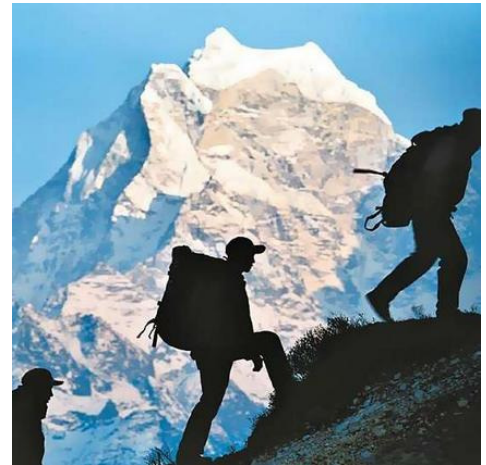


Trekking and Walking Training Guide

It is always advisable to train for a trek and you should ideally begin several months before the event takes place.

Health Benefits of Walking

- Walking will improve your circulation and breathing and will therefore strengthen your heart, reducing the risk of heart attack and stroke.
- It tones muscle and strengthens bones, reducing the risk of osteoporosis.
- It's also a great way of burning off calories and helping you manage your weight.



Walking Techniques

- Shoulders should be level, pulled back and down. Lift your chest.
- When walking your heel should touch the ground first, then follow through the arch of the foot onto your toes.
- Try to walk with your head up and eyes focused ahead.
- You should try to keep an even stride, and a steady pace should be maintained.
- Avoid leaning forward or arching your back as this could lead to lower back pain.
- Carry your arms at 90 degree angles or allow them to relax by your sides.

Walking Footwear

- Your choice of footwear is extremely important and should not be decided on price alone.
- They need to be comfortable and specifically designed for walking.
- The boots you choose should have reasonably high ankles and a stiff heel counter to give lateral support.
- It is also important to invest in appropriate socks to go with the boots. Choose a good pair of socks that will stop your feet from blistering.
- Try to wear in the boots first, wear them around the house or on the way to work etc. The more worn in they are, the less likely your feet are to blister.



How to avoid injuries

- To avoid blisters keep your feet dry and wear socks made with fibres which draw moisture away from your skin - try not to wear pure cotton.
- Shoes should not be laced too tightly or loosely as the irritation of rubbing may cause blisters.
- Keep your toenails neatly trimmed and remove all hardened skin on the foot with a pumice stone.
- If you do experience any pain or swelling, just remember R.I.C.E (Rest, Ice, Compression, and Elevation).

Diet and Nutrition

- Complex carbohydrates are the best source of food for your muscles (pasta, beans, rice, whole grains, fruits and vegetables).
- Ideally, your diet should be composed of 60% carbohydrates, 20% protein, 20% fat and plenty of water!
- As you increase the distance over which you are training, you will need to insure that you eat well, both before and after you train.
- You must eat or drink a carbohydrate-rich food during the hour (ideally the 20 minutes) following a long training session.
- Keep a post-activity food stash handy (energy bars, sports drinks, fruits etc) or eat a carbohydrate-rich meal.
- Avoid training too soon after eating.
- Drinking enough water or sports drink before, during and after your training is extremely important.
- A good rule-of-thumb is to drink every 15 minutes, consuming at least 1 litre of water per hour while training.



Stretching

- In order to help improve flexibility in your muscles and joints, we recommend a thorough warm up prior to training or the challenge.
- While training, try to stretch regularly (stretch 5 minutes for every hour you train).

Here are some guiding principles for stretching:

- Always warm up prior to training - slowly for 10 minutes
- Breathe slowly with a normal rhythm
- Hold each stretch for 15 to 20 seconds and never bounce during the stretch
- Achieve your stretching position gently
- Only stretch within your limits, if you feel discomfort, stop.

Long distance trekking - 16 week training programme

This programme is suitable for 75 - 100 km walking challenges

<u>Week 1 - 6</u>	2 X 30 mins walk, 1 X 2 hour walk. Full stretch after each walk.
<u>Week 7 & 8</u> Saturday /Sunday Monday Tuesday Wednesday Thursday Friday	4 hour walk and stretch Rest 1 hour walk, stretch and any personal exercise. Rest 1 hour walk, stretch and any personal exercise Rest
<u>Week 9</u> Saturday AND Sunday Monday Tuesday Wednesday Thursday Friday	4 hour walk and stretch Rest 1 hour walk, stretch and any personal exercise. Rest 1 hour walk, stretch and any personal exercise. Rest
<u>Week 10 & 11</u> Saturday or Sunday Monday Tuesday Wednesday Thursday Friday	6 hour walk and stretch Rest 1 hour walk, stretch and any personal exercise. Rest 1 hour walk, stretch and any personal exercise. Rest
<u>Week 12</u> Saturday AND Sunday Monday Tuesday Wednesday Thursday Friday	6 hour walk and stretch Rest 1 hour walk, stretch and any personal exercise+ ½ hour Rest 1 hour walk, stretch and any personal exercise+ ½ hour Rest
<u>Week 13 & 14</u> Saturday or Sunday Monday Tuesday Wednesday Thursday Friday	8 walk and stretch Rest 1 hour walk, stretch and any personal exercise+ ½ hour Rest 1 hour walk, stretch and any personal exercise+ ½ hour Rest
<u>Week 15</u> Saturday AND Sunday Monday Tuesday Wednesday Thursday Friday	8 hour walk and stretch Rest 1 hour walk, stretch and any personal exercise + 1 hour Rest 1 hour walk, stretch and any personal exercise + 1 hour Rest
<u>Week 16</u> Saturday AND Sunday Monday Tuesday Wednesday Thursday Friday	8 hour walk and stretch Rest 1 hour walk, stretch and any personal exercise+ 1½ hour Rest 1 hour walk, stretch and any other personal exercise+ 1 ½ hour Rest