

Challenge Training Plan



RACE THE SUN



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THE
ADVENTURE
ELEMENT

TRAINING MOUNTAIN FOCUSED FITNESS
LMG
PERSONAL
TRAINING



Welcome to your challenge!

We've been walking and riding bikes since we were children. However, this does not mean we can all complete a long-distance challenge with ease. Would you get off the sofa and try to run a marathon without any training? No?!

With a good base level of fitness, endurance and cardiovascular training, the challenge will still be hard, but the enjoyment levels will be higher and you'll minimise the risk of injury.

The payoff for getting fitter and training will be:

- Enjoyment levels increase.
- Increased satisfaction of completing your challenge.
- The overriding feeling of smugness as you walk across the finish.
- Maintaining a huge smile on your face throughout the challenge.

You don't have to be a professional triathlete to complete a long-distance challenge, but you have to be sensible and prepared to put in a bit of work.

We've put together a simple plan and some helpful tips to help you, and maybe inspire you to do more in the future.

Best of Luck and ENJOY!



10 Steps to help you prepare for your event



1 Start Now

If you can start now, then get going. Do not put it off until tomorrow, or next week. Start gaining now and stack the odds in your favour.

2 Start Steady

Create a solid foundation to build upon. That foundation will happen with consistent, easy efforts.

3 Make training part of your life

Once you're in the swing of it, training is just exercise, and exercise is something you feel you WANT to do daily because it makes you feel good.

4 Take the stairs

Climbing the stairs instead of taking the lift or escalator are great for building base level fitness.

5 Train on different terrain

Preparing your legs, ankles and feet for varying terrain. Help your body to cope with the range of surfaces and undulations during your event. Also, ride your bike on a variety of undulations.

6 Get out there, in every type of weather!

UK Mountain weather is unreliable, so get mentally tough by training in the rain, the wind, and the heat! Getting out in all weathers, also means you can test your cold and wet weather gear out.

7 Nourish yourself

The body needs a healthy and protein rich diet to repair and recover. Don't limit your calories but do think about what you're eating. Strict diets and heavy fitness training plans do not go hand in hand.

8 Make yourself accountable

Put the session in your diary, or plan to meet up with someone to complete your session. Do this and you're far less likely to brush it aside.

9 Rest & recover

Training every single day isn't sustainable and is likely to lead to 'Overtraining'. Have at least one complete rest day a week. Use these days to eat well, stretch, and prepare for the next training session.

10 Trust the process

Build consistency, eat well, sleep well, and stay focused, and you will get fitter! All this, and you'll smash that challenge.

Before you get going...

...it's well worth understanding the principles of training, which if followed will ultimately help you reap the biggest rewards for your efforts, and keep you pushing towards optimum fitness.



Overload

To become fitter, we place ever increasing stress on the body. We look to overload the body progressively, and when we feel we are adapting, we adapt it once more with more stress.

We can cause overload by:

FREQUENCY: Increasing the number of workouts in a week or repetitions in a set.

INTENSITY: Lifting more weight or pushing ourselves harder.

TIME: Increasing the length of the workout or decreasing the rest times.

TYPE: Change the type of training or exercise to add a new stimulus.

If every few sessions, you make a small alteration to one of these you will be causing overload.

Overtraining

If you've overtrained, you're open to injury and illness, this could cause a break in training and put you back. Listen to your body and be sensible. Above all, build up progressively and you're much more likely to sail through the training with no issue.

Reversibility

It's a careful balance when training, as any prolonged break will see a loss in fitness and there is every chance you'll have to just start again from scratch.

The key message here, listen to your body and be sensible when starting out. Build it up progressively and you're much more likely to sail through the weeks with no issue.

Rest

This isn't jargon, but it's worth highlighting the importance of rest. Stick to this allotted time periods in the programme, these are set for a reason.

Rep / Repetition

One full movement of the exercise. If the exercise is a single arm / leg exercise then an equal number of reps are to be completed on either side. E.g. 8-10 Squat repetitions.

Hill reps

Doing laps of a steep bit of hill to increase the total ascent / descent.

Bodyweight

This means do the exercise with your bodyweight only, do not add any additional weight. E.g Bodyweight Squats

Set

A set is one complete rotation of the required number of repetitions. There will quite often be multiple sets to complete.

