



ULTRA ADVENTURE

WALKERS TRAINING GUIDE

To help you plan & prepare for your adventure...



WALKERS TRAINING GUIDE

In preparation for your Ultra Adventure, you should start a training schedule so you feel more confident on the day and enjoy the challenge that much more. For some, this may mean starting more or less from scratch, and for others it may be re-focusing existing exercise to be prepared on start day. This guide is designed to support you with your training plans, whatever your level of fitness!

Why train?

Ultra Adventures are challenge events to test you in some fantastic locations. Training is important no matter your current fitness; to prepare yourself mentally and physically, to increase your stamina so your recovery time is shorter and to build up your muscles to cope with the distance and potential hills to conquer!

A training plan is a great way to keep you motivated and focused on the task at hand. Training should be built up steadily, increasing a little each week to push you a bit further. Don't go too hard too quickly, but instead build up your confidence, stamina and motivation week by week, so you are at your optimum for the challenge itself.

Your training can easily fit into your schedule simply by making a few changes and bring walking more into your daily routine. Join up with a friend or a group and make it an enjoyable and fun experience, rather than becoming a chore.

What are you training for?

Our Ultra Adventures are 2 tough treks over 2 days (or 2.5 for the Alps Challenge), over varied terrain, some of which will have some ascents and descents. The best way for you to prepare is to get the distance in your legs, on the appropriate terrain. The Ultra Adventures are all quite different, from the mountainous Alps Challenge to the flat desert Saharan Challenge, so bear this in mind when organising your training. The overall aim is to develop your strength, stamina and general fitness so that you and your body are prepared for the challenge.

Your legs will be performing the same action continuously for a prolonged amount of time, so part of your training is to enable your legs to develop a natural motion, whilst increasing the ability of your legs to work efficiently for a longer period of time. It also has the added benefit of toughening up your feet and getting used to your trail shoes or boots.



How do you train?

Training is a very simple concept; it is all about progressively increasing your ability to do just that little bit more, and giving your body time to adapt, recover and to come back stronger. If you are relatively new to these type of events, the trick is to build it up gradually!

Build some back-to-back long days to enable you to assess any problems that may occur from walking the long distances. Take regular but short breaks on these long training walks, mimicking the conditions you will face during the challenge itself. A variety of sporting activities increase the heart rate and improve cardiovascular fitness, whilst varying your training, so try and incorporate these into your week. This can be combined to good effect with your long walk on weekends or free days. Don't forget you also have your FREE 50 km entry into one of our UK Ultra Challenges so you can build this into your training as well. If you haven't already signed up with your discount code, please email us at info@ultraadventure.com.

HINTS & TIPS

Footwear & Care

Looking after your feet whilst training should be your top priority. The first thing you can do to make sure you feet remain in a good condition is to invest in a good pair of walking boots. Boots can be expensive, but anyone who has tried to walk in the wrong pair will testify, they are well worth the money. Although for some of you this may be the first and only time you will consider doing an endurance walk or trek, a good pair of walking boots will come in useful far more frequently than you would initially expect. We would recommend visiting a specialist outdoors shop to purchase your boots, such as Cotswold Outdoor or Ellis Brigham (see 'Kit Discounts' on the Challenge App).

Wear them in! The boots will mould to your feet & prevent hot-spots and blisters from forming during the challenge. Trying out different sock combinations also helps to understand what works best for you.

Another way to protect your feet is to tape them up before you start with zinc oxide tape. The tape removes the moisture from your skin which will stop blisters from forming in the first place. Maybe try this out on your next training walk to see how you get on.



Top Tips

Don't over commit to training. Don't overstretch yourself - you want to reach the event day in peak physical fitness but without being burnt out.

➤ **Wear Your Gear In!**

You certainly need to wear in your boots, but also find a way to carry your backpack comfortably – this will help to avoid back injuries.

➤ **Learn to Hydrate**

Even when you think you have been drinking enough the chances are you probably haven't, so concentrate on staying hydrated whilst training. Invest in a Camelback or Platypus and keep taking sips of water frequently throughout your walk and measure how much water you are getting through.

