the healthy omega-3 fats they contain.



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



High Plank with Hip Dips



Oblique Plank



The Roll

LEG STRENGTH



Squat with side kick



Curtsey lunge hop



Single leg lateral jump

UPPER BODY STRENGTH



T-press up



Tricep Dips



Alternating Superman