Weighted hiking

Loading your pack with up to 15-30% of your bodyweight and hiking up a steep hill.

DOMS

Known as Delayed Onset of Muscle Soreness. Quite often the real soreness of a workout doesn't kick in until 24-48 hours later - that's DOMS! A good cool down, stretching, foam rolling and massage are all ways to help prevent DOMS.



Your health

Do you need to get checked over by a GP?

If you're new to training, we recommend getting the all clear from your GP. Book an appointment just to make sure everything is tip top before getting stuck in.

Address ongoing injuries

Get injuries and niggles sorted before getting stuck into any training. If they flare up and prevent you training, the chances are you'll just lose all the fitness you've accrued and have to start again when you are finally recovered.



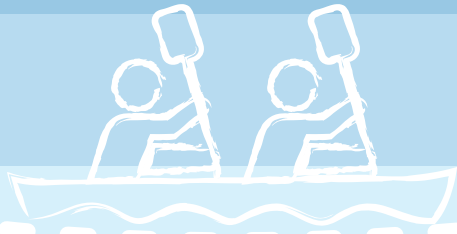
Warming up and cooling down are part of the session, not just an optional bolt on.

A warmup will raise the temperature of your body and this in turn reduces the chances of injuries. A warmup would be 10-15 minutes of lighter exercise.

A cool down will help flush out byproducts from the training, bring your heart rate down and provides the opportunity for some stretching. Static stretches should be performed for around 30 seconds a time, repeated 2-3 times, and never performed to a point of pain.

Perceived Training Effort

To ensure you're training to reach your full potential, you should train at the right effort level and intensity.



Understanding what each training session is trying to achieve and how it should feel is the way to train smart.

Here is a guide to effort levels. These 'effort levels' are mentioned in the 16-week training plan.

Use these levels as a guide to how each training should 'feel'.

EFFORT LEVEL	PERCEIVED EFFORT 1-10	HEART RATE	THE TALK TEST - HOW YOU SHOULD FEEL
RECOVERY	6.0-6.5	60-65%	You can speak in complete sentences, totally conversational, you're relaxed and enjoying it the session.
EASY	6.5-7.0	65-70%	You're in control and very much at a conversational level but you'll feel slightly flushed with a gradual build up of muscular fatigue.
STEADY	7.0-8.0	70-80%	You can speak in short sentences but have a slight pause on your breath. This can often be 'no man's land' in training terms if this is all you do.
THRESHOLD	8.0-8.5	80-85%	You could speak 4-5 words if somebody asked you a question. Your breathing is more laboured and you know you're working, we call this 'controlled discomfort'.

Heart rate % is based on the basic formula for maximum heart rate = 220 minus your age.

The Training Plan

The following training plan and workouts are designed for entry-level exercisers to complete, with no gym membership necessary.



Is this the right plan for me?

Your challenge event contains 3 disciplines, try and spread your training in the different disciplines (particularly walking / hiking and cycling). The training plan allows you to pick and choose which is suitable that given week.

Why follow a training plan?

If you keep doing the same thing repeatedly you can't expect different results, so this plan is designed to give you variety and progression.

What if I miss a session, pick up a niggle or get ill?

No training guide is to be a tablet of stone. Training is a journey (which might not always go to plan!). Chop, change and shift exercise sessions to add variety.

If you miss days, then don't play catch up. Step back to where you left off and be patient.



Training Plan Month 1

The training plan below does not prescribe for you to complete a workout on a particular day. Instead, there are several sessions to be completed in your week. Remember, be accountable and put them in your diary.



Ascents: Use your stairs or a hill local to you, it will need to be long enough to complete the uphill efforts in the training plan. Want to make them harder? Pack your bag with some extra weight (10-15% of your bodyweight).