➤ **Team Training**

If you signed up as a team, why not train as a team? Sit down together, plan your training and pencil in some longer weekend walks in preparation. You will find that it's far easier to motivate yourself when your team mates are in the same boat! Support each other in the lead up to and on the challenge.

➤ **Early Morning / Evening Walks**

Try to fit in walks at different times of the day; early dawn / evening. Your challenge has early starts and you may be walking later in the day, so it is about getting your body used to walking at different times.

➤ **Step by Step - Stretch by Stretch**

Break the exercise in slowly. Over training can lead to injury and could disrupt your training programme. Start with manageable training distances and speeds and then work up from there. Try to aim to fit in a longer walk at the weekends and don't forget to stretch before and after exercise.

➤ **Get a Step Counter**

Having a step counter is a great way to keep motivated as you see your steps building up! Aim for 10,000 steps per day; take the stairs instead of the lift, get off the bus 4 stops earlier and take a stroll at lunchtime. You can then schedule longer walks for the weekend.

TRAINING TIPS

Individuals Training Tips

If you have like-minded friends then why not get them into training with you? You never know, they might enjoy it so much that they want to sign up with you!

If you are training on your own, make sure you train during the day and take a mobile phone with you and the appropriate all weather gear. You don't want to be caught out. See if a friend can come and meet you at pre-designated stops during your long training walk.

Team Training Tips

When possible, try to take on your long training walks as a team. Get used to encouraging each other, what pace is right for your group, and understand how you will all interact over a long period. Don't worry if you feel that you are 'off the pace' - it is definitely not a race on our Ultra Adventures - it's far more about completing the challenge.

Vary where you go for your long walks - find some nature trails or scenic routes. If you are short on ideas look at a walking websites such as www.ldwa.org to figure out some ideas in your local area or further afield.

Don't forget!

- Enjoy your training! Don't see it as a chore, keep things fun and simple and you'll enjoy the whole experience.
- Always warm up for at least 10 minutes before undertaking any exercise and cool down for at least 10 minutes afterwards.
- If you miss a session then it's not the end of the world. Don't push yourself to try and make it up, one session won't make too much difference in the end.
- Approach your training in a structured way, and make sure you allocate sufficient time to get some long and tough walks in at the weekend.



TRAINING WALKS

We run several Action Challenge Training Walks, Runs and Weekends throughout the year in both London and mountainous areas in North Wales, Brecon Beacons and the Peak District.

What's included:

- Action Challenge Trek Leader
- Advice & briefings from Leader team
- Meet fellow teammates
- Test your fitness + kit
- 2 nights' accommodation
- Meals for 2 days
- 1.5 days walking

[CLICK HERE to book!](#)

(Medical Advice - If you have any concerns about embarking on a serious training programme, or indeed the actual walk, please consult your GP).





TRAINING PROGRAMME

There are various ways to train for your challenge that can be adapted to fit into your lifestyle. These milestones gradually increasing your distance through various forms of exercise and rather than a strict plan, just aim to tick these milestones off as you go.

10 weeks before

- Get your footwear and kit sorted!
- Set out and aim to achieve x2 40 minute walks
- Plan your forward calendar of training walks
- Set out how you will exercise at least 3 times a week until the challenge

8-6 weeks before

- You should have walked at least 15km in one go
- You should be aiming for a pace of 3km per hour
- You should be walking at least 3 times a week for 30 mins or more
- Exercising at least 3 times per week

6-4 weeks before

- You should have walked at least 20km in one go
- Walking at a pace of 4km per hour
- Wear your backpack for the walk and any kit you plan on wearing on the event
- You should be achieving 2 shorter walks per week

4-2 weeks before

- By now you should have walked at least 30km in one go
- You should be covering the distance at 4km per hour
- You should be achieving 3 shorter walks per week
- Aim to include 2 walks back-to-back over the weekend
- You should know your socks/blister prevention technique
- You should have all the kit required from the trek

7-5 days before

- Ease off the training – give your feet a rest
- Aim to keep hydrated - drinking lots of water
- Have a quiet week – no late nights!
- Have all your kit packed and ready – keen an eye on the weather
- Enjoy a week of lots of pasta & carbs!