



LONDON 2 BRIGHTON CHALLENGE

WALKERS TRAINING GUIDE



Your guide to getting fit & ready for your challenge!

www.london2brightonchallenge.com

LONDON 2 BRIGHTON CHALLENGE

Walkers training guide



WALKERS TRAINING GUIDE

Whether you intend to tackle the Whole or Half Challenge you should embark on a suitable training regime well in advance. For some, this may mean starting more or less from scratch, and for others it may be re-focusing existing exercise programmes to be fully pre-*pared on start day.*

This guide is designed to support you with your training plans, whatever your level of fitness and whatever your 'time' ambition is for the event.

WHY TRAIN?

The London 2 Brighton Challenge is a tough endurance event and training is essential no matter your current fitness or target time. Preparation is key and will aid your enjoyment of the challenge whilst ensuring that your body is up to the rigours of the event.

It is very important for all competitors to train properly and build up endurance and resilience thresholds, alongside your base fitness. This will enable you to cope with the distance and provide the ability to recover between stages during the challenge.

Not only do you need to be physically fit for the challenge, you also need to build up your stamina and get your body used to the strains and stresses of being in constant movement over a prolonged period of time. Even if you are able to avoid getting blisters or feeling physically tired, the impact of walking for continual periods of time may bring out other weaknesses and strains in your body that you were not even aware of.

Through a solid training plan you will be able to counteract some of the stresses the event will cause to your body and become aware of any issues you may be likely to face – and learn how to deal appropriately and responsibly with them.

WHAT ARE YOU TRAINING FOR?

The London 2 Brighton Challenge is a long walk at any distance, so the best way for you to prepare is to get miles in your legs, on the appropriate terrain.

The aim is to develop your strength, stamina and cardiovascular fitness so that you and your body are prepared for the challenge.

Equally important perhaps, is increasing your resilience to the aches and pains experienced with any endurance event and developing the mental fortitude to cope with the distance and time associated with these distances.

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 endurance events, the trick is to build it up gradually and peak a couple of weeks prior to the event itself, allowing a recovery period beforehand. You should be looking to plan a structured training programme, ideally over a period of weeks. Your training should concentrate on building a base of walking, then increasing your mileage in a structured manner.

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.

LONDON 2 BRIGHTON CHALLENGE

Walkers training guide



HINTS & TIPS

Look for nature trails, head for hills and forests, if there are any within your reach.

Use the weekends to do full day hikes and if possible night-time hikes (for 100 km walkers).

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

FOOTWEAR & CARE

Looking after your feet whilst training should be a top priority. The first thing you can do to make sure your 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.

Once purchased the first thing you need to do is start wearing them in. This way the boots will mould to your feet and prevent hot-spots and blisters from forming during the challenge.

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. By taping your feet before the start you are taking preventative action rather than trying to nurse a blister that has already formed.

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!

Walk as often as you can and as much as you can. Wear the shoes/boots you will be wearing on the event (if they are new, then this is very important!) and find a way to carry your backpack comfortably – this will help to avoid blisters and any foot and 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 or runs 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 and on the challenge.

Night Walk

Try to fit in some night time walks; early dawn or evening. The more prepared you are the better you will feel at 3am on the challenge!

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.



Teams that train together..



Stay together!!

LONDON 2 BRIGHTON CHALLENGE

Walkers training guide



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' - The Isle of Wight Challenge is not a race - it's far more about completing the challenge.

If your team intends to set a fast pace, your training should include components of jogging to up your fitness and stamina.

Try and make your training fun.

Vary where you go for your long walks. 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.

Top Team Tip!

Keep a team training diary, this will help you see how quickly you are achieving new distances, it will record your times and give you new goals to aim for. Get into the habit of filling it in immediately after your training walks so that you can properly chart your progress and keep yourself motivated.

TRAINING WALKS

Our specially designed training walks will help you to prepare and plan for the challenge. They are a great opportunity to try out your kit, test your walking boots and ask our expert lead walkers advice on the event itself. We offer both day time and night training walks across the year which you can join up to for just £20!

London Day Walks: 16 miles of the Thames Path Trail, heading for Richmond. The fairly flat path will help you train in your kit & equipment and give you the chance to test out your fitness and being on your feet for a long distance.

London Night Walks: Taking the London Thames route and setting off between 11 pm - midnight there is no better way to practice the night time walking sections of the challenge then to get out there and walk at night! Lead by our experienced guides, - the aim of the night training walk is to get your body and mind used to the slightly surreal experience of walking for a long period of time at night - when your body wants to be resting.

North Downs: This walk begins in Guildford, climbing from the town via the Riverside Walk. From here you will pass in and out of the woods and through the beautiful countryside of the Surrey Hills, offering beautiful views over the Valleys to the South, before eventually reaching West Humble (Nr Dorking).