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
WEEK 1	Walk, Hike, Run, Ride or Row 30 minutes EASY	Walk 10 minutes EASY Ascend 5 x 1 minute STEADY Rest 1 minute between ascents Walk 10 minutes EASY	Workout A	Rest	Rest
WEEK 2	Walk, Hike, Run, Ride or Row 30 minutes EASY	Walk 10 minutes EASY Ascend 6 x 1 minute STEADY Rest 1 minute between ascents Walk 10 minutes EASY	Workout B	Rest	Rest
WEEK 3	Walk, Hike, Run, Ride or Row 30 minutes EASY	Walk 10 minutes EASY Ascend 8 x 1 minute STEADY Rest 1 minute between ascents Walk 10 minutes EASY	Workout A	Long Walk, Hike or Ride 60 minutes EASY	Rest
WEEK 4	Walk, Hike, Run, Ride or Row 30 minutes EASY	Walk 10 minutes EASY Ascend 10 x 1 minute STEADY Rest 1 minute between ascents Walk 10 minutes EASY	Workout B	Long Walk, Hike or Ride 75 minutes EASY	Rest

Training Plan Month 2



Ascents: Go out to the countryside and find a hill.

Want to make them harder? Pack your bag with some extra weight (15-20% of your bodyweight).

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
WEEK 5	Walk, Hike, Run, Ride or Row 45 minutes EASY	Walk 10 minutes EASY Ascend 6 x 2 minute STEADY Rest 2 minutes between ascents Walk 10 minutes EASY	Workout A	Long Walk, Hike or Ride 90 minutes EASY Inc 20 minutes STEADY	100 REP CHALLENGE
WEEK 6	Walk, Hike, Run, Ride or Row 45 minutes RECOVERY	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	Rest	Rest
WEEK 7	Walk, Hike, Run, Ride or Row 50 minutes EASY	Walk 10 minutes EASY Ascend 8 x 2 minutes STEADY Rest 2 minutes between ascents Walk 10 minutes EASY	Workout B	Long Walk, Hike or Ride 2 hours EASY Inc 30 minutes STEADY	Rest
WEEK 8	Walk, Hike, Run, Ride or Row 50 minutes EASY	Walk 10 minutes EASY Ascend 6 x 3 minutes STEADY Rest 1 minute between ascents Walk 10 minutes EASY	Workout A	Long Walk, Hike or Ride 2.5 hours EASY Inc 30 minutes STEADY	Walk, Hike, Run, Ride or Row 50 minutes STEADY

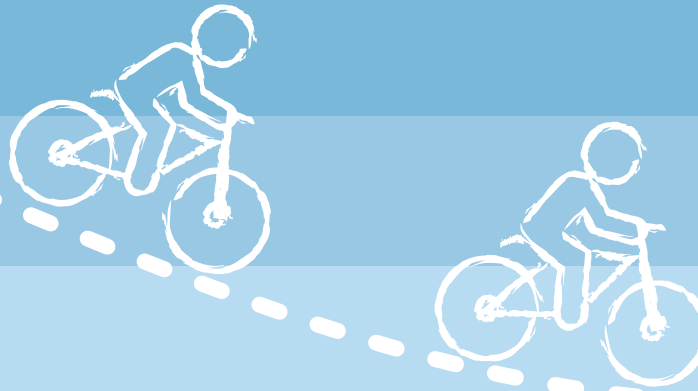
Training Plan Month 3



Ascents: Mix it up, go somewhere new and explore. Find that long hill, and train hard.
 Want to make them harder? Pack your bag with some extra weight (20-25% of your bodyweight).

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
WEEK 9	Walk, Hike, Run, Ride or Row 50 minutes STEADY	Walk 10 minutes EASY Ascend 8 x 3 minute STEADY Rest 2 minutes between ascents Walk 10 minutes EASY	Workout B	Long Walk, Hike or Ride 3 hours EASY Inc 45 minutes STEADY	Walk, Hike, Run, Ride or Row 50 minutes STEADY
WEEK 10	Walk, Hike, Run, Ride or Row 50 minutes STEADY	Walk 10 minutes EASY Ascend 4 x 4 minute STEADY Rest 2 minutes between ascents Walk 10 minutes EASY	Workout A	Long Walk, Hike or Ride 3.5 hours EASY Inc 45 minutes STEADY	Walk, Hike, Run, Ride or Row 50 minutes STEADY
WEEK 11	Walk, Hike, Run, Ride or Row 60 minutes STEADY	Walk 10 minutes EASY Ascend 5 x 4 minute STEADY Rest 1 minute between ascents Walk 10 minutes EASY	Workout B	Long Walk, Hike or Ride 4 hours EASY Inc 1 hour STEADY	100 REP CHALLENGE
WEEK 12	Walk, Hike, Run, Ride or Row 45 minutes RECOVERY	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	Workout A	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	Rest

