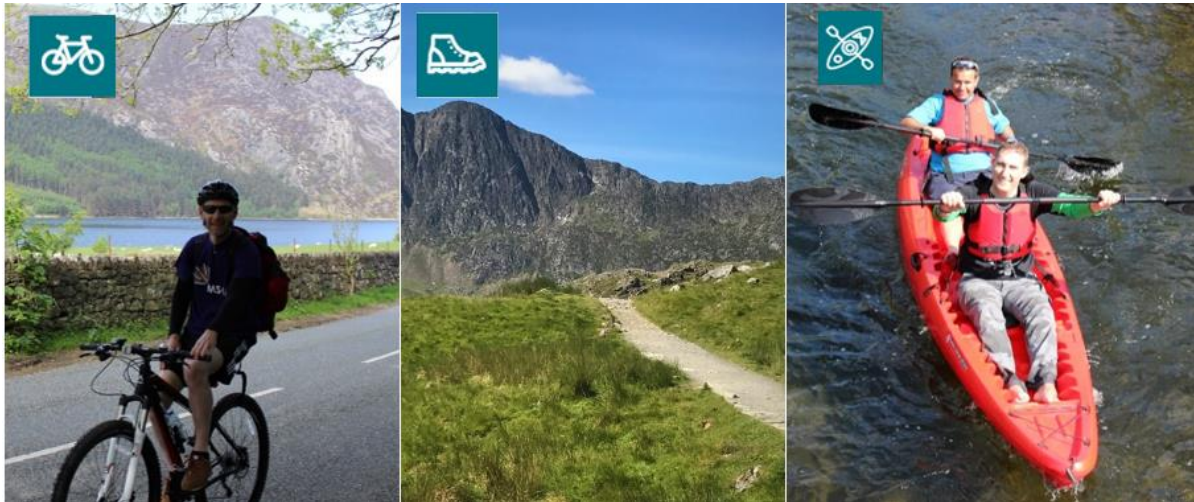


SNOWDON TRIPLE CHALLENGE - TRAINING PROGRAMME



WELCOME

Congratulations on taking your first steps in achieving something awesome this year with conquering the Snowdon Triple Challenge! And a very warm welcome to the team.

Below is a guide to help you be prepared for your multi-activity adventure. Enjoy the journey.

PREPARATION

Preparation is key when it comes to taking part in the mighty Snowdon Triple Challenge. The level of difficulty is graded as 'Medium' though an appropriate level of fitness and overall endurance will go a long way to helping you enjoy this incredible challenge.

Whilst the cycling and kayaking legs may not be that long in distance, being bike savvy will be of major help and having good core strength will be beneficial with the kayaking section.

Summitting Snowdon will require good aerobic strength and a strong sense of determination.

Cycling – 12 miles road cycling

Trekking – 10 miles of steep ascent and decent with summiting Snowdon at 1,085 metres

Kayaking – 2.5 miles along a lake (weather dependent)

FITTING TRAINING INTO YOUR LIFESTYLE

With all your other commitments, you may feel like there's minimal time left to train. But if you make a few changes to your lifestyle, you may well find some extra training time. For example, you could:

- get up a little earlier and cycle or run before work
- make a cycle ride part of your commute or use your lunch break for a cycle or run
- you could work on your overall fitness by:
 - walking instead of driving to the shops
 - taking the stairs rather than the lift
 - ask for help with your training schedule at your local gym.

INJURY PREVENTION TIPS

Warm up and stretch

It's important to warm up before exercise and warm down afterwards in the correct way. This will help you avoid injuries and prepare your body for the exercise to follow.

Have enough rest

Rest is as important as training. It's vital that you allow your body adequate time to recover, particularly from hard sessions, so make sure you have enough rest days.

Strengthen up

Doing regular core and lower-limb strengthening may help lessen the risk of injury and should be incorporated into your training programme early on. Ask physiotherapists, sports masseurs and gym instructors to show you exercises that will suit you.

EXERCISE CIRCUIT

These exercises are designed to strengthen specific muscle groups which will help you with each activity in the Triple Challenge. It's important to use just your own body weight in the early weeks. But in the latter weeks, you can add small weights to your ankles to help build strength. The idea of the circuit is to complete each exercise then move on to the next. Once you've finished all the exercises (ie one circuit), you then go around the circuit three to five times, as shown in the programme. You can also increase the number of repetitions for each exercise to 20, 30, 40 or 50, depending on how strong you feel.

Calf raises

Stand with your feet together, at arm's length away from the wall. Have your fingers just touching the wall for balance. Raise yourself slowly on to the tips of your toes and slowly lower. Repeat 20 times.

Squats

Stand with your feet shoulder width apart, hands on hips. Keep your back straight and head up while you slowly lower yourself so that your knees are bent 90 degrees. Then stand up so that your knees are locked straight. Repeat 20 times.

Step ups

Using the bottom step of a staircase or a low bench, start with your left foot on the step and your right foot on the floor. Stand up straight on your left leg, bringing your right foot up to the step above and then lower back down to the floor. Repeat 20 times. Change leg & repeat.

Leg extensions

Sit on a high sofa, bed or bench with the backs of your knees just on the edge and your feet hanging down. Lean back, with your hands behind you for support. Keeping the back of your knee on the seat, slowly lift your left foot up so that your leg becomes straight, and lower again. Repeat 20 times. Change leg & repeat.

Leg raises

Lie on your stomach on a mat or soft floor with your hands under your chin. Keeping your left leg straight, slowly raise it six inches off the floor and then slowly lower. Repeat 20 times. Change leg & repeat.

Hamstrings

Stand with feet 1 metre apart. With legs straight and hands behind back slowly bend forward at the hips keeping back straight and head up. Should feel a slow pull in muscles at the back of legs. Hold for 10 secs, stand up and lean slightly backwards, repeat 3 times.

Quads

Standing with feet together, bring left foot up and put left hand on lower shin by ankle and pull behind bottom. Keep back straight and head up. May need to balance with right hand on wall. Should feel slow pull-down front of leg. Hold for 10 secs, swap legs, repeat 3 times.

Groin

Stand with feet 1 metre apart and both feet pointing forward. Keeping back straight and head up slowly lunge down to right side feeling pull on inside of left leg. Hold for 10 secs, swap legs, repeat 3 times.

Hips

Stand with feet shoulder width apart and hands on hips. Keeping head still rotate hips round clockwise 10 times and anti-clockwise 10 times. Repeat 3 times.

Torso

Stand with feet shoulder width apart and hands on head. Keep feet pointing forward but twist body as far as is comfortable, hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 10 times.

Shoulder

Stand with feet shoulder width apart. Start with hands by hips and keeping arms straight slowly swing arms round backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.

Standing stretch

Stand with feet together. Place hands together and reach as high as you can, hold for 10 secs, relax. Repeat 3 times.

Please note, you should only stretch warmed up muscles. Don't stretch too far, all you should feel is a slow pull, never any pain. Never bounce, always stretch slowly. People with old injuries or back problems should be especially careful whilst exercising and stretching.

FOOD & NUTRITION

What you eat when you start to train will impact on your activity and energy levels. Initially while the training is at a low weekly mileage it would be best to concentrate on eating in a regular pattern and trying to reduce your daily intake of saturated fats. This includes less fried foods and dairy products as these will counter any training you start to do.

As your mileage increases it would be worth trying to ensure that at least one meal a day is high in carbohydrate; this is the product that once stored in your system will give you energy. Carbohydrate is found mainly in the form of potatoes, bread, pasta and rice and so is easy to base any meal around. Combined with this increased intake of carbohydrate must also be a good mixture of vitamins and minerals found in fruit and vegetables. Fruit, in particular, is an ideal food for this challenge because it is high in fructose which provides energy as it is more easily absorbed from the stomach for use than other sugars (such as insulin obtained through eating chocolate).

Fluids are another area in which you will have to increase your intake as you will start to lose more from your system by sweating and other exercise related matters. This is simply combated by drinking a lot more water. You can also increase your energy levels through the intake of isotonic drinks or concentrated fruit juices, some people find these work very well. If you intend to use these on the challenge it is a good idea to get your body used to them while training. Basically, if you are careful with your diet, trying to eat more healthily and ensuring you eat plenty of carbohydrate before and after training sessions, you will be fine. You may well find yourself enjoying eating more as the guilt disappears because you know you have exercised!



TREK TRAINING GUIDE

Although walking is something most people do every day, it is advisable to train for the trekking part of this challenge. The programme below will help you to do this. It is designed for a person of average fitness. Even if you walk regularly and have an appropriate level of fitness, you will still need to train for this type of long-distance steep ascent and descent walking, though you may find that it will not take you as long to reach the stages shown. If you do not walk often and have only a basic level of fitness you should allow more time.

Why Walk?

- It strengthens your heart, reducing the risk of heart attack and stroke
- It improves circulation, breathing and endocrine functions
- It tones muscles and strengthens bones, reducing the risk of osteoporosis
- It reduces blood fat and cholesterol
- It burns calories and helps you manage your weight
- It boosts mental performance and improves psychological well-being

Boots

Choose a comfortable pair of waterproof walking boots with ankle support and a stiff heel counter to give lateral support. The midsole should be firm yet comfortable. It is worth investing in a good pair of trekking or hiking boots, and appropriate socks. New boots must be worn in. Wear them around the house, on the way to work, etc, and then on longer walks. Once they have conformed to the shape of your feet there is less likelihood of getting blisters.

Feet first!

There are some common foot problems which are very easy to treat and avoid:

- 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. The irritation from the pinching and rubbing may cause blisters.
- Aching arches are usually caused by pounding when you walk. Make sure you touch the ground with your heel first and pushing off with your toe. Arch supports may help.
- Blackened toenails are caused by the big toe hitting the front of your shoe. Keep your toenails neatly trimmed. Make sure that if one of your feet is slightly larger than the other, as most are, that your boots fit the larger one.

Trek Training Programme

Week 1 - 6: 2 x 30mins walks per week and 1 x 2 hour walk at weekends. Full stretch after each walk.

| | | |
|---------------------------|-------------|---|
| Week 7, 8 & 9: | Sat or Sun: | 3 hour walk on undulating terrain and stretch |
| | Mon: | Rest day |
| | Tues: | 1 hour walk, stretch |
| | Weds: | Rest day |
| | Thurs: | 1 hour walk, stretch |
| | Fri: | Rest day |

Programme Notes

This programme is a rough training guide. Obviously with work, family and fundraising commitments you may not always be able to achieve what we have set out for you. However, in order to get close to achieving the training it is very important to organise your time properly. There are plenty of ways to ensure that you maximise your training, even if you feel you have no time outside work.

- You must organise your week to **make** time to get out to do some training.
- Get up an hour earlier and go out for a quick walk with some stretching in the morning before work while it is still light.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week.
- Swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.

Training Tips

Pick one day per week as your long walk to gain endurance. Choose two evenings or mornings as your shorter walks. Remember to stretch after every walk, it is also essential to stretch after about ten minutes of walking once you've warmed up a bit. Make sure you plan adequate rest/recovery days as part of the training.



CYCLE TRAINING GUIDE

Gym vs the open road

One hour of quality workout in the gym is worth two hours out on the road, but it won't prepare you for pushing a bike in the open air. So get out on your bike, as well as into the gym. Plus it will give you more experience with cycling on the road.

Road safety

Whilst most of the roads you will be cycling along in this challenge are quiet, you should be well aware of road safety at all times. Please visit <https://www.sustrans.org.uk/what-you-cando/cycling/cycling-safety-and-rules/road-safety-cyclists> for more information.

Position yourself

Your ride position is as important as your training, so make sure you're comfortable in the saddle.

Keep your bike right

Keep your bike well maintained at all times.

Be smart

If you have a smart phone, there are different apps you can download to monitor your training. One of our favourites is Strava. It's available for Android, iOS and a host of other operating systems. Download it from <https://www.strava.com/>.

