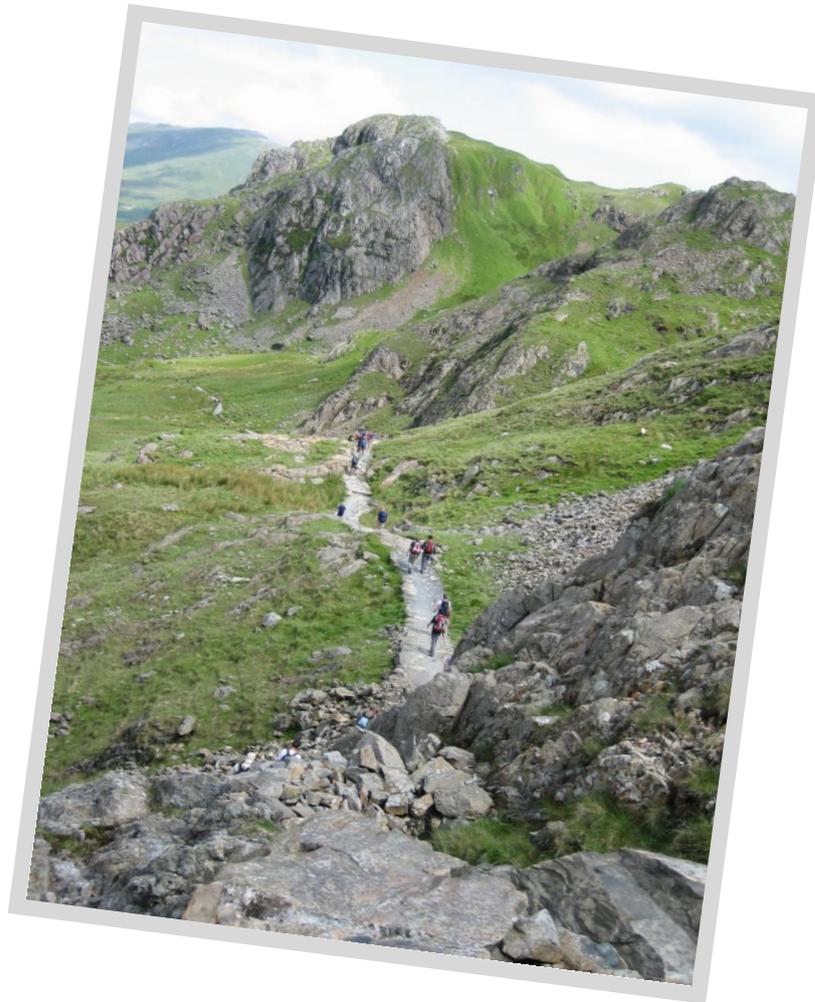


Three Peaks Challenge



Training Plan

Registered Charity No 289600



give with confidence

With more than 100,000 children in Britain living with complex long-term health conditions, WellChild gives support to seriously ill children, young people and their families which is not available to them elsewhere.

WellChild 
the national charity for sick children

Getting fit for the challenge

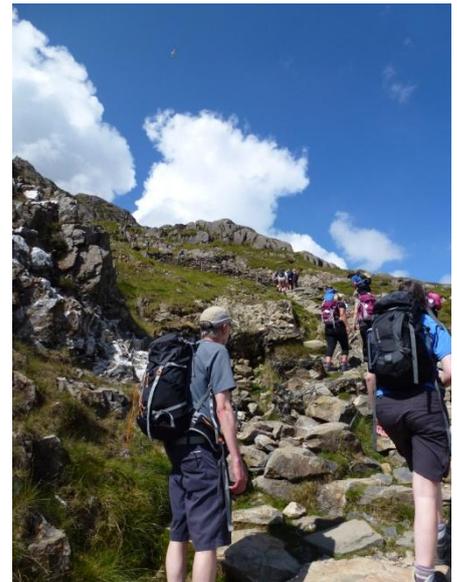
So you're planning on taking on the three highest mountains in the UK! To ensure you are fully prepared and fit enough you need to consider planning your training to ensure you are successful.

Training for the Three Peaks Challenge should include as much walking as possible but if you are struggling on time you can also include some of your favourite sports such as cycling or swimming to build up your fitness. However you must walk as much as possible over as rough and steep terrain as you can carrying all the equipment you will need on the challenge e.g. waterproofs, 2 litres of water, food, emergency equipment etc.

Please use the plan below as a guide to your training as each person has different levels of fitness you may need to adjust this to suit you. If you have any medical condition or concerns you should consult your GP before undertaking any exercise program.

Why train?

- If you don't train for this challenge you won't complete it.
- If you build a good level of fitness you will enjoy the challenge more.
- It will help you gain an understanding of your strengths and weaknesses.
- You can test all your equipment e.g. walking boots, socks and waterproofs.
- You can prepare yourself mentally as well as physically for the challenge.
- Training reduces the possibility of injury.
- Improved general health such as muscle tone, weight control etc.