Training Plan Month 4

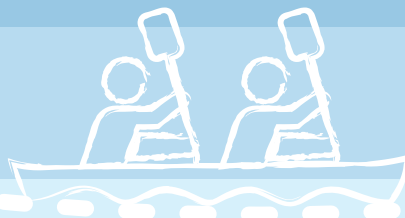


Ascents: Can you access the hills or mountains? Plan to summit something big!
 Want to make them harder? Pack your bag with some extra weight (25-30% of your bodyweight).

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5
WEEK 13	Walk, Hike, Run, Ride or Row 60 minutes STEADY	Walk 10 minutes EASY Ascend 8 x 90 secs THRESHOLD Rest 2 minutes between ascents Walk 10 minutes EASY	Workout B	Long Walk, Hike or Ride 3 hours EASY Inc 45 minutes STEADY	Walk, Hike, Run, Ride or Row 50 minutes STEADY
WEEK 14	Walk, Hike, Run, Ride or Row 60 minutes STEADY	Walk 10 minutes EASY Ascend 10 x 90 secs THRESHOLD Rest 2 minutes between ascents Walk 10 minutes EASY	Workout A	Long Walk, Hike or Ride 3.5 hours EASY Inc 45 minutes STEADY	Walk, Hike, Run, Ride or Row 50 minutes STEADY
WEEK 15	Walk, Hike, Run, Ride or Row 60 minutes STEADY	Walk 10 minutes EASY Ascend 12 x 90 secs THRESHOLD Rest 1 minute between ascents Walk 10 minutes EASY	Workout B	Long Walk, Hike or Ride 4 hours EASY Inc 1 hour STEADY	100 REP CHALLENGE
WEEK 16	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	Challenge Day	Walk, Hike, Run, Ride or Row 25 minutes RECOVERY	

Workout A

The following workouts have been designed for you to complete at home with limited equipment required (floorspace, step and weighted pack if desired). Complete each exercise in the workout back to back and then rest for the indicated time. This style of workout is a great way of getting a lot done in a short amount of time.

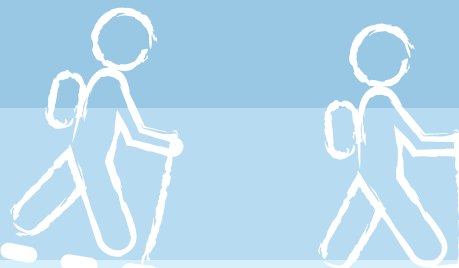


EXERCISE	FORM	REPETITIONS
Bodyweight Alternating Lunges	<ol style="list-style-type: none"> From a standing position step forward with your right leg. Allow yourself to lean into it, slowing the motion to where your left knee almost touches the floor. Take care ensuring the front knee does not 'collapse' inward and that the back knee does not clatter the floor. Push down with the right leg to return back to the standing start position. Now perform the movement with the left leg. <p><i>Intensify - Wear a rucksack with some weight in it.</i></p>	x15 each leg
Plank	<ol style="list-style-type: none"> Whilst resting on your forearms, raise your torso off the floor and have your legs outstretched in a straight line. Engage your core and hold the position whilst maintaining a 'tabletop' position with your back. Don't forget to breathe. Complete for the allotted time period. <p><i>Intensify - Whilst planking reach one arm out in front of you, one at a time</i></p>	30 seconds
Bodyweight Squats	<ol style="list-style-type: none"> Stand with your legs a shoulder width apart and your toes slightly pointed outward. Bring your shoulders back. Squat down keeping your weight on your heels, and bring your arms out to the front for balance. Try not to bend forward. Squat down to below parallel if possible, but go as far as is comfortable. Drive through the legs, squeeze your glutes (bum) and push back up to the start position. <p>If you have poor ankle mobility then put your heels up on a 1-2inch platform (such as a book).</p> <p><i>Intensify - Hold a rucksack into the front of your shoulders</i></p>	x15
Laying Straight Leg Raises	<ol style="list-style-type: none"> Lay on the floor, shoulders back, legs extended straight and hovering just off the floor Raise both legs up together until they are perpendicular with the floor Slowly return the legs back to the start position 	x15
Push Up / Kneeling Push Up	<ol style="list-style-type: none"> Place your hands on the floor directly under your shoulders with straight arms. Your body in a straight line to your toes. Engage your core and your glutes to maintain body tension. Lower your chest down to the floor, ensuring your elbows go backward as opposed to sideways. Push through the hands and back to the starting position. <p>Don't let your back sag, nor dip your head towards the floor.</p> <p><i>Regress - Place your knees on the floor or do them on a chair Intensify - Slow down the motion or place your feet on a raised surface.</i></p>	x15