Cycle Training Programme

Week 1 - 6: 1 x 30min cycle per week and 1 x 1 hour cycle at the weekend at a steady pace. Practice changing gears

15 minute warm up and warm down after each ride.

| | |
|--------------------------------|--|
| Week 7, 8 & 9: Sat: | 1 hour cycle on a hilly route at a steady pace and stretch |
| Sun: | Rest day (or trek training) |
| Mon: | 30 min cycle at a faster pace, stretch |
| Tues: | Rest day (or trek training) |
| Weds: | 30 min cycle on hilly terrain, stretch |
| Thurs: | Rest day (or trek training) |
| Fri: | Rest day |



KAYAK TRAINING GUIDE

For those of you only just embarking on your kayaking journey and wondering where to start, the Snowdon Triple Challenge is the perfect event. Or if you are an experienced kayaker, this is also a fantastic event as the flow of the lake and weather conditions can make this leg interesting. Whilst training is not required for this leg, the 'Exercise Circuit' outlined above will help build your core strength which will help you with this section.

Please find below some kayaking tips in order to help you prepare for your challenge:

Sit on tops are stable and comfortable

Our sit on tops are designed for stability in the water. Jump on it and you will still find it hard to capsize! Due to its slightly wider deck, there is more room for your legs. For larger paddlers, or those who find flexibility a challenge, sit on top kayaks are a much more comfortable option.

Sit on top kayaks are safe

It is almost impossible to capsize in a SOT unless you want to, but if you did, you would not be trapped underneath the boat. You would just fall off and climb back on again! It is important to stay with your boat if you do capsize.

How to sit properly in your kayak

Learning how to sit properly in a kayak will make it so much easier when you start paddling. Your kayak might have a nice comfy backrest but don't slouch. It's best to sit up straight with your lower back and buttocks at 90 degrees to each other.

You'll find foot pegs on each side of your kayak. Rest your feet here. Your toes should be pointed outwards and heels towards the centre. Your knees should be bent upwards and outwards, allow contact with the thigh braces.

Wear your buoyancy aid

Wearing a buoyancy aid is essential for any kayaker – whether you are a beginner or an experienced paddler. Buoyancy aids are like life jackets but allow more movement around the arms and neck, which make them much more suited to kayaking. These will be provided during your challenge.

Always take a spare change of clothes

This is another simple piece of advice but easy to forget. Always bring a change of clothes, even if you don't think you are going to get wet.

Hold the paddle the right way

Hold the paddle with both hands just over shoulder distance apart. Make sure the concave part of the blade is facing you. When you dip the paddle blade into the water, the concave part should sweep through the water. Check your knuckles are in line with the blade.

Paddling tips

To begin paddling, rest comfortably on the seat, keeping the boat stable. Grip onto the paddle with hands over and thumbs under. In general, you should have a relaxed grip on the paddle. The torso is your source of power, so you should be winding it to help you stroke, preventing strain of your arms, back, and shoulders.

A basic forward stroke requires you stroke deeply and evenly. You begin by winding your torso, placing the blade parallel to the foot. The paddle comes out of the water when your hand reaches your hip, and you unwind your torso, repeating the process on the other side.

There are several ways to turn. The most basic is to use the paddle as a rudder and drag it close to the kayak. The boat turns toward the same side of the blade. However, this technique loses a lot of forward momentum. To keep that momentum while turning, a sweep stroke is effective. You alternate the forward stroke on one side with a sweep stroke on the other. You sweep the paddle wide on one side of the kayak until it touches the stern, or the back of the boat. Continuing this pattern creates a wide arc turn.

ENJOY YOURSELF

You may not stick to the training guide exactly, but you need to keep it in mind and to do regular exercise every week according to the guide. You will enjoy this challenge far more if you are physically fit.

You've signed up to take part in an incredible event so make the most of the experience. Enjoy being in the great outdoors.

And, if you start losing motivation or finding training tough, just take a deep breath and remember this: **#ewecandoit**