Avoid injuries whilst training and the challenge

- To avoid blisters keep your feet dry and wear socks made with fibres which draw moisture away from your skin, steer clear of pure cotton. Don't lace your shoes too tightly or too loosely. As soon as a hot spot occurs (a rubbing of the skin, which then feels warm), remove your boot and apply a blister prevention kit i.e. 'Compeed'.
- When walking, try to make sure your heel touches the ground first and then you push off with your toe.
- Keep your toenails neatly trimmed and remove all hardened skin on the foot with a pumice stone.
- Try to walk with your head up and eyes focused ahead; not always easy at altitude or on difficult terrain!
- Keep your shoulders level, pulled back and down, lift your chest.
- Your arms either at 90° angles and move them forward and back, rather than side to side, or allow them to relax by your sides.
- If using walking poles, remember to read the guidelines with regards arm angles e.g. shorter length for going up and longer length for going downhill.

Good locations for training walks

Depending where you are in the UK it's best to find the roughest, steepest terrain to prepare you for the challenge ahead. Good training locations include: Brecon Beacons, Black Mountains, Coastal Paths, Peak District, Cotswolds, Mendips, Lake District and Scotland.

Here is a good site to find possible walking routes [Livefortheoutdoors](https://www.livefortheoutdoors.com/) (it's free to sign up but you may need to pay for route information). An alternative source is <http://www.walking-routes.co.uk/>.

16 Week Training Plan

It is important to mix up your training to keep your interest so feel free to add additional sessions of anything that you enjoy such as swimming or a circuit class.

When walking, make sure you carry your rucksack and equipment that you are going to use on the challenge to help you get used to the fit and weight. If you plan on using walking poles practise and take this opportunity to test different walking socks and ensure your walking boots do not cause blisters.

It's sometimes hard to find mountains close to where you live so look to adapt by walking up a local steep hill several times, walking tall office blocks or finding rocky terrain which has sections of steep ups and downs. If you live near a beach you can also walk up and down sand dunes subject to environmental restrictions.

Try to have a rest day in between each training day if possible. Remember to warm up, stretch, then exercise, cool down and stretch to finish.

The cross training and resistance training evening can always be on the same day as the shorter 1 hour walk. You can involve friends or family on these training walks so that you are not always missing family and friend commitments.

The length of your training will depend upon your fitness level so if in doubt, seek professional advice from a fitness trainer at a local gym. The training schedule below is only a guide but will help build your fitness up to complete the challenge.

Week 1: Source a good route that you are happy with. 3 x 30mins walks.

Week 2 & 3: 2 x 30 min walks. 1 x 1 hour walk.

Week 4 & 5: 2 x 30 min walks. 1 x 2 hour walk.

Week 6 & 7: 2 x 45 min walks. 1 x 2 hour walk.

Week 8 & 9: 2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 4 hour walk.

Week 10 & 11: 2 x 1 hour walks (1 walk on difficult / steep terrain). 1 x 6 hour walk.
1 x cross training or resistance training evening.

Week 12 & 13: 2 x 1 hour walks (1 walk on difficult / steep terrain).
1 x 8 hour walk (On difficult / steep terrain.)
2 x cross training or resistance training evenings.

Week 14 & 15: 2 x 1 hour walks (1 walk on difficult / steep terrain). 2 x 6 hour walk (on difficult / steep terrain use the weekend to see how the body copes with two days of walking one after the other as on the challenge). 2 x cross training or resistance training evenings.

Week 16: 2 x 1 hour walks. 1 x 4 hour walk.

10 Top Tips for Training

The above 16 week programme is only a rough training guide and we are very aware that other commitments such as work, family and fundraising may not allow you to stick rigidly to the schedule. However, in order to get close to achieving the training it is very important to organise your time properly and prioritise your goals with regards to a successful challenge.

1. Plan cross training session before work or in your lunchtime.
2. Use the stairs where ever possible and avoid lifts and escalators.
3. Walk or cycle to and from work and increase the distance to make it harder.

4. Mix up your training with sport you enjoy such as swimming, cycling, badminton and running.
5. Join a local gym and ask the instructor to write you a training programme.
6. Combine weekends away with friends and family in places that have good walking terrain.
7. Join the free pre event training days for WellChild challenge participants ([see our website](#)).
8. Make sure you walk an eight hour walk on two consecutive days near the end of the plan to test your fitness.
9. Always carry your rucksack full of the equipment, food and water you are using on the challenge to get used everything.
10. If you intend to use energy gels/drinks ensure you have tested them before the challenge as many can upset your stomach if used without sufficient water.

Three Peaks Challenge

For more information about joining an organised Three Peaks Challenge, please contact:

Visit: [WellChild Three Peaks webpage](#), call: 01242 548 007 or Email: challenge@wellchild.org.uk