Complete 3-5 times. Once complete, rest for 90 seconds to 2 minutes.

Workout B

Never exercise through pain, and think 'quality over quantity'.
Completing 5 reps with proper form and building on that,
is better than 15 with poor form.



EXERCISE	FORM	REPETITIONS
Bodyweight Step Ups	<ol style="list-style-type: none"> Find a stable step and step up with your right leg whilst keeping your gaze forward Bring the left leg to meet it, then step down with the right. Swap the lead leg either every repetition, or every 5-10 repetitions. <p><i>Intensify: Wear a rucksack whilst doing the exercise. Find steps or platforms of varying height.</i></p>	x15 each leg
Side Plank	<ol style="list-style-type: none"> Lie on your right side, with your legs stacked (one on top of the other). Prop yourself up onto your right elbow, keeping the right elbow directly below the right shoulder and keeping your head straight with your spine. Keep your core tight to keep your hips from dropping – you are trying to create a straight line from your head to your toes. Hold this position for the allotted period of time and then repeat on the other side. <p><i>Intensify – Lift the top leg up and away from the bottom leg, then return to the stacked position. Repeat this motion through the allotted time.</i></p>	30 seconds each side
Bodyweight Squats	<ol style="list-style-type: none"> Stand with your legs a shoulder width apart and your toes slightly pointed outward. Bring your shoulders back. Squat down keeping your weight on your heels, and bring your arms out to the front for balance. Try not to bend forward. Squat down to below parallel if possible, but go as far as is comfortable. Drive through the legs, squeeze your glutes (bum) and push back up to the start position. <p>If you have poor ankle mobility then put your heels up on a 1-2inch platform (such as a book). <i>Intensify – Hold a rucksack into the front of your shoulders</i></p>	x15
Laying Alternating Toe Taps	<ol style="list-style-type: none"> Lay down on the floor with your arms outstretched behind your head. Bring your left leg up so it is perpendicular with the floor whilst reaching to touch it with your right hand Return to the start position and repeat with the other side. <p><i>Regress – Simply lift the legs and don't touch your toes with your hands</i></p>	x15
Glute Bridges	<ol style="list-style-type: none"> Lay on the floor with your knees up and your heels just in reach of your fingertips. Have your hands down by your side and keep your head on the floor. Thrust the hips up in a controlled manner, engaging both the core and the abdominals From the top of the movement, lower back down in a controlled manner. <p><i>Intensify – Hold a weighted rucksack on your hips, or raise one leg off the floor vertically above your hips</i></p>	x15

Complete 3–5 times. Once complete, rest for 90 seconds to 2 minutes.



The 100 Rep Challenge

Pick one of the exercises below and perform as many repetitions as you can until failure. Take 30 seconds rest and then again do as many repetitions as you can until failure again.

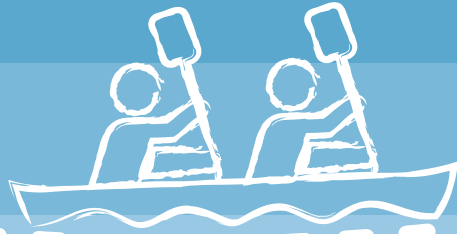
Repeat this as many times as you need to until you reach 100 repetitions.

- Squats
- Lunges
- Push Ups / Kneeling Push Ups
- Overhead Press (using a weighted rucksack)
- Bent Over Row (using a weighted rucksack)
- Leg Raises (Core Exercise)

Record how many 'Sets' it takes for you to get to 100 reps and retest a few weeks after to see if you've increased in fitness.

**WARNING: working to failure induces DOMS
i.e your muscles will hurt after this!**





Top Tips for Equipment and Nutrition



Invest in a good pair of boots/walking shoes

Picking up the smallest of blisters will seriously affect your enjoyment. Try on a few different pairs of shoes or boots to ensure you get a pair that suit your feet. Do not just buy them in the days leading up to your event, you must train in them.



Try using walking poles

Saving energy, increasing power and propulsion whilst walking and can remove unneeded pressure off your knees, and give you additional stability. But - you must practice with them. It is very easy for them to become a trip hazard!



Get a professional bike fit

You will be amazed how different a professional bike fit can change your comfort, endurance and strength on the bike. It will be worth every penny, guaranteed.



Train with all your kit

Get out there with all your planned kit. Having a weighted bag will mean that your body will not go into shock having to carry additional weight.



Layer your clothing

Wear several layers of wicking fabrics which will keep you warm in cold weather, and you can remove one by one as you heat up.



Waterproof jacket and trousers

It will be essential for you to carry a jacket which is breathable and fully waterproof, with a good hood. Your waterproof trousers should ideally have full length side zips.



Train with the right fuel & STAY HYDRATED!

You will be burning an immense of calories and these need to be replenished, before, during and after your day. Do not rely on energy products such as gels and bars. These can upset your stomach if your body is not prepared. Remember - HYDRATE, HYDRATE, HYDRATE!!!



Protein rich, carbohydrate clever

Take on high quality, 'slow release' complex carbohydrates including plenty of oatcakes, sweet potatoes, and whole grains. From lean meats, fish, nuts, sprouting seeds and tofu you'll get protein to heal damaged muscle fibres and tissues.



Time it right

Refuel well within 60-mins of finishing. Take on plenty of fluids and have a balanced meal with plenty of protein and healthy carbohydrates.



Mindset

'The comfort zone is beautiful, but nothing grows there'

A strong mindset is one of the greatest tools to have in your arsenal and is something that most certainly needs attention when striving to get to optimum fitness, around a route, or up a mountain. If you're invested your goal and believe you can reach it then you are much more likely to get out of bed to train for it, put in the hours on the hill and push your body through your previously conceived limits. For any training regime to be successful there must be consistency and this will only be borne out of commitment to wanting to achieve what you have set out to do.

The 40% Rule

When it comes to putting in the effort, it is worth knowing about 'The 40% Rule', or what is also known as the 'Central Governor Theory'. We've all been there, you're pushing as hard as you can and the thought of stopping the session or turning around and descending creeps into your brain. In its simplest terms this is your brain kicking into self-preservation mode. It wants to prevent further pain and distress to the body. In reality, your body is actually only 40% done and if you can overcome this hurdle, you will reach a level of fitness or summit you didn't think was possible.



Dream BIG

Above all, don't be afraid to dream big. More often than not barriers to success are self-imposed as we just can't begin to believe we'd be able to achieve said goal, but as Nims Purja proved with 'Project Possible', just because something seems to be impossible, it doesn't mean it is.

Set a goal

Having a goal that you REALLY want to achieve is the easiest way to test your mindset. If you want to achieve something enough then there is little that will prevent you from working hard enough to achieve it.

Ideally your goal will be measurable, achievable and realistic – but remember, don't be afraid to dream BIG...



Ben Keen, The Adventure Element

The Adventure Element are proud to stand as a lead provider of event management and adventures. From concept to delivery, we focus on safety and professionalism to ensure the best possible service.

Our detailed planning and delivery service ensures you will feel confident that you're in safe hands.



Matt Le Voi, LMG Personal Training

Matt Le Voi has worked in the outdoor industry for over a decade, completed multiple ultra running challenges, climbed to high altitude in the Himalaya, and is a Personal Trainer and Ultra Running Coach.

Matt has merged his passion for fitness and the outdoors to create LMG Personal Training, a mountain focused fitness service, all designed to help people reach their optimum fitness for their mountain-based goals.



THE
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ELEMENT



#YourAdventureInSafeHands

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