

*Expand your horizons*



## YORKSHIRE THREE PEAKS

*Charity Challenge Walk*

## TRAINING PLAN

The **Yorkshire Three Peaks** is a marathon in the mountains – although we will be walking the route, rather than running it! The fastest time taken to complete this route stands at 2 hours 29 minutes – a record set in 1974 that still holds today. Don't worry, we will take at least 12 hours to walk it! The route is around 25 miles (40 km) with 1,600 metres of ascent. Obviously, a walk of this length requires some preparation and training.

**The Training Plan below is intended as a general guide.** You are the best person to judge your own fitness level, and how much training you need to do. However, there is a BIG difference between going to the gym and using walking/running machines and actually walking up a mountain!

Start your training now, by walking as much as you can everyday – to work, to the shops, into town, lunchtime walk etc. Make exercise part of your daily life, instead of a lifestyle choice.

### 8-WEEK TRAINING PLAN

The following training plan is designed for averagely active walkers, and will take you 8 weeks. This plan is just that – a plan! ***Please devise your own training plan tailored for you and your own level of fitness.***

What is important is that you start exercising, and gradually build up the distances you walk each week so that by the time of your Yorkshire Three Peaks walk you will be reasonably fit with a couple of full day walks under your belt.

Start slowly and gradually, and build up the distances walked over time – sudden bouts of exercise increase the risk of injury. Try to mix your walking speeds, distances walked and terrain as much as you possible – do some short, brisk walks then some longer, slower walks, crossing a mixture of terrain – grass, tarmac, rough ground etc. Mix in other types of exercise too – swimming and cycling are good. Remember to rest in between exercising, particularly the bigger workouts the closer you get to the Yorkshire Three Peaks, and also to eat healthily and drink plenty of water.

### STRENGTHENING EXERCISES

These exercises can be done anywhere, and are designed to strengthen your muscles. Start with 10 of each exercise, and then increase this number gradually over time.

**STEP UPS** - Find a step, and take it in turns to move each leg from the floor to the step, then bring the rest of your body up with it. Then step back to where you were and change feet. Moving both feet counts as one repetition.

**FORWARD LUNGES** - Step forward so your front knee reaches a 90-degree angle and your back knee is just touching the floor behind you. Push yourself back up and step back to the original position. Repeat with your other leg.

**AIR SQUATS** - Stand with your feet shoulder width apart and drop into a squat, throwing your arms out and up for balance and letting your knees drive outwards. Keep your weight over your heels and chest upright, then stand back up.

## TRAINING PLAN

### WEEKS 1 & 2

Monday	<i>Rest day</i>
Tuesday	Walk 3 miles (1 hour), followed by 10 of each strengthening exercise
Wednesday	<i>Rest day</i>
Thursday	Walk 3 – 4 miles (1 - 2 hours), followed by 10 of each strengthening exercise
Friday	<i>Rest day</i>
Saturday	30-minute swim or cycle
Sunday	Walk 6 – 8 miles (3 hours) on mixed terrain, followed by 10 of each strengthening exercise

### WEEKS 3 & 4

Monday	<i>Rest day</i>
Tuesday	<i>Rest day</i>
Wednesday	Walk 4 - 6 miles (2 hours) on mixed terrain, followed by 12 of each strengthening exercise
Thursday	<i>Rest day</i>
Friday	Walk 6 – 8 miles (3 hours) on hilly terrain, followed by 12 of each strengthening exercise
Saturday	45-minute swim or cycle
Sunday	Walk 10 – 12 miles (5 hours) on hills (exercises optional)

### WEEKS 5, 6 & 7

Monday	<i>Rest day</i>
Tuesday	Walk 8 – 10 miles (4 hours), followed by 14 of each strengthening exercise
Wednesday	<i>Rest day</i>
Thursday	60-minute swim or cycle
Friday	Walk 6 – 8 miles (3 hours) on hilly terrain, followed by 14 of each strengthening exercise
Saturday	<i>Rest day</i>
Sunday	Walk 14 – 16 miles (6 hours) on hills (exercises optional)

### WEEK 8

Monday	<i>Rest day</i>
Tuesday	Walk 4 – 5 miles (2 hours)
Wednesday	<i>Rest day</i>
Thursday	Walk 3 miles (1 hour)
Friday	<i>Rest day</i>
Saturday	<i>Rest day</i>
Sunday	<b>Walk the Yorkshire Three Peaks!</b>

### IMPORTANT

The above training plan is designed as a general guide. Please devise your own training plan tailored to your own body and level of fitness. As with all lifestyle changes, introduce them slowly and gradually. If you suffer from any pre-existing medical conditions that may be affected by exercise, or you experience any problems whilst exercising, then seek specialist or medical advice from your doctor.

TEAMWALKING

[www.teamwalking.co.uk](http://www.teamwalking.co.uk)

Source of training plan: **Country Walking**