South Downs: Our particular training walk follows part of the National Park's 100 mile trail, from Southeast to Eastbourne crossing the severn sisters National Park before descending into the coastal town of Eastbourne. The South Downs Way is a fantastic and challenging training walks.

To book onto one of our training walks visit our website:

Day Walks:

actionchallenge.com/challenges/training-days

Night Walks:

actionchallenge.com/challenges/night-training-walks

LONDON 2 BRIGHTON CHALLENGE

Walkers training guide



TRAINING PROGRAMME

There are various ways to train for your challenge that can be adapted to fit into your personal lifestyle. The training plan is based around gradually increasing your mileage through various forms of exercise. Below is a list of recommended training that will help build up your strength and core fitness and help you complete your challenge.

AEROBIC CONDITIONING

This will form the core of your training through regular walks, building up to longer distances and faster paces. Aerobic exercise trains the energy systems of the body that utilise oxygen and is used during all heightened activity. Don't neglect hill training as this will be key to getting the body used to the terrain you can expect to experience.

CROSS-TRAINING

Just walking to build up fitness levels can become monotonous so consider using different forms of exercise to keep your training varied and interesting. Team and racket sports or cycling, for example, can work well within a training programme for an event such as this and means you don't have to drop all of your other interests. The key is to undertake regular aerobic exercise with a long walk once a week.

INTERVAL TRAINING

Interval training can be best described as bouts of intense exercise interspersed with short rest intervals. The intensity and duration of the work intervals and the length of the rest periods dictates output and effectiveness of your training. Alternate between brisk walking or running for up to a minute, and then return to original pace for a set period before repeating.

STRENGTH TRAINING

Basic strength programmes adapt the body for more strenuous resistance training. This targets the major muscle groups, tendons, ligaments and joints to help prevent injury. Relevant exercises can include squats, bench press, overhead press, leg press and calf press, leg extensions and leg curls.

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, 1 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.



Try using walking poles!



Enjoy your training!



LONDON 2 BRIGHTON CHALLENGE

Walkers training guide

EXAMPLE TRAINING PROGRAMME

50 KM - EXAMPLE PLAN

This is based on a 8 week training period and is a sample programme, which can be tailored to your own personal timetable. It is important to remember that the most important thing to do is just get out and walk. The maximum number of training days per week is 4 and you should be looking to try and train for at least 3 days out of 7 as a guide.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 mile walk	rest	rest	5 mile walk	rest	5 mile walk	rest
2	2 mile walk	rest	7 mile walk	rest	rest	7 mile walk	8 mile walk
3	3 mile walk	Other	rest	rest	rest	4 mile walk	rest
4	rest	3 mile walk	rest	other	3 mile walk	7 mile walk	10 mile walk
5	rest	rest	4 mile walk	rest	rest	10 mile walk	5 miles
6	5 mile walk	rest	rest	5 mile walk	rest	12 mile walk	5 miles
7	rest	rest	4 mile walk	rest	rest	17 mile walk	10 miles
8	8 mile walk	rest	rest	5 mile walk	rest	The event!	Recover!

100 KM - EXAMPLE PLAN

This is based on a 12 week training period and is a sample programme, which can be tailored to your own personal timetable. It is important to remember that the most important thing to do is just get out and walk. The maximum number of training days per week is 4 and you should be looking to try and train for at least 3 days out of 7 as a guide.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	20 min aerobic	rest	20 min aerobic	Cross-train	rest	5 mile walk	rest
2	Cross-train	rest	30 min aerobic	rest	rest	7 mile walk	rest
3	30 min aerobic	Cross-train	50 min aerobic	rest	5 mile walk	5 mile walk	rest
4	Cross-train	3 mile walk	40 min aerobic	Cross-train	10 mile walk	rest	10 mile walk
5	30 min aerobic	Cross-train	50 min aerobic	rest	5 mile walk	5 mile walk	rest
6	Cross-train	5 mile walk	rest	Cross-train	10 mile walk	rest	10 mile walk
7	30 min aerobic	Cross-train	50 min aerobic	rest	5 mile walk	10 mile walk	10 mile walk
8	5 mile walk	rest	rest	5 mile walk	rest	12 mile walk	5 miles
9	30 min aerobic	Cross-train	50 min aerobic	rest	5 mile walk	15 mile walk	10 mile walk
10	5 mile walk	rest	rest	5 mile walk	rest	18 mile walk	25 mile walk
11	30 min aerobic	Cross-train	50 min aerobic	rest	5 mile walk	25 mile walk	10 mile walk
12	20 min aerobic	rest	rest	5 mile walk	rest	The event!	Recover!