

TRAINING TIPS

To help you get started we have prepared some cycle training guidelines devised specifically for our charity challenge events.

Cycling Events

1. If you haven't cycled for a while, start with a 30 minute ride every second day. After 2 weeks increase the length of the ride to about 45 minutes. A month into your training build up to at least an hour 2 - 3 times a week.
2. Find stretches of hilly terrain in order to experience the difficulties of cycling uphill and changing gears.
3. Learn to use your gears properly. You should not be in too low a gear on flat or slightly rising terrain otherwise your pedalling rate is too frequent and you will be expending unnecessary energy.
4. Your training programme should include some "off road" cycling. This is more difficult than normal riding on a tarmac surface - particularly the use of gears and when cycling downhill where the weight of the body should be on the pedals rather than the seat.
5. By a month before departure find time to cycle 2 full days i.e. 6 - 7 hours per day to allow your body to acclimatise to the idea of non stop cycling. Remember to take regular breaks and drink plenty of water. Depending on the terrain, you should aim to cycle at least 50 miles a day.

Trekking Events

1. Start by fast walks 2 to 3 times a week for at least 1 hour each time with the hiking boots you will be using for the trek.
2. Find hilly terrain through woodlands or countryside in order to get used to trekking over stoney and uneven ground.
3. Increase walks to 3 evenings a week and during the weekend try fast walks of up to 15 miles. Wherever possible this should take place over 2 consecutive days.
4. In the month leading up to the event do at least one weekend trek of 7 hours each day across the most difficult terrain you can find within your area.
5. For people who are overweight it is important to also use the gym (the step machine is great preparation) and to swim regularly during this period in order to reduce the waistline.



Trekking Events at Altitude

1. Start by fast walks 2 to 3 times a week for at least 1 hour each time with the hiking boots you will be using for the trek.
2. It is essential to find terrain which is hilly and has narrow paths climbing unevenly through the countryside. This will help you overcome any height concerns you may have because our treks at altitude include high trails along mountain sides.
3. Closer to departure it is vital to do weekend treks of 7 hours each day across the most difficult and hilliest terrain you can find in your area. This way your muscles will get used to long periods of walking up and down hill.
4. Any training which incorporates trekking at altitude would be beneficial, particularly in the weeks leading up to the event.
5. For people who are overweight it is important to also use the gym (the step machine is great preparation) and swim regularly during this period in order to reduce the waistline.

Horse Riding Events

1. If you have not ridden for some time, begin with a 30 minute ride every other day. After 2 weeks increase the length of the ride to about 45 minutes. From 1 month the length of the ride should be increased to at least 1 hour. It is preferable to ride not less than an hour 2 - 3 times a week.
2. As the date of departure approaches plan a number of longer rides – say 3 or 4 rides of an hour per week – and at least a 3 hour ride during the weekend.
3. By 1 month before departure please make every effort to find time to ride 2 lengthy, consecutive days.

Running Events

1. Aim to run twice a week at the start but quickly increase this to 2 x 30 minute runs in the week and a 1 hour run at the weekend.
2. Interval runs where you vary your pace can increase fitness and endurance. These involve running distances at a faster pace than your normal pace with jogs in between.
3. If possible increase the number of times you run each week but always run at least 3 times a week and give yourself at least 2 rest days. Increase your training gradually but don't increase your weekly mileage by more than 10%
4. By one month prior to departure aim to have run 25km on 2 consecutive days to build up your stamina.
5. Other means of increasing your cardiovascular fitness is beneficial e.g. swimming, step aerobics, spinning classes.



Dog Sledding Events

1. Start with fast walks 2 – 3 times a week for at least an hour each time.
2. Increase this to 3 evenings a week and during the weekend walk up to 15 miles.
3. It is important that your leg muscles are strong and able to ascend and descend inclines. On inclines you will need to get off the sled and help the dogs up the hill by running beside the sled. Training on hilly terrain will stand you in good stead.
4. Any means of increasing your cardiovascular fitness is beneficial e.g. running, swimming, step aerobics, spinning classes. Three weekly sessions of 45 minutes - 1 hour is recommended.
5. In the weeks leading up to the event do at least one weekend trek of 7 hours each day across the most difficult terrain you can find within your area. It is vital that your muscles get used to repetitive exercise – you will be sledding for 5 days in a row.

