

OVERSEAS TREK

TRAINING PLAN



Before you start remember that your body may need time to adjust to your new fitness regime. We recommend you ideally start your training plan no less than six months before you start your challenge. Within your training programme, rest is as important as time spent on your feet. We strongly recommend that you rest on at least one day out of seven. Equally, when training, stick within the limits of speed and distance that are comfortable for you.

Build up your fitness levels – don't try to do too much before you are ready. Aim for three exercise sessions per week, building up to 30 minutes of exercise in each session.

Month 1	<p>When beginning your training programme, try to build up your fitness levels – don't try to do too much before you are ready.</p> <p>Aim for three exercise sessions per week, building up to 30 minutes of exercise each session.</p> <p>Target = 3 sessions of 30 minute exercise per week</p>	Month 2	<p>Now you are able to complete three sessions of exercise per week, you should look to build this up slightly. Continue your routine of three sessions of at least 30 minutes' exercise each week, but aim to walk a total of six miles each week.</p> <p>Target = 4-6 miles of walking per week</p>
Month 3	<p>Build up your stamina slowly by increasing the length of your walk a little for each session.</p> <p>Again, try two to three shorter sessions of around three miles' each during the week, and a longer walk on the weekend to reach the target.</p> <p>Target = 8-10 miles of walking per week</p>	Month 4	<p>Now you are building up stamina, you should be ready to increase your walking targets.</p> <p>Target = 10-14 miles of walking per week</p>
Month 5	<p>You will need to increase your walking distance again this month to 14-16 miles per week.</p> <p>Target = 16-20 miles of walking per week</p>	Month 6	<p>Walk every day for at least one hour, followed by at least one weekend in the month of back-to-back walking – 5-6 hours on Saturday and Sunday. On other weekends, walk for four hours on at least one day.</p> <p>Target = 16-20 miles of walking per week</p>

If you live near hills, use them for your training as much as possible to prepare your muscles for doing lots of upward walking. If you don't have any hills near you, use the incline setting on a treadmill or take the stairs instead of the lift wherever you go!

Top tips for training

- To ensure that you are comfortable when walking long distances, you must pay attention to your posture and gait. If you walk correctly, at the end of the days' walk you will have sturdy, albeit tired legs, ready for the following day!
- Stand tall and keep your head up Take a natural stride length Keep your elbows close to your body
- Keep your back straight when coming downhill Shorten your stride when walking uphill
- Integrate aerobic exercise – try spinning, swimming and jogging Walk with poles
- Wear your walking boots and socks as much as possible, to ensure you are comfortable on the trek

If you have not exercised for a long time we recommend you see your doctor before you start your new training plan. Don't over do it and make sure you keep your plan varied and fun!

DIET AND HYDRATION

Your Diet

Take a look at your basic diet – everyday food has all the nutrients and energy you need for a good balanced diet.

- **Carbohydrates** are the best source of food for your muscles – eat plenty of pasta, beans, rice, wholegrains, fruit and vegetables.
- **Avoid** alcohol and caffeine – they make you dehydrated.
- **Nibble** during long walks – for walks of more than two hours you should try to eat a little as you go to replenish your muscle glycogen. Try bananas, cereal bars or dried fruit.
- **Refuel** after long walks – eat or drink carbohydrate-rich food during the hour (ideally in the first 20 minutes) following a long walk to experience the benefits.

A word of warning: Avoid training too soon after eating. Blood will be diverted to your muscles rather than being used for digestion, which is likely to lead to stomach upsets.

Keep Hydrated

It is important that you eat and drink well to maintain a good walking performance and health. Eating the wrong food, or drinking too little water, can leave you feeling tired, run down and deflated. Water is needed to produce sweat (which keeps you cool), and to make sure your body is working properly.

- Don't wait until you are thirsty or your mouth is dry.
- Carry the liquid that you plan to drink in a Camelbak or Platypus, not in your hand – uneven distribution of weight will affect your stride and comfort.
- If you like using energy drinks limit their consumption to 1 litre for every 2 litres of water.
- Drink little and often – small amounts of water every 15 minutes. You should drink at least 1 litre of water per hour while walking.
- Eat foods containing sodium – this can help your body absorb the water it needs.

Fluid output is as important as the input. If you are drinking a great deal but not passing water regularly, you may find you are dehydrated. Watch out for signs of dehydration:

- Dry or sticky mucus membranes in the mouth
- Fatigue
- Dizziness or confusion
- Decreased urine output
- Darkening in colour of urine
- Heartburn or stomach ache
- Lower back pain
- Headache
- Psychological irritation or depression
- Water retention

ALTITUDE

Your trek does have the added challenge of walking at altitude. Altitude sickness can affect anyone over 2,500 metres no matter how fit you are. There is no way to know if you will be affected since there are no specific factors such as age, sex, or physical condition that mean you are likely to suffer from altitude sickness.

The main cause of altitude sickness is going too high too quickly. You may get out of breath quicker than you would expect to do so at home, but given time your body will adapt to the decrease in oxygen. This trek has been designed to allow your body to acclimatise, by ensuring each day we climb a little higher. You will be accompanied by a doctor with altitude and expedition experience, and guides will be on hand. The best things you can do are:

Ensure your body is always warm Climb at a slow and steady pace Rest when you can

Continually drink plenty of fluids Avoid alcohol

The symptoms of altitude sickness vary and depend on individual susceptibility. The most common symptoms are:

- Headache (at front of head)
- Difficult breathing at rest
- Nausea and loss of appetite
- Vomiting
- Giddiness/Dizziness
- Decreased urine output
- Abnormal or intense fatigue and the inability to